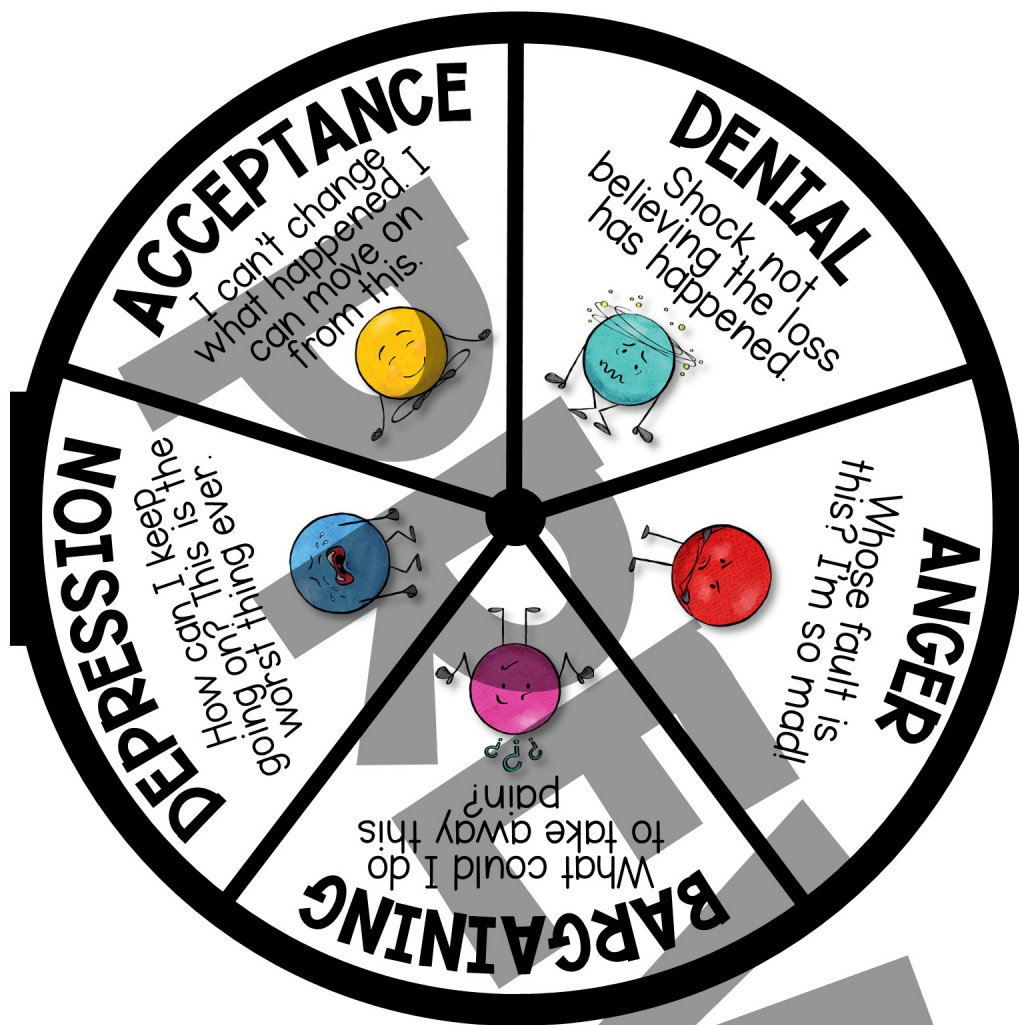


## A collage of colorful circular cards, each featuring a different social-emotional learning activity or affirmation. The cards are arranged in a cluster, overlapping each other. The activities include: 'PEACEFUL PROBLEM SOLVING' with a cartoon character and the text 'Go Somewhere Else'; 'LOGIZE' with a cartoon character and the text 'In It Up'; 'SIZE OF THE PROBLEM' with a rainbow and a sun; 'AFFIRMATIONS' with a cartoon character and the text 'I am'; 'HOW TO MAKE A FRIEND' with a cartoon character; 'WHAT'S BEHIND YOUR ANGER?' with a cartoon character and the text 'WORRIED'; 'COPING' with a cartoon character and the text 'STRETCH YOUR BODY'; 'GIVE A COMPLIMENT' with a cartoon character and the text 'You are really good at...'; 'THINK BEFORE YOU SPEAK' with a cartoon character and the text 'Is it KIND?'; 'BREATHE' with a cartoon character and the text '1-2-3 breathe'; 'ROUND' with a cartoon character and the text 'What do you hear?'; and 'OUT' with a cartoon character and the text 'I feel'. The cards are decorated with various illustrations, including rainbows, suns, clouds, and cartoon characters.

