

# **Counselor's Activity Kit**

# Feelings Check-In

Do you see any faces that show how you feel right now? Put a check mark in the box.



# Let's Breathe!

Take the smiley face and move it around the shape. Follow the directions along the arrows.

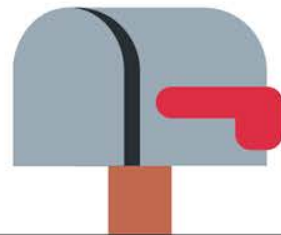




Create a virtual postcard to  
send your teacher! Drag the  
stickers to make a picture.  
Type a message!

	
	TYPE A MESSAGE HERE! _____
	_____
	_____
	_____

# You Got Mail!





5

Things you see...



4

Things you feel...



3

Things you hear...



2

Things you smell...



1

Thing you taste...



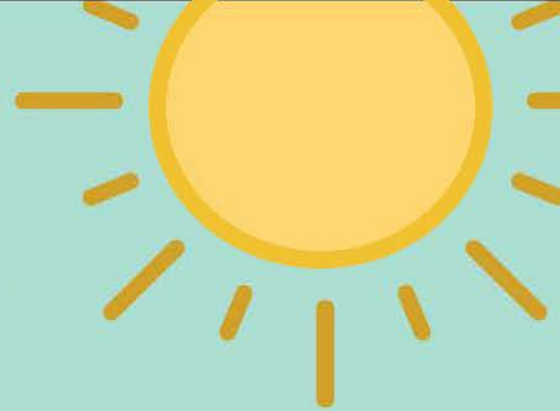
How did this activity make you feel?

## Grounding Activity

5, 4, 3, 2, 1, grounding is a calming technique that helps you focus on the present by using your five senses and to notice and focus on things currently around you. This brings you back to the present, rather than overthinking about the past or future.

# Get Outside!

Take a circle from the sun.  
Put it on an activity you  
have done outside this  
week!



What other ways could you play outside?

# Gratitude Jar

Fill the jar with the things you are thankful for today!

Type a word, person, or event you think of.

Double Click Here to Type!

Teacher

My House

Friends

My Pet

Siblings

Family

Food

Games

Books



# Ways to Calm Down...

Read each strategy. If you think it's a good strategy for calming down, drag it into the "GOOD IDEA" box. If you don't think it is a good strategy for calming down, move it into the "BAD IDEA" box.

**GOOD IDEA**

**BAD IDEA**

Push or hit  
someone

Yell at  
someone

Calm your  
body

Count to  
10

Stomp  
your feet

Throw  
something

Tell  
yourself  
you can  
handle it

Take deep  
breaths

Give  
yourself  
space from  
others

Pout



# Journal

Use this space to write about your thoughts and feelings, or work through a problem you may be having:

Start writing here...