

# Counseling Resources



Taking care of  
the whole child

# Counseling Resources



[COVID 19- Mental Health Support Line](#)

[Mindfulness Activities](#)

[Coping with Stress during Infectious Disease](#)

[Family Resources for Mental Health and Other Emergencies](#)

[Region 10 Resources](#)

[Emotional Health](#)

[Train Your Brain to Be Kinder](#)



Taking care of  
the whole child

# Lamar Elementary Counseling Resources

[Letter from Ms. Jimmerson](#)

[Perseverance Lesson 1](#)

[Perseverance Lesson 2](#)

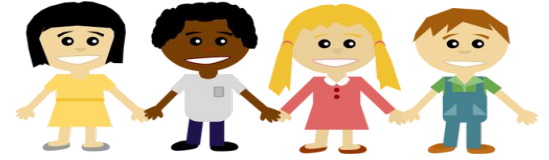
[Forgiveness Lesson 1](#)

[Forgiveness Lesson 2](#)

[Forgiveness Lesson 3](#)

[Humble Lesson 1](#)

[Social-Emotional Check In](#)



Taking care of  
the whole child

# Carver Elementary Counseling Resources

## [Message from Mrs. Peck](#)

[Perseverance Lesson #2](#)

[Perseverancia Lección #2](#)

[Forgiveness Lesson #1](#)

[Perdón Lección #1](#)

[Forgiveness Lesson #2](#)

[Perdón Lección #2](#)

[Forgiveness Lesson #3](#)

[Perdón Lección # 3](#)

[Humbleness Lesson #1](#)

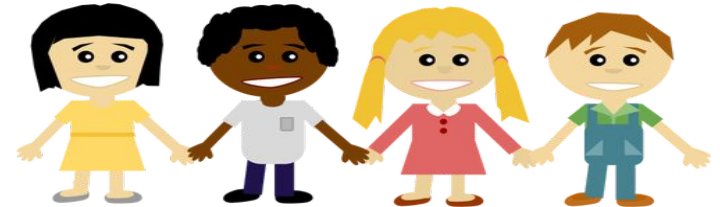
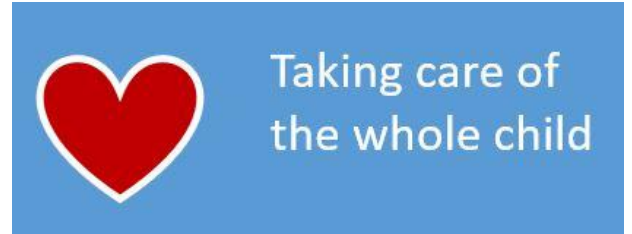
[Parent Tips - Teaching your child to be humble](#)

[Consejos para padres: enseñar a su hijo a ser humilde](#)

## [Social-Emotional Check-In](#)



[Mrs. Peck reads "The Dot"](#)



# Bowie Elementary Counseling Resources

[Bowie- Ms. Ruprecht](#)



[Perseverance Guidance Lesson - 1](#)

[Humbleness Guidance Lesson - 1](#)

[Perseverance Guidance Lesson - 2](#)

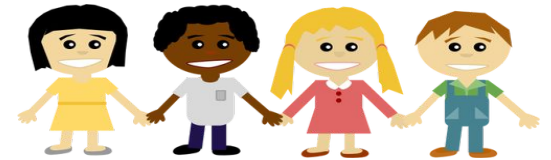
[Forgiveness Guidance Lesson - 1](#)

[Forgiveness Guidance Lesson - 2](#)

[Forgiveness Guidance Lesson - 3](#)

[Social-Emotional Check-In](#)

[Mrs. Ruprecht Reads - Stephanie's Ponytail](#)



Taking care of  
the whole child

# STEM @ Crockett Elementary Counseling Resources

[A Letter From Ms. Hood](#)

[Humbleness Guidance Lesson 1](#)

[Perseverance Guidance Lesson 1](#)

[Perseverance Guidance Lesson 2](#)

[Ms. Hood Reads - The Most Magnificent Thing](#)

Let me know how you are feeling by answering these questions:

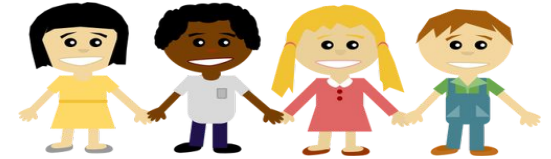
[Social-Emotional Check-In](#)

[Forgiveness Guidance Lesson 1](#)

[Forgiveness Guidance Lesson 2](#)

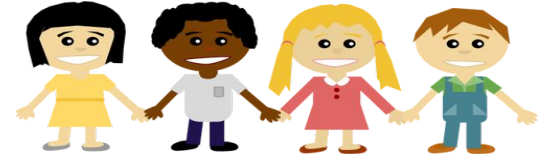
[Forgiveness Guidance Lesson 3](#)

