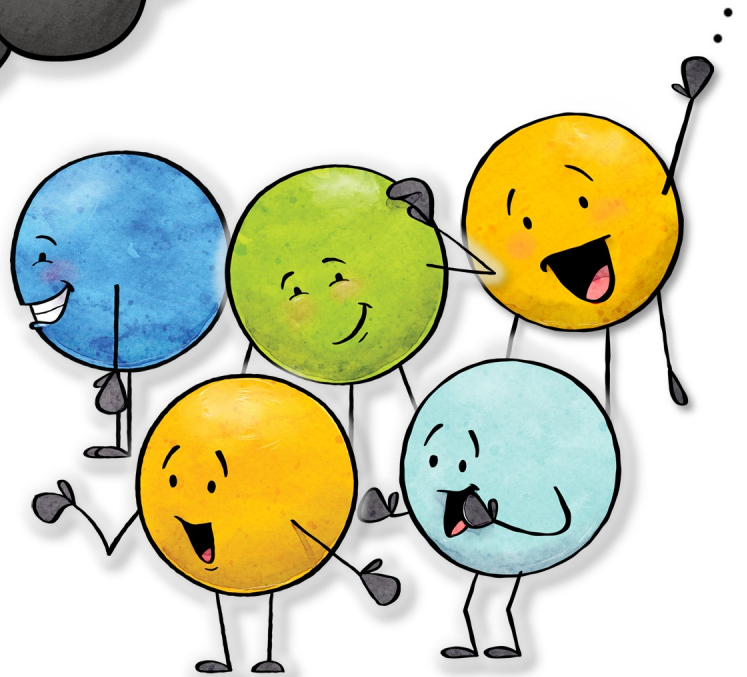
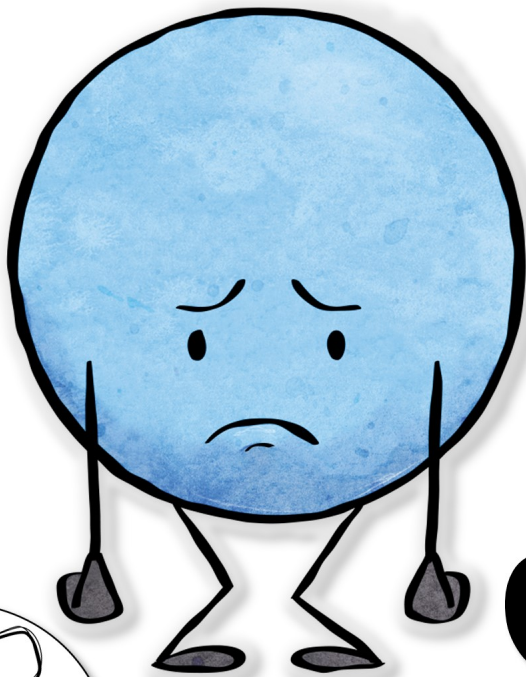


A Flicker of Hope



COMPANION ACTIVITIES



I am needed.

I MATTER.

I have special gifts to share with others.

The world is better with me in it.

I AM ENOUGH.

I WILL SHARE MY LIGHT.

I AM A HOPE BUILDER.

I am beautiful.

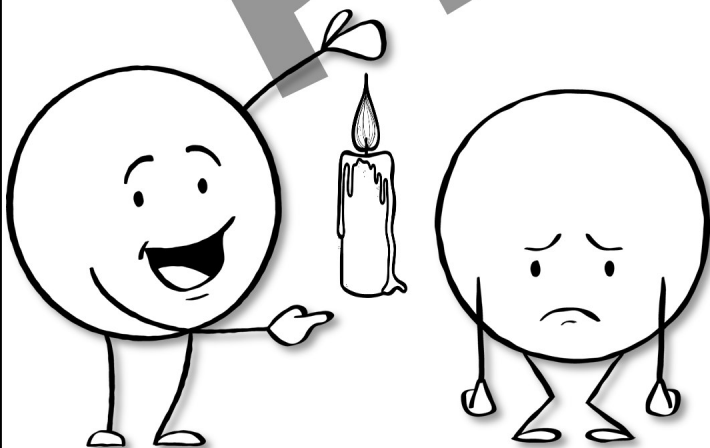
I HAVE A PURPOSE.

I belong here.

