

THE POWER OF: YET!

I can't do this **YET**
 I'm not good at this **YET**
 I don't understand this **YET**
 It doesn't work **YET**
 This doesn't make sense ... **YET**

NO place for **HATE**

WELCOME BACK!

[Click here if you want to make an appointment with me.](#)

Or email me at amanda.headrick@wacoisd.org



S.T.A.R.
 Stop
 Take a deep breath
 And
 Relax

You're safe.
 Breathe with me.
 You can handle this.

5 Steps to Self-Regulation

1. **Am** (I Am)
2. **Calm**
3. **Feel**
4. **Choose**
5. **Solve**

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Hi! I'm Mrs. Headrick, counselor for grades K-5 at Mountainview Elementary!
 Click around my virtual office and explore!