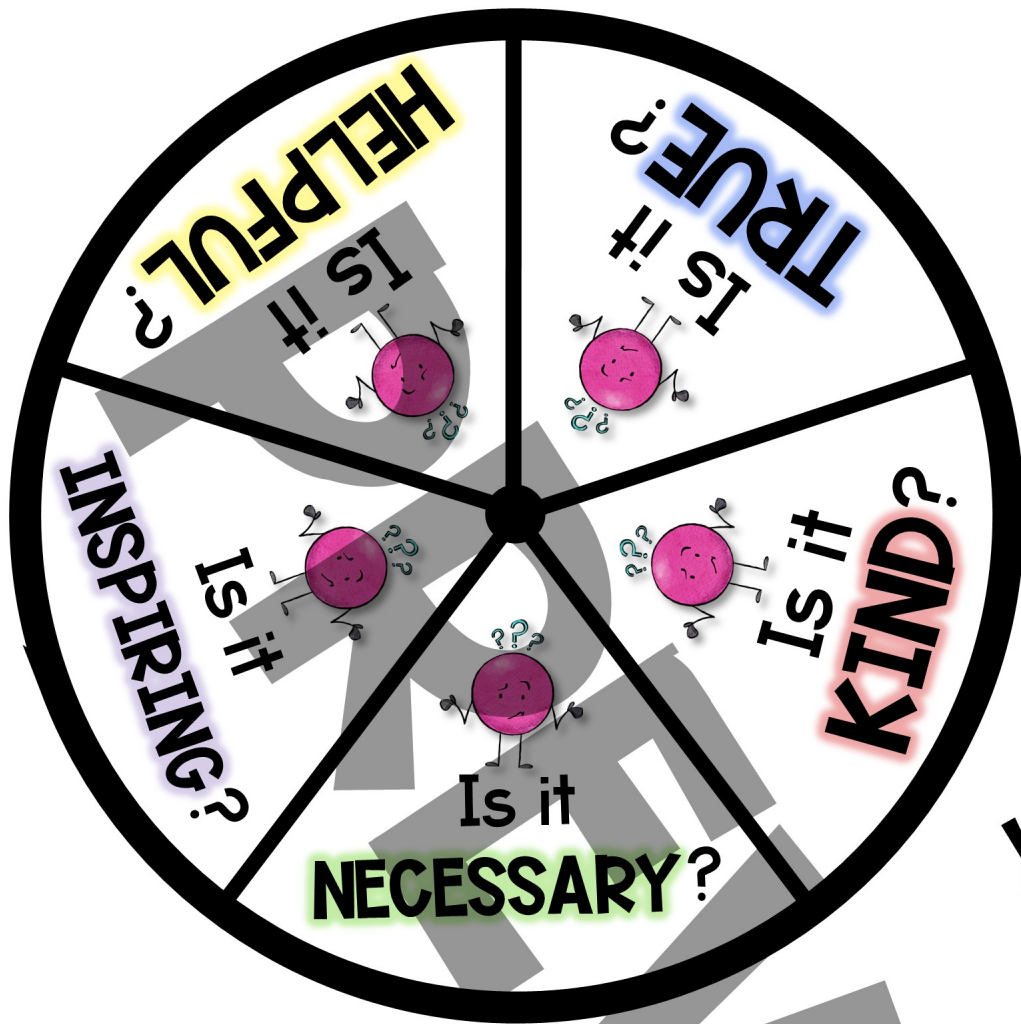
©The Responsive Counselor



**GRIEF  
CYCLE**

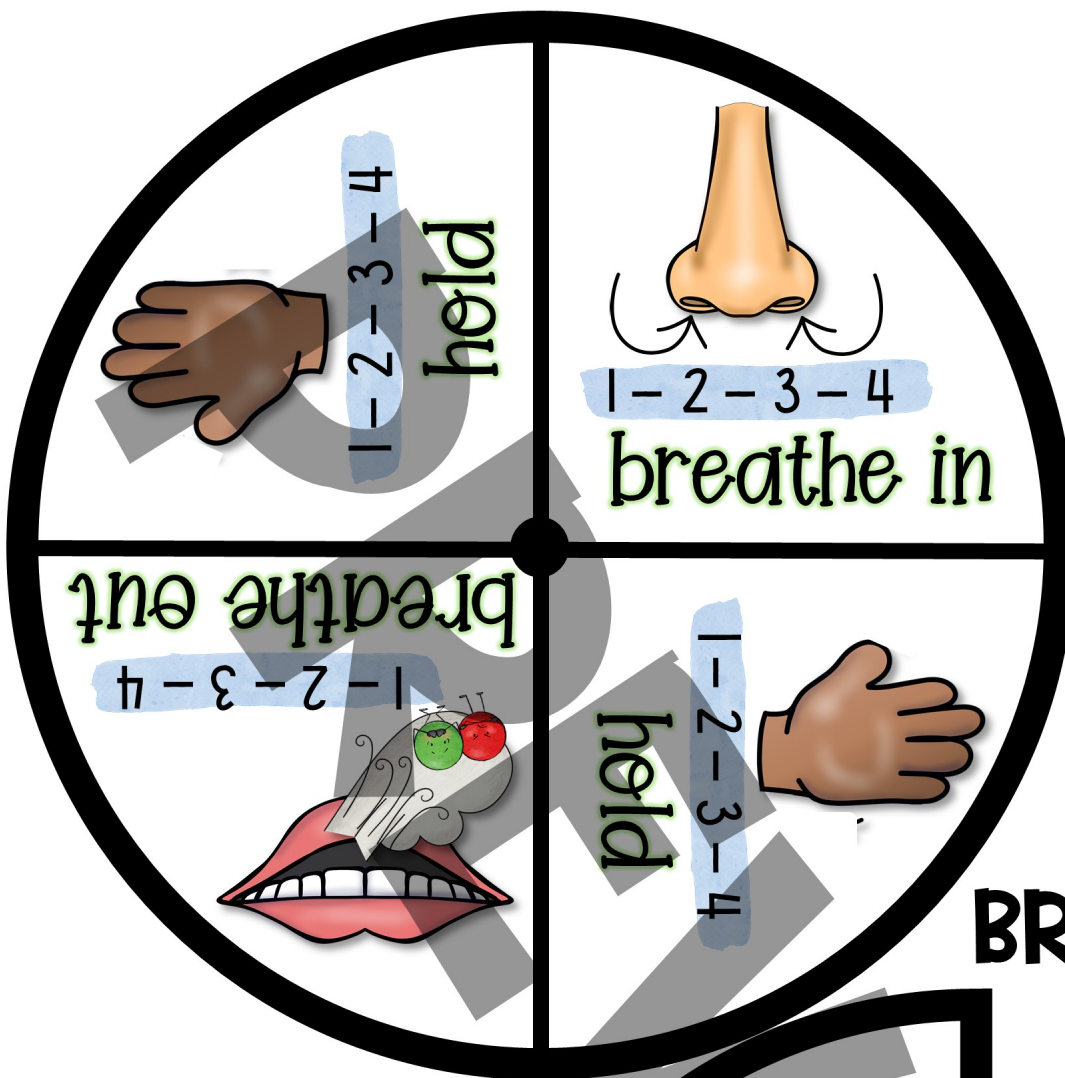






**THINK  
BEFORE  
YOU SPEAK**