Here's what's in my dark clouds:

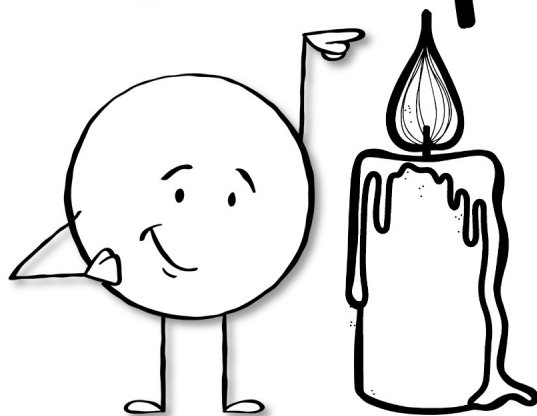
I've got dark clouds sometimes. Tough stuff in my life. When I'm feeling dark, it's hard to see the light.

And I can be a hope builder for others.



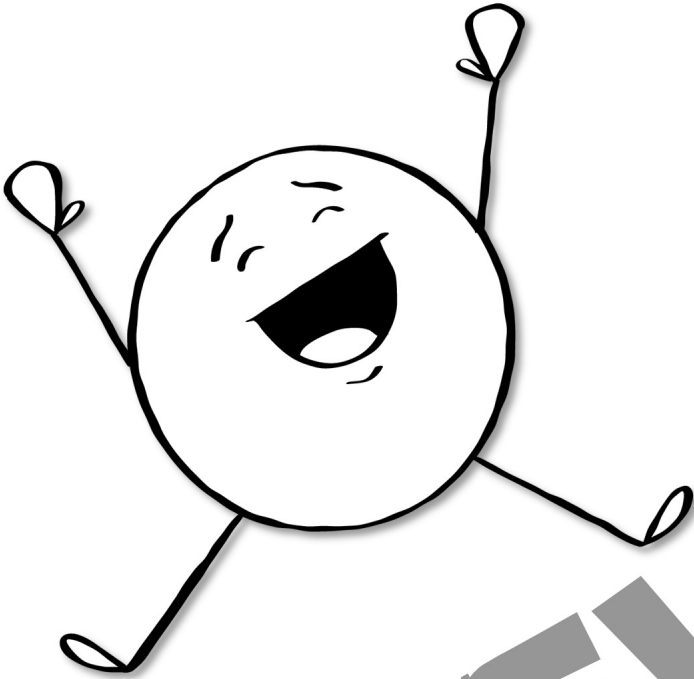
I can:

A Flicker of Hope



Name: _____

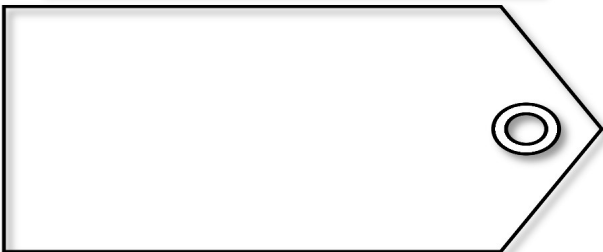
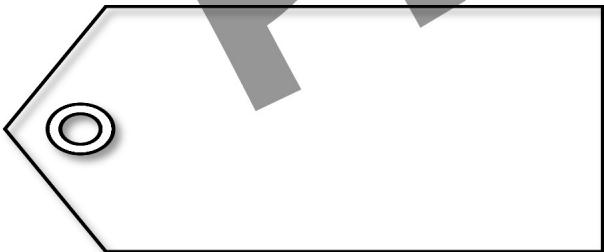
But behind the clouds, there is
light. I have light.



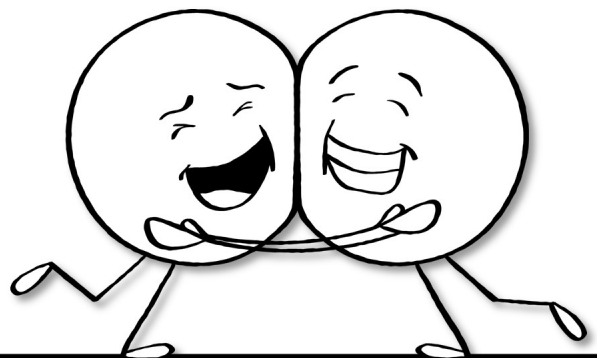
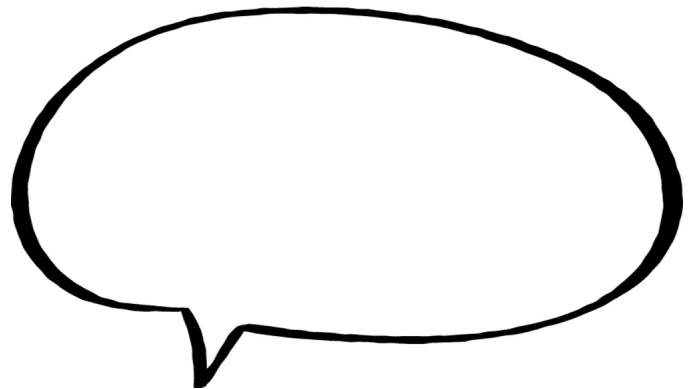
I have hope. I am hopeful for:



