

**SAY
SOMETHING**

**Companion
Activities**



**SELF-EXPRESSION
SENTENCE STEMS
TASK CARDS**

MINGLE-PARTNER-SHARE

Directions

- Play some sort of music or just instruct the students to “mix”, walking around the room (smiling and dancing ok but no talking).
- Stop the music or call out “pair up”. Students pair with the closest person (model that this doesn’t mean the closest friend, just the closest person!).
- Students stand back to back. Read one of the sentence stems and give them silent think time.
 - For younger learners, it may be helpful to provide examples for some of the prompts to scaffold their responses.
- Repeat the sentence stem, then say “share”. Students turn to face one another and take turns sharing their responses.
- Repeat!

PICK-A-CARD

Directions

- Place students in groups of 4. If a group of 3 is needed, combine the 'fan' and 'respond' jobs.
- Students sit in a square with a job board placed between them.
- Students complete their jobs in order:
 - Person A fans the cards out and tells the next person to "Pick a card, any card!"
 - Person B picks a card and gives it to Person C.
 - Person C reads the sentence stem and finishes it with their own idea.
 - Person D responds to Person C's answer with "Thank you for sharing your thoughts!"
 - Put used question card in a discard pile.
- Rotate the jobs board (so everyone has a new job) and continue until all questions have been answered.

**SAY
SOMETHING**



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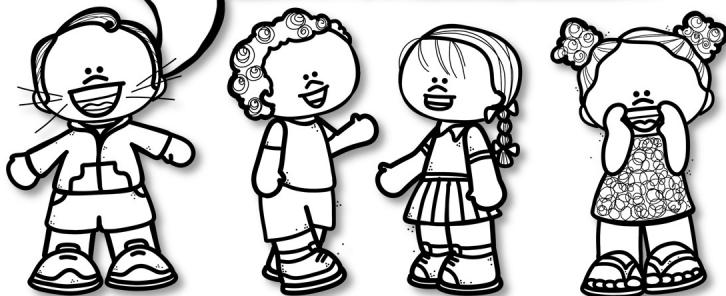
**SAY
SOMETHING**



**SAY
SOMETHING**



**SAY
SOMETHING**



**SAY
SOMETHING**



I hope...

**Together,
we can...**

I believe...

I imagine...

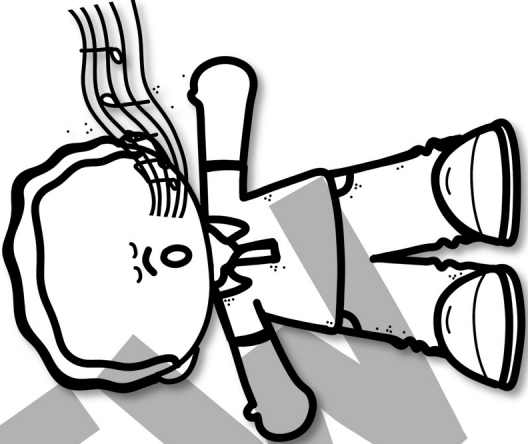
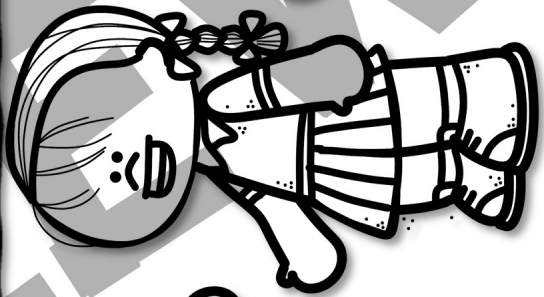
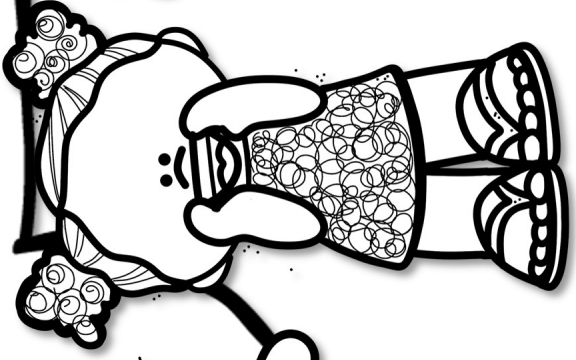
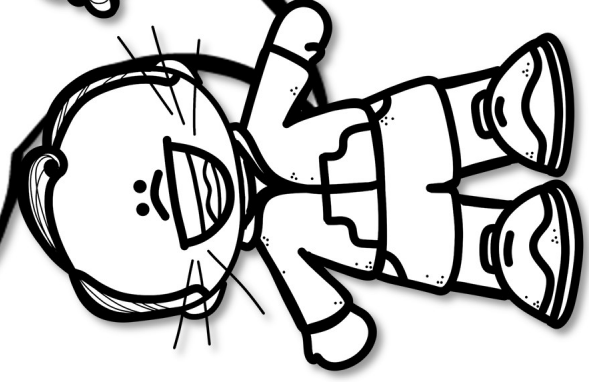
I wish...