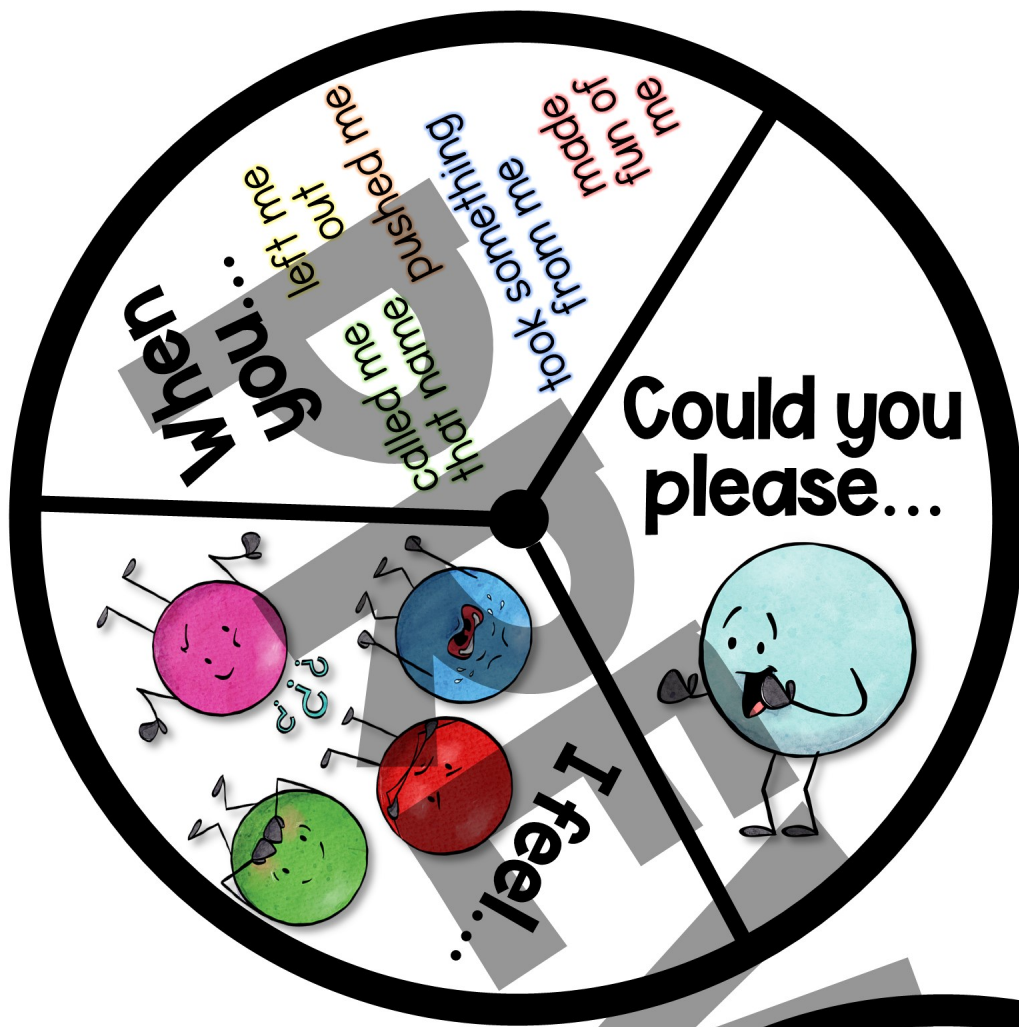




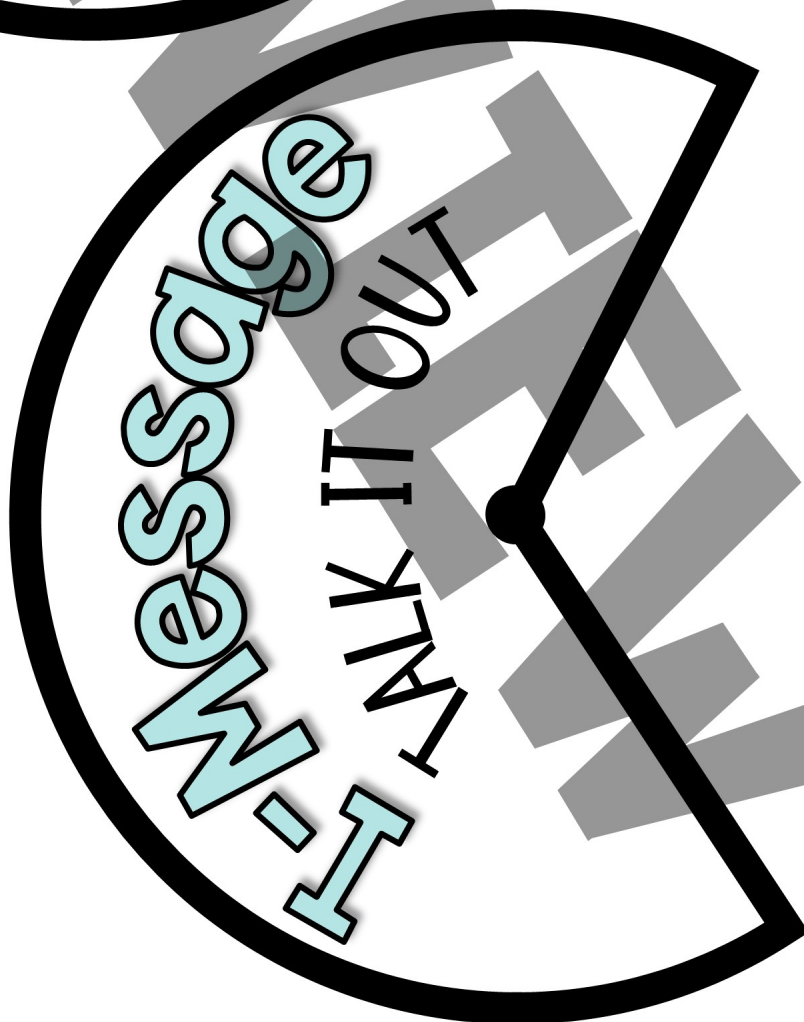
**DEEP  
BREATHING**

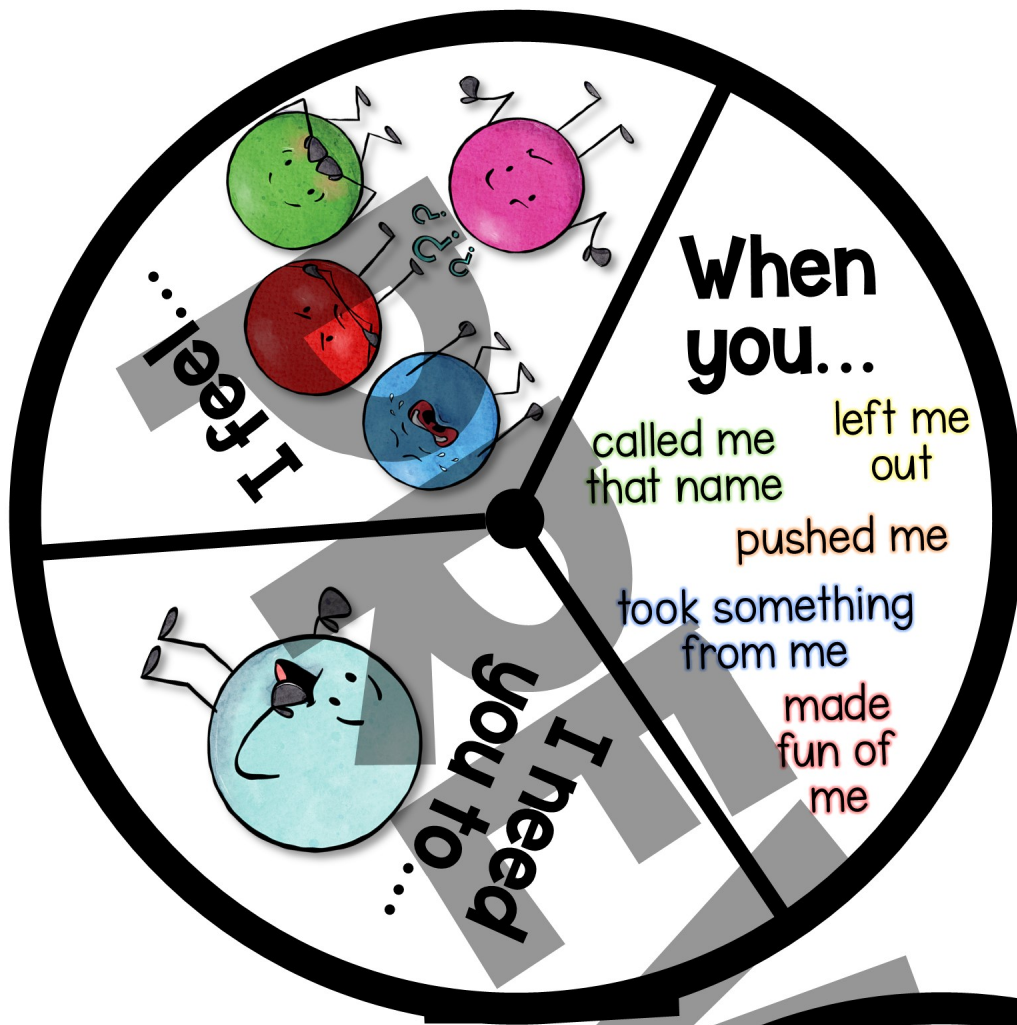




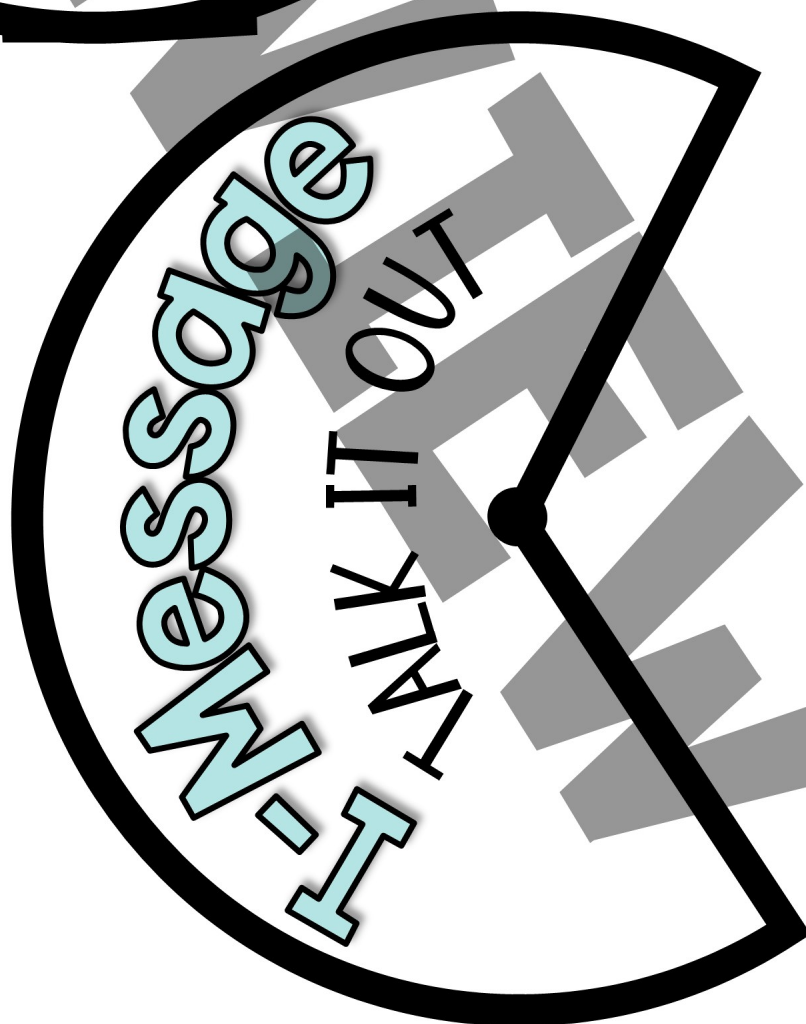