I have gifts to share:



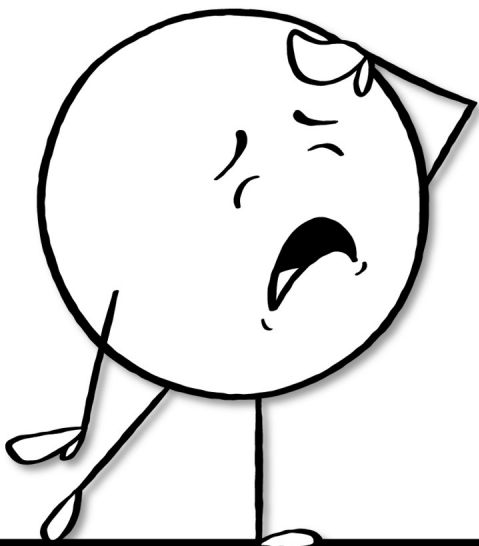
I have people that care about
me. I can ask them for help.

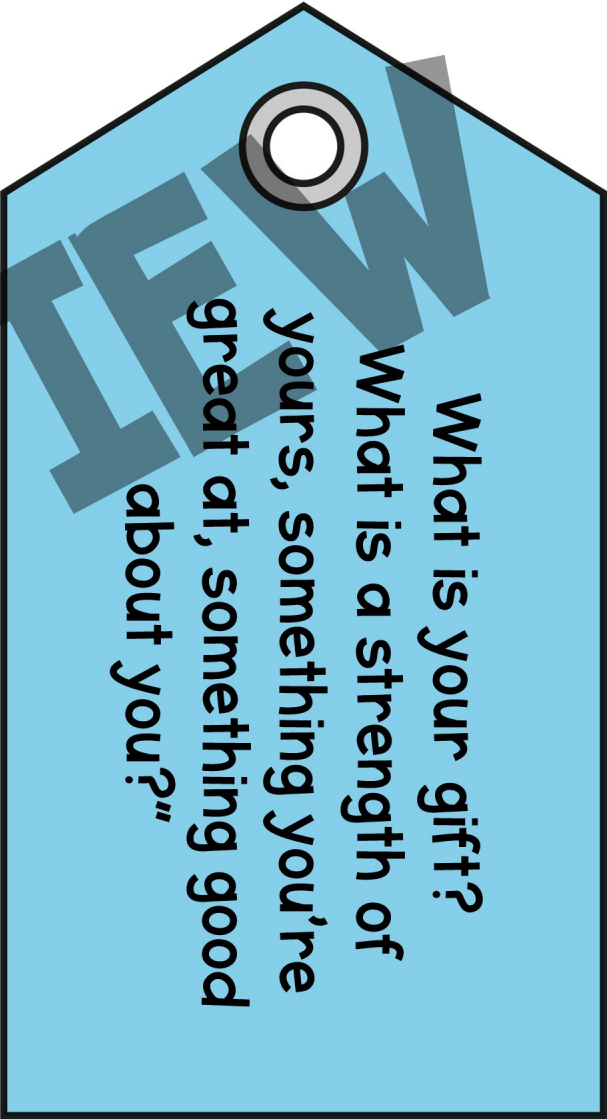


Dear Hope,

My parents are SO hard on me. They have such high expectations and I feel like I'll never ever meet them. No matter how hard I try, my grades aren't high enough. They think I should be perfect and I can't be.

-Always in Trouble





What is your gift?
What is a strength of
yours, something you're
great at, something good
about you?"



How can you bring light to others? What
can you say to someone or do for someone
when they're feeling dark and cloudy?

What is something you
feel hopeful for when
you think about the
future?

What do you hope for
this year? Next year?



Who could you reach out to if
you needed strength and hope?

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

