



APRIL COUNSELOR CORNER



Dragon Time Lessons

Thoughts, Emotions & Decisions

Students learned how to connect music with thoughts and emotions while playing a Kahoot game in Dragon Time. Students were also introduced to a feelings wheel where students could identify connections with music and particular feelings.

Here is a link to the feeling wheel:

[Feelings Wheel](#)

My Student Assistance Program

My Student Assistance Program (SAP) is a counseling service available for Johnston students and families. It provides free, in-person counseling sessions. If you are interesting in learning more Call 515-244-6090 or www.efr.org/sap

Upcoming Events

- Tuesday, April 29th: 5th Grade Parent Orientation
 - 5-5:45: Horizon, Timber Ridge & Lawson
 - 6:15-7:00: Beaver Creek & Wallace

Contact Info

A-G: Lauren Heston

H-N: Brianna DeMoss

O-Z: Shannon Brock

[SMS Counseling Website](#)