**We can
change
the world
by...**

PREVIEW
(Includes 18 total)

**FOR CLASS WORK
DISPLAY/
BULLETIN BOARD**

WE WILL
SAY
SOMETHING



I WILL **SAY** SOMETHING BY...

Name:

I WILL **SAY** SOMETHING BY...

Name:

I WILL **SAY** SOMETHING BY...

Name:

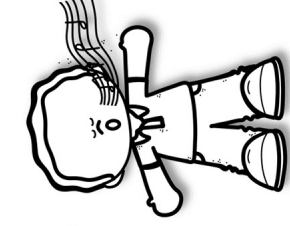
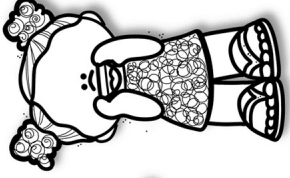
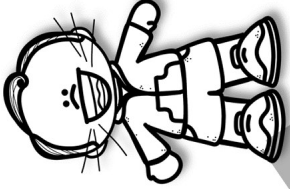
I WILL **SAY** SOMETHING BY...

Name:

**WORKSHEETS FOR
PRACTICING
EXPRESSING SELF**

SAY SOMETHING

Name: _____



I WILL SAY SOMETHING
THROUGH MY **WORDS**.

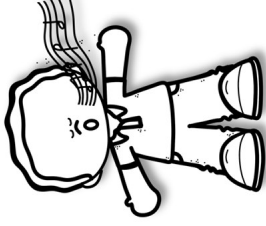
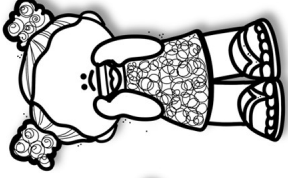
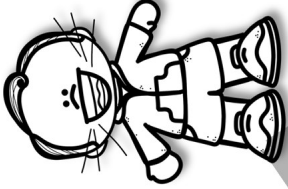
I WILL SAY SOMETHING
THROUGH MY **ACTIONS**.

I WILL SAY SOMETHING
THROUGH **PICTURE**.