[Ms. Hood Reads - What Does It Mean To Be Kind?](#)



Taking care of  
the whole child

# T6 Elementary Counseling Resources



[T6- Ms. Vega and Ms. Wiggins](#)

[T6- Guidance Lesson](#)

[Social-Emotional Check-In](#)

[Perseverance Guidance Lesson](#)

[Forgiveness Lesson #1](#)

[Forgiveness Lesson 2](#)

[Hear Mrs. Vega read "Worry Says What?"](#)

[Humbleness Lesson 1](#)

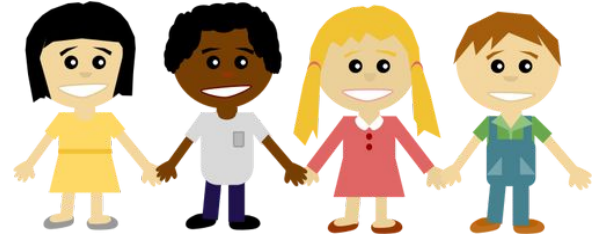
[Humbleness Lesson 2](#)

[6th Grade Class Selection Form](#)



Taking care of  
the whole child

# GMS Counseling Resources



## Office Hours

**Ms. Canavan**-M-F 8am-10am and Tuesdays 5pm-6pm

**Ms. Vick**-M-F 12pm-2pm and Mondays 5pm-6pm

## Contact Information

**Ms. Canavan** text or call 469-609-0993, email:  
[canavanr@greenvilleisd.com](mailto:canavanr@greenvilleisd.com)

**Ms. Vick** text or call 469-573-4107, email:  
[vickm@greenvilleisd.com](mailto:vickm@greenvilleisd.com)



## Links

[Hello GMS Students](#)

[Check In Form](#) (use this link if you would like to speak to your counselor)

[7th Grade Class Selection Form](#)

[8th Grade Class Selection Form](#)



Taking care of  
the whole child



# GHS Counseling Resources

[March Newsletter](#)

[April Newsletter](#)

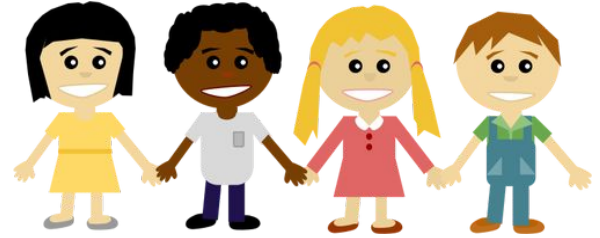
[Senior Newsletter](#)

Access Xello:

<https://xello.world/en/>

Instructions:

· Login (gv-firlasf000) like your school email info. If you have never logged in before, your password is your lunch number. If you have logged in before, then you have created your own password. If you have forgotten, you may contact your counselor to have it reset.



Office hours:

Just 8-10 Mon thru Friday and Tues 5-6

Payne 11-1 Mon thru Friday and Wed 5-6

Sikes 1-2 and 3-4 Mon thru Friday and

Monday 5-6



Taking care of  
the whole child

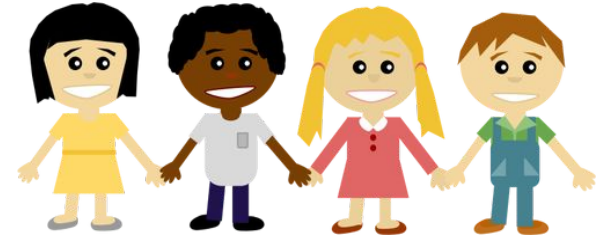
# GHS Counseling Resources

Tips For Learning at Home

[shorturl.at/rxGU4](https://www.youtube.com/watch?v=MIDnhQI1VEQ&feature=youtu.be)

“Speak Positivity in Your Life:

<https://www.youtube.com/watch?v=MIDnhQI1VEQ&feature=youtu.be>



Office hours:

Just 8-10 Mon thru Friday and Tues 5-6

Payne 11-1 Mon thru Friday and Wed 5-6

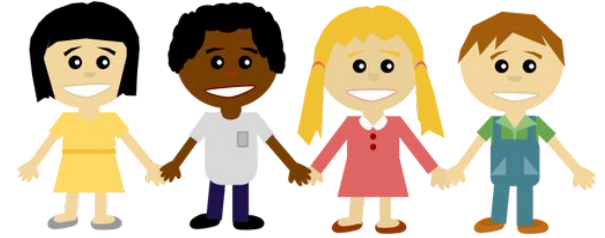
Sikes 1-2 and 3-4 Mon thru Friday and  
Monday 5-6



Taking care of  
the whole child

# HEC Counseling Resources

APEX



Mrs. Garrison

Office hours: Mon-Fri 11:00 - 2:00 and 3:00-5:00

Text or Call: (903) 213-5347

Email: [garrisona@greenvilleisd.com](mailto:garrisona@greenvilleisd.com)



Taking care of  
the whole child