

**I am
Respectful,
Responsible
, & Safe**

Welcome to Jessie Beck's Virtual Counseling Website

I'm Mrs. "C" - Your school counselor!

Click on different icons that are linked to resources
& videos to help you!

Resources

Get To Know
Your
Emotions

Deep
Breathing

Link to
BrainPop
Website

Read
Aloud - Fill
A Bucket

Color Freeze
Dance Break

Have questions?
Contact me at:
775-689-2520 ext.
50409

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Calm