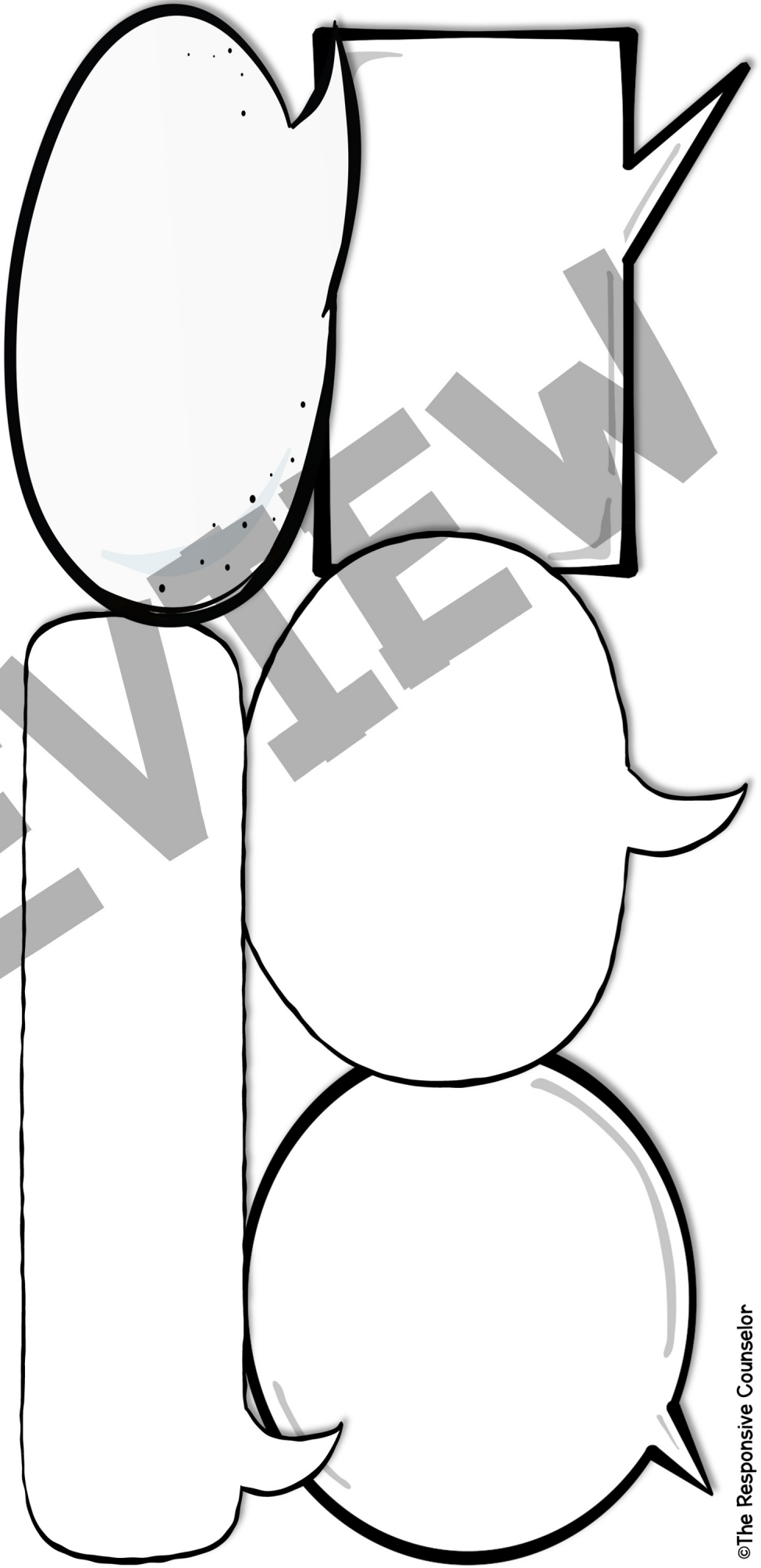
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SAY SOMETHING

Name: _____

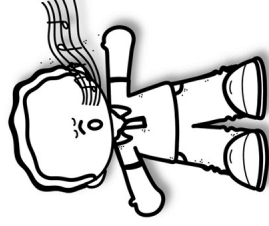
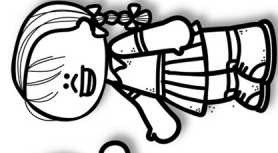
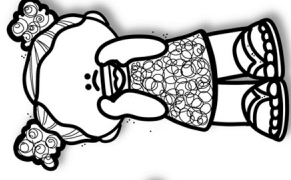
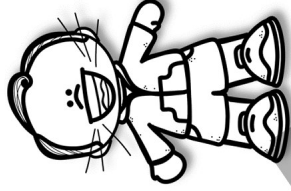


I WILL SAY SOMETHING THROUGH MY **WORDS.**



SAY SOMETHING

Name: _____

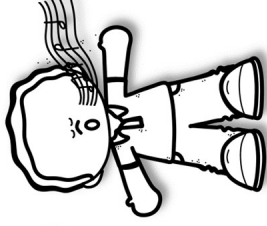
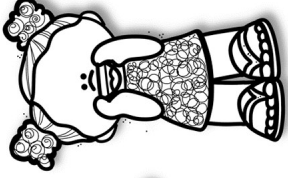
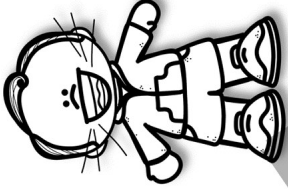