**I-MESSAGE  
(Could you please?)**

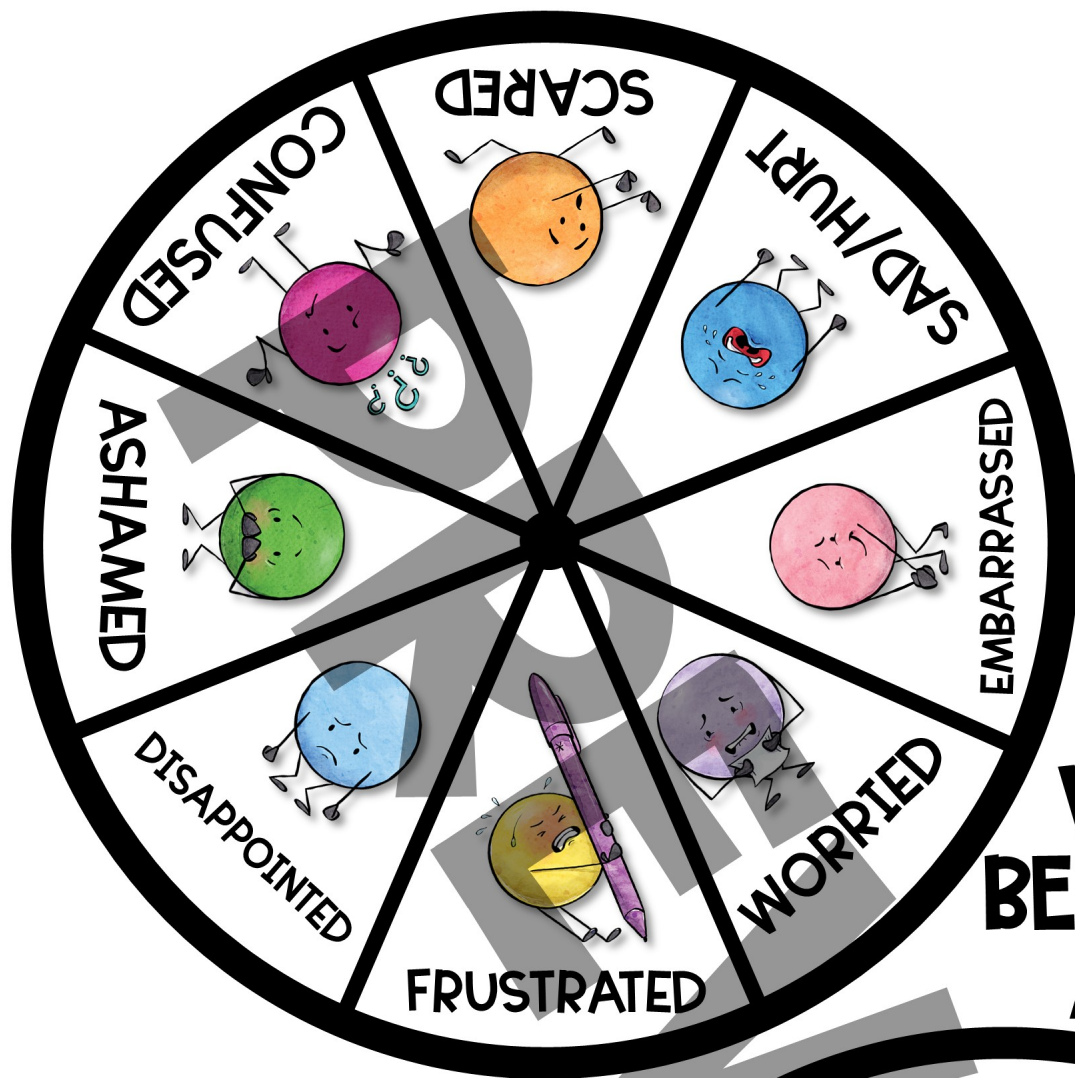




**I-MESSAGE**  
(I need you to?)

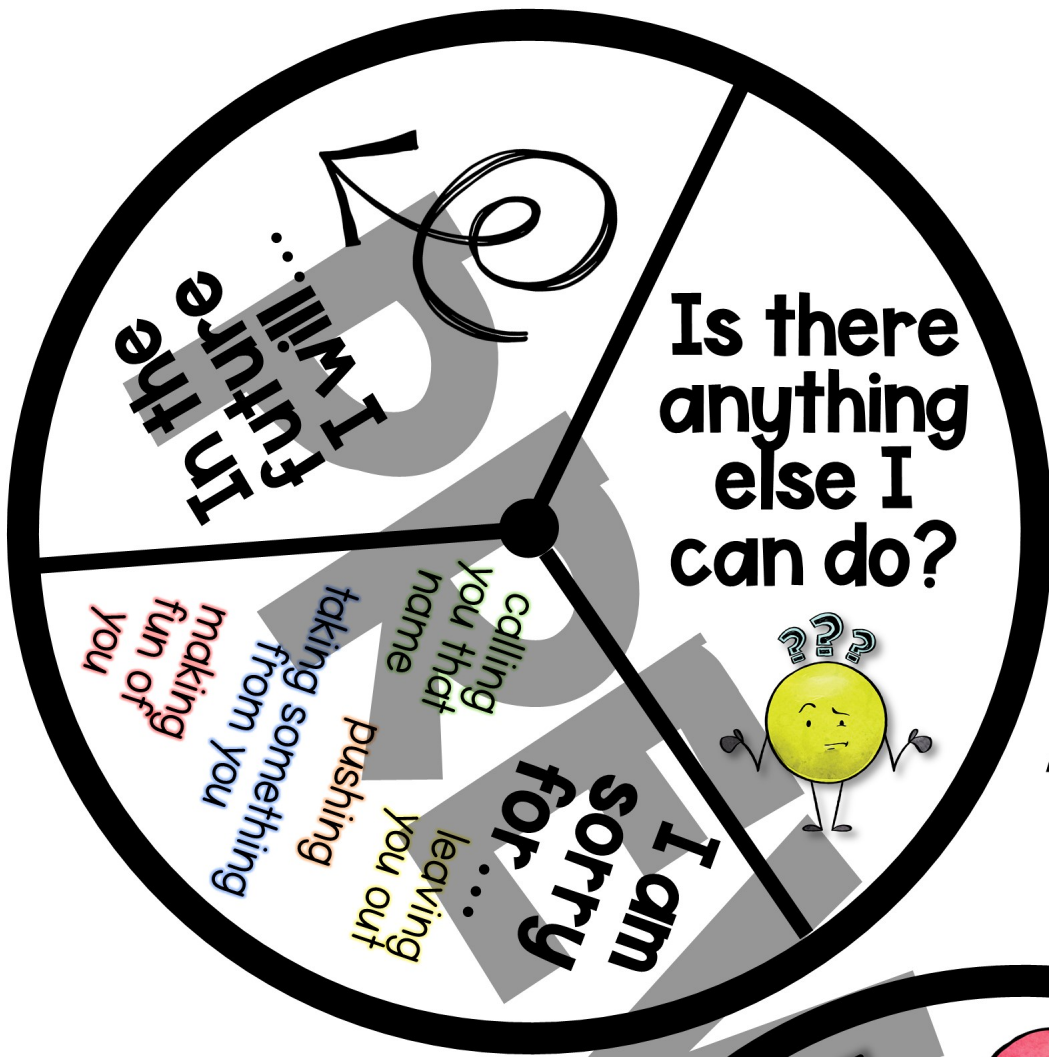




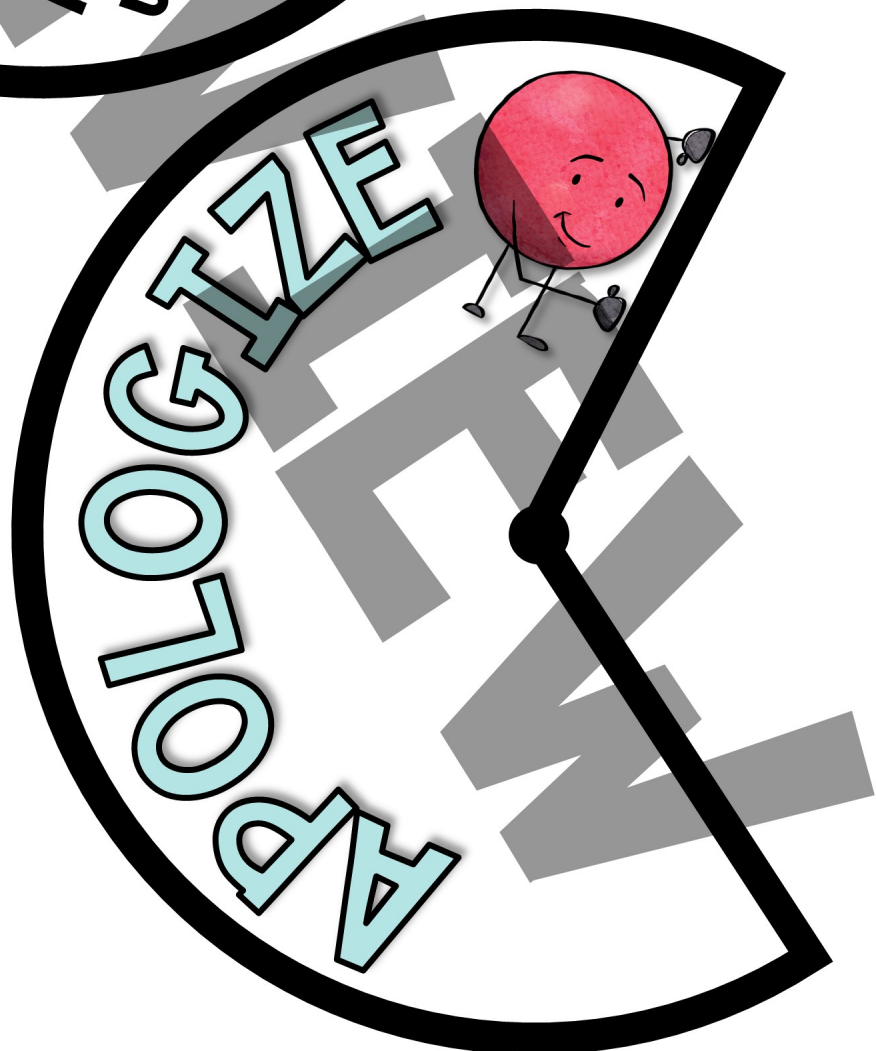


**WHAT'S  
BEHIND THE  
ANGER?**

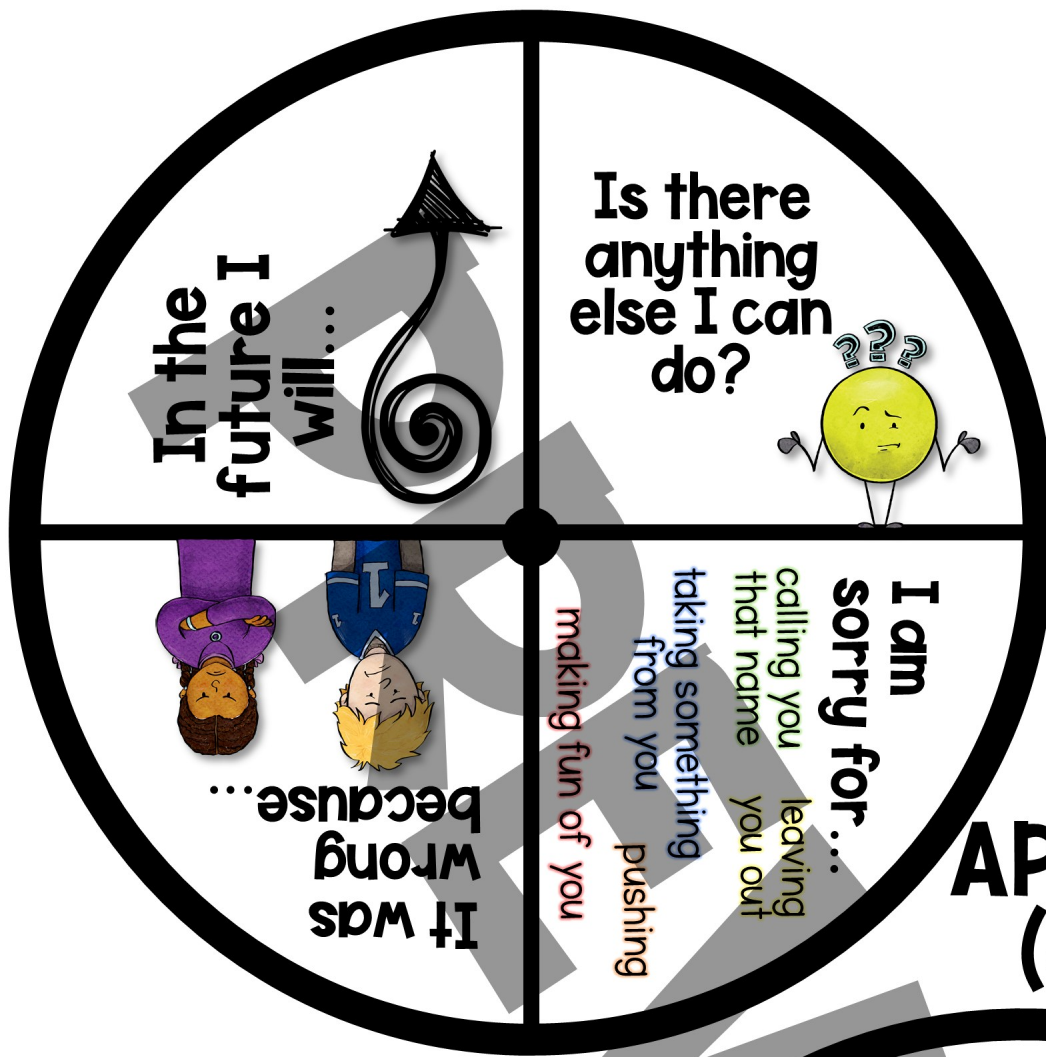




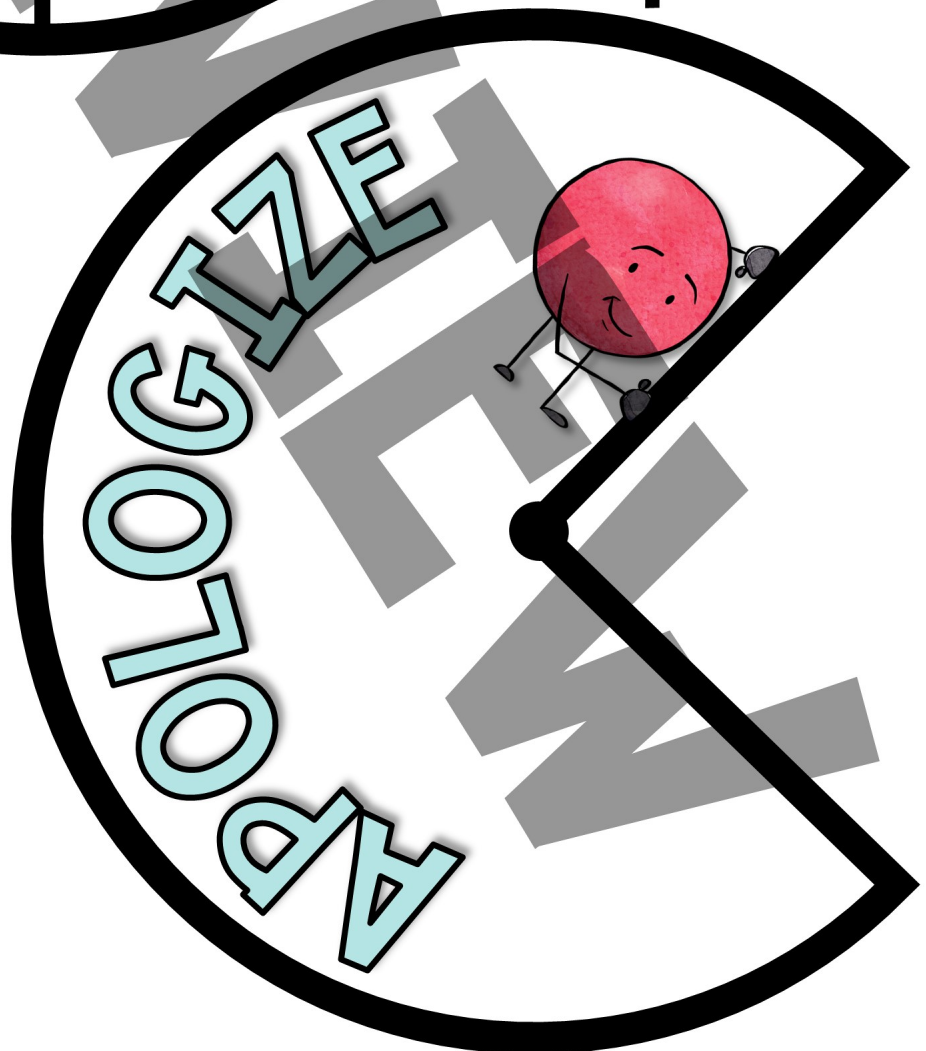
## APOLOGIES (3-part)

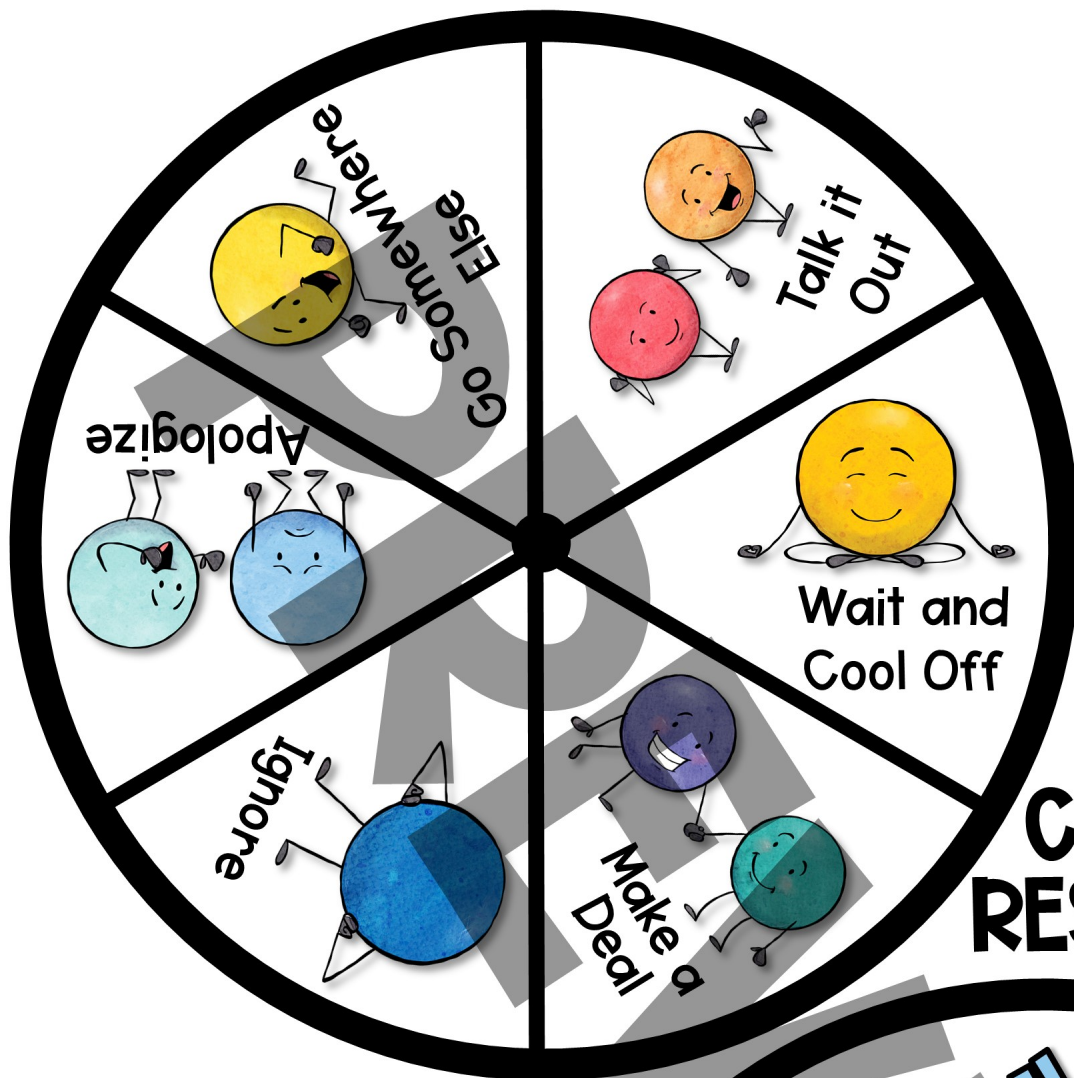




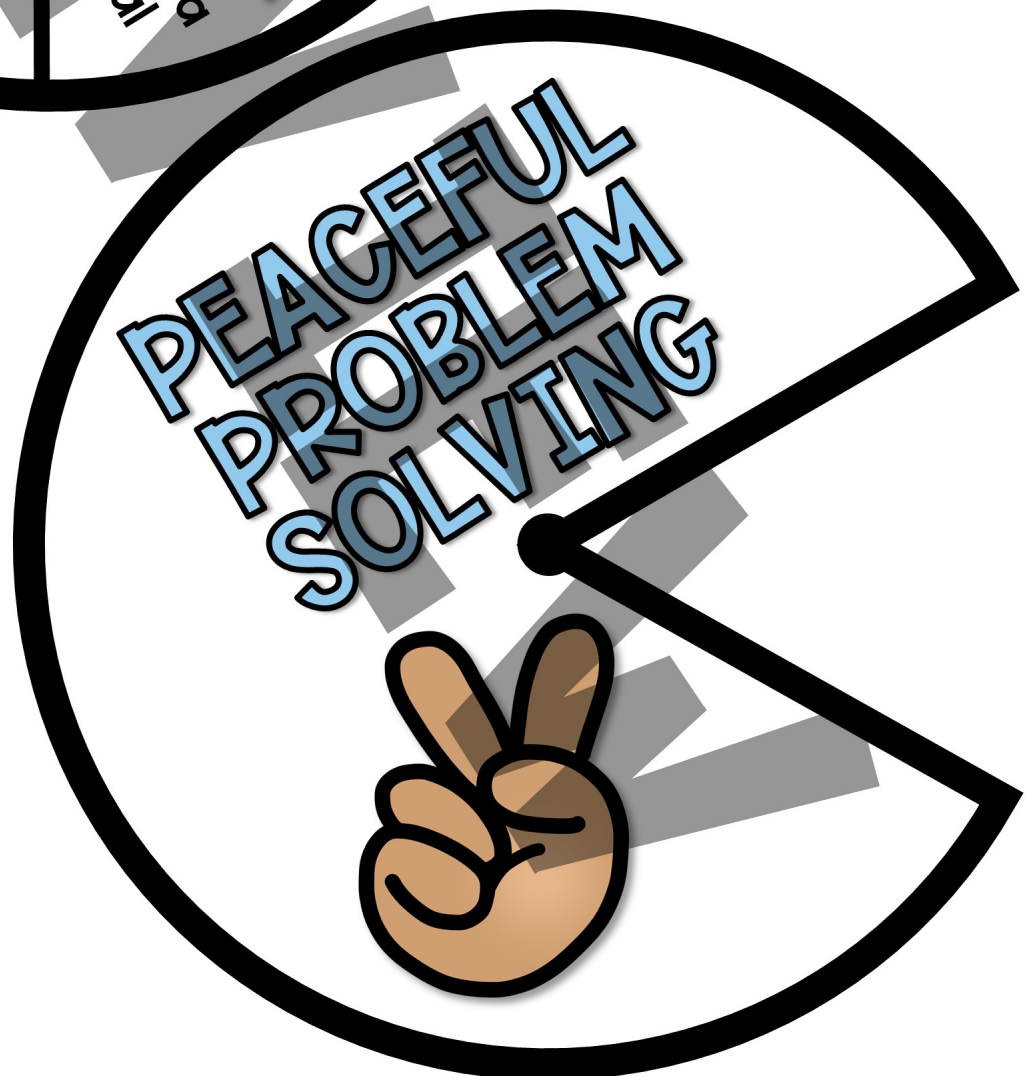


## APOLOGIES (4-part)

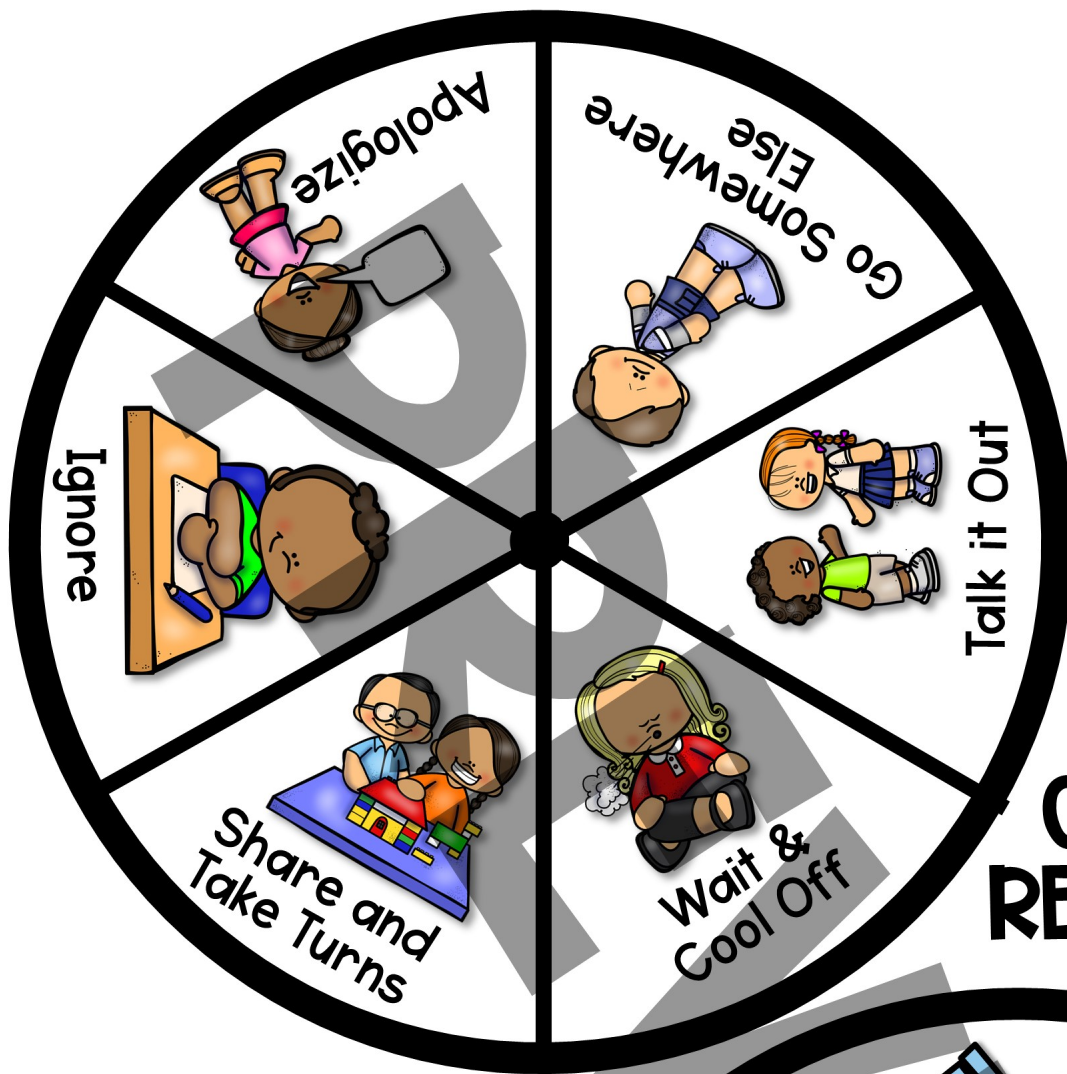




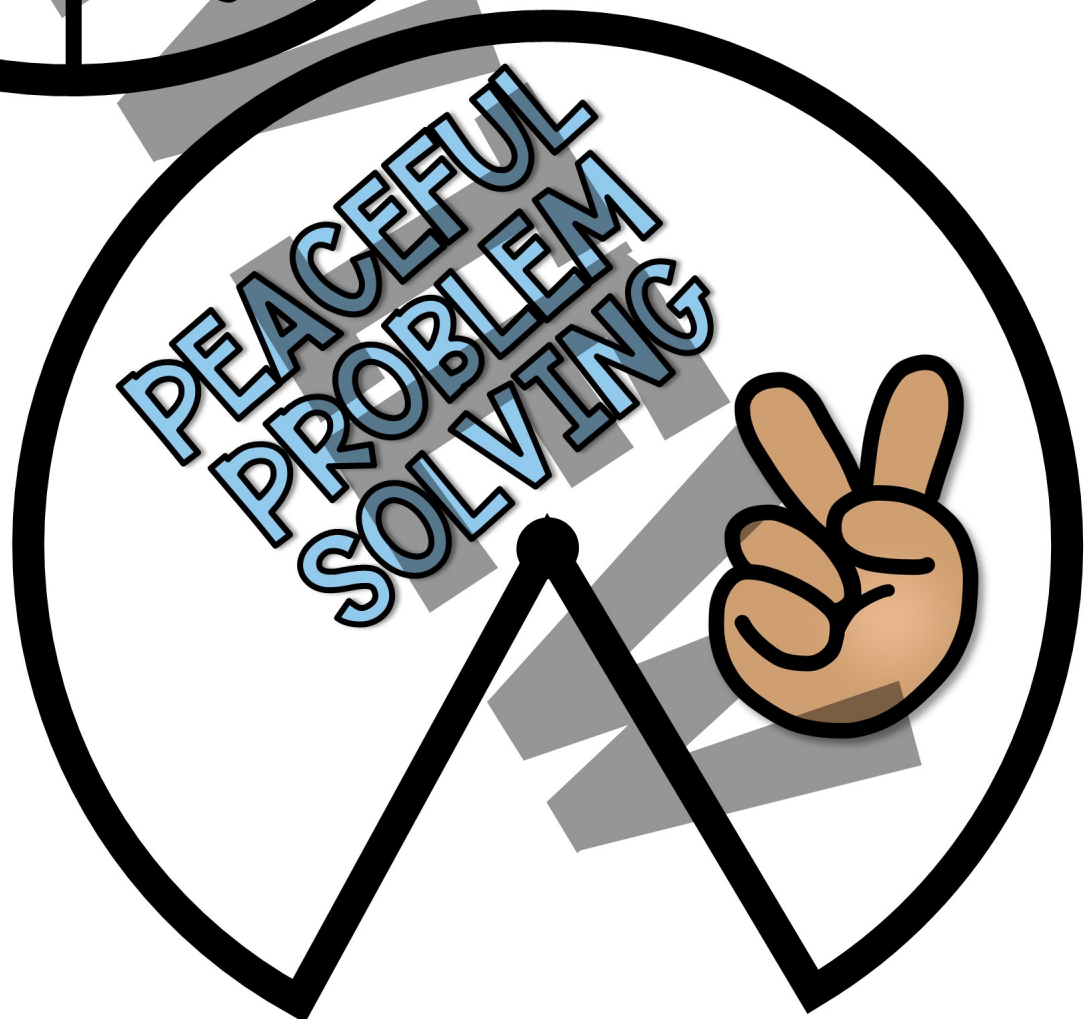
**CONFLICT  
RESOLUTION**

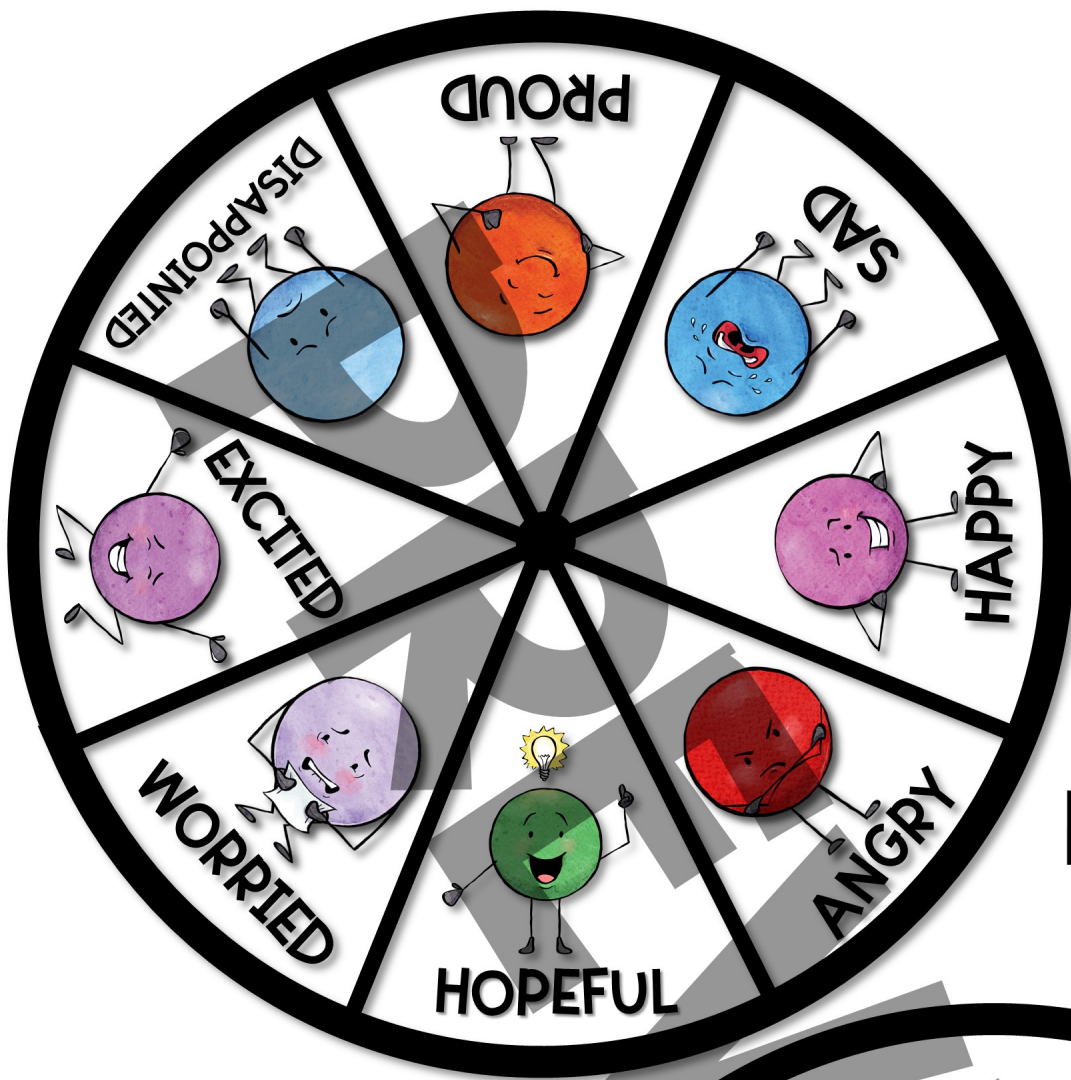






**CONFLICT  
RESOLUTION**





**FEELINGS**







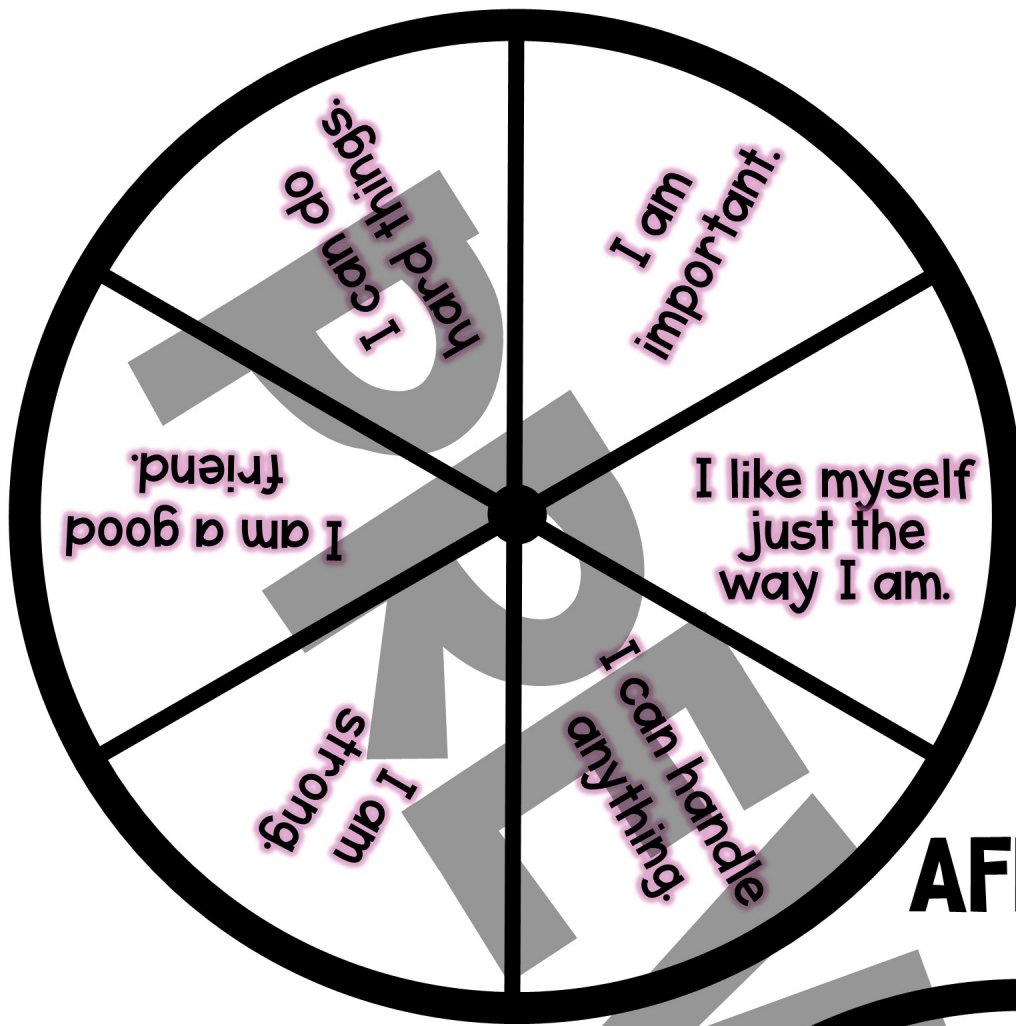
**FEELINGS**





**COMPLIMENT  
STEMS**



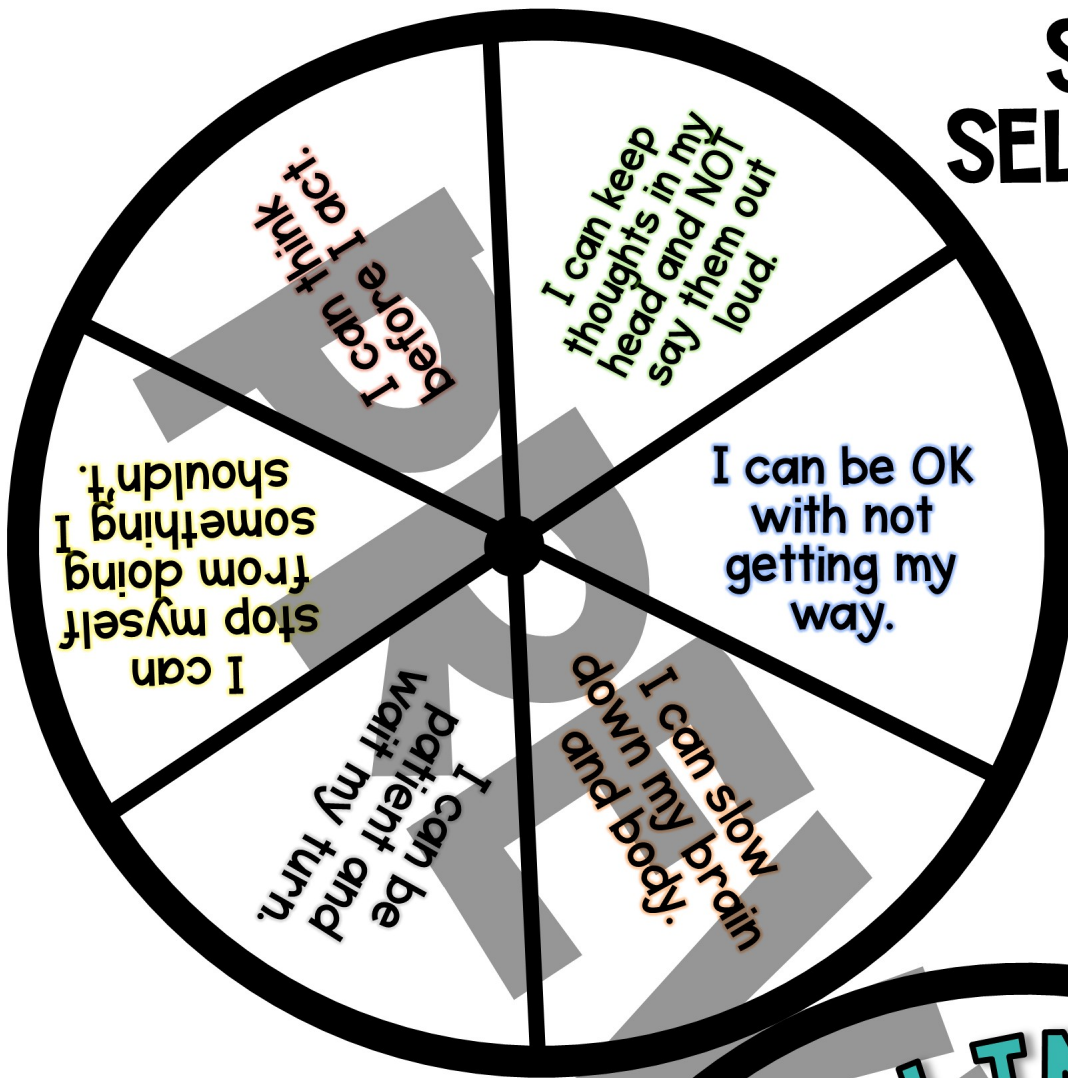


## POSITIVE AFFIRMATIONS

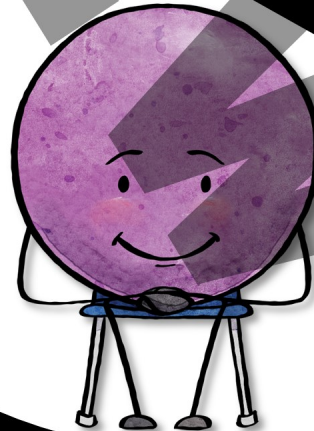


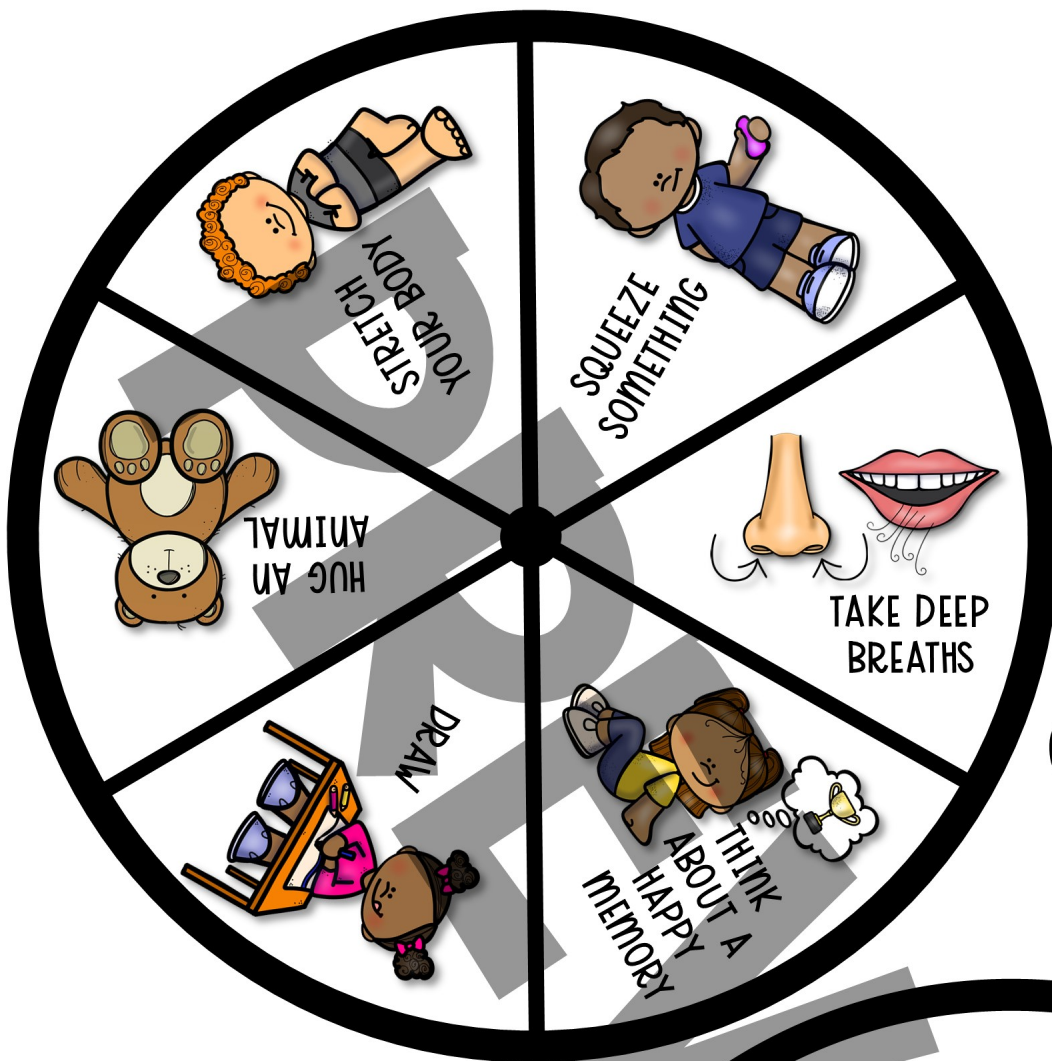


# SHOWING SELF-CONTROL

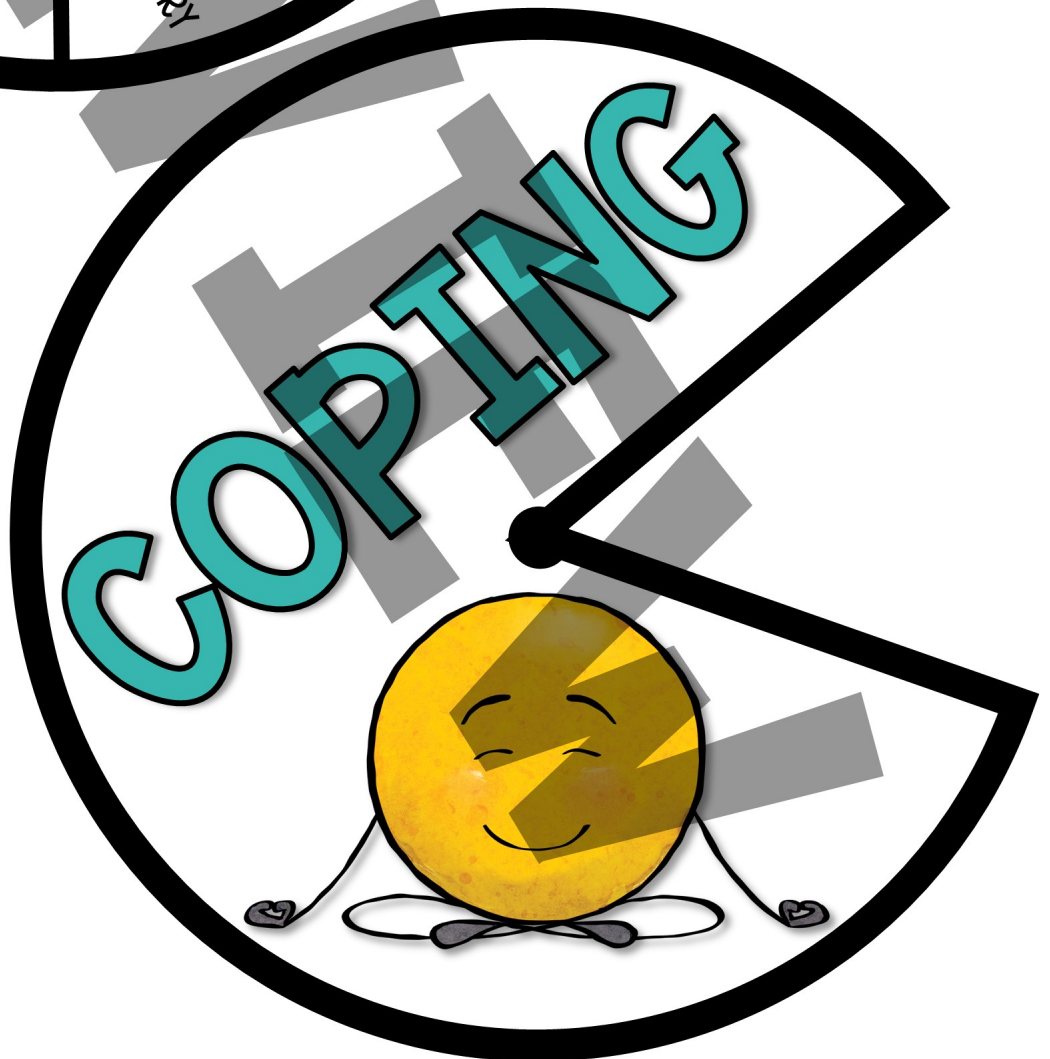