I WILL SAY SOMETHING THROUGH MY **ACTIONS.**

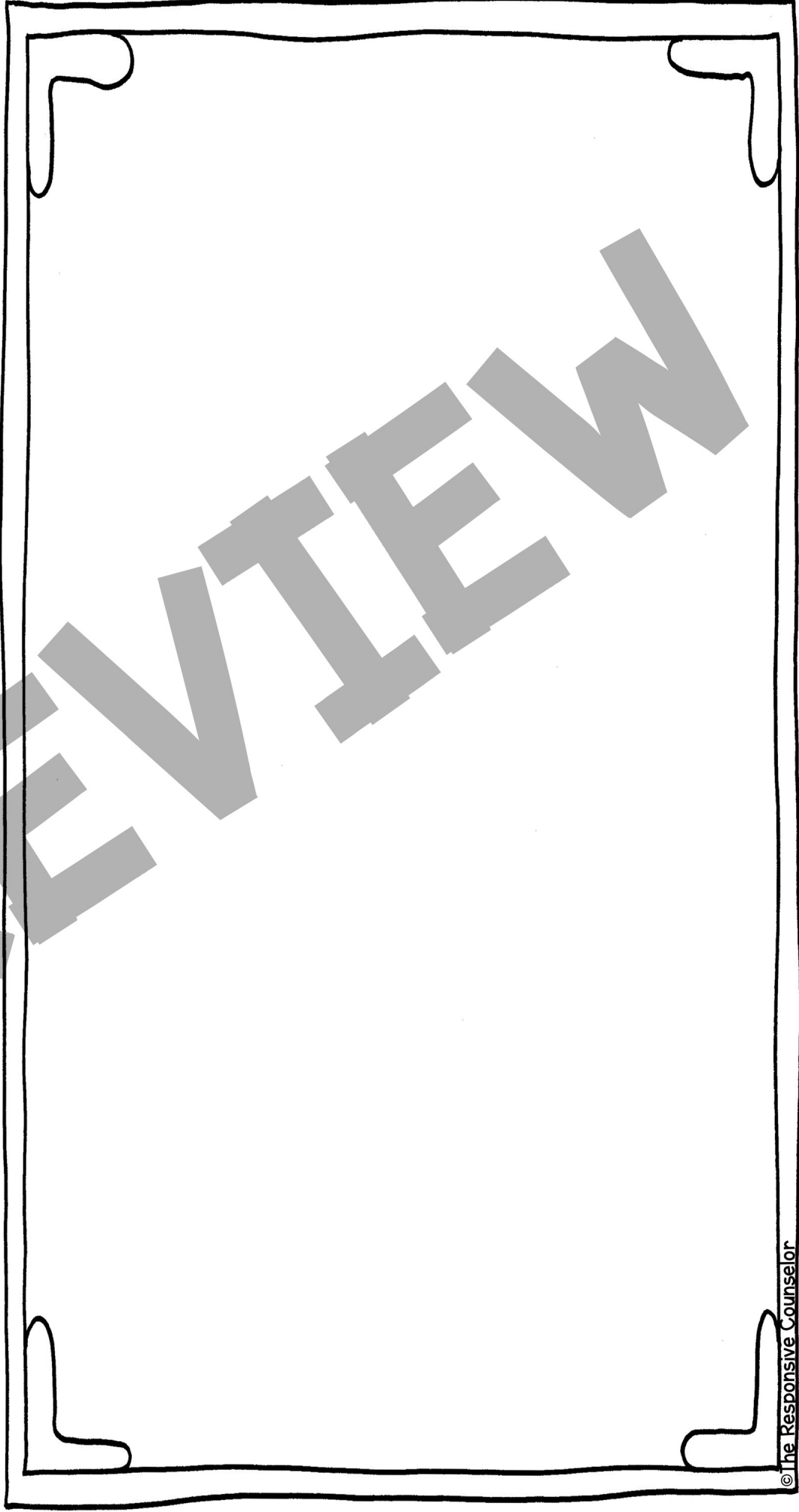
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SAY SOMETHING

Name: _____



I WILL SAY SOMETHING THROUGH **PICTURE**.



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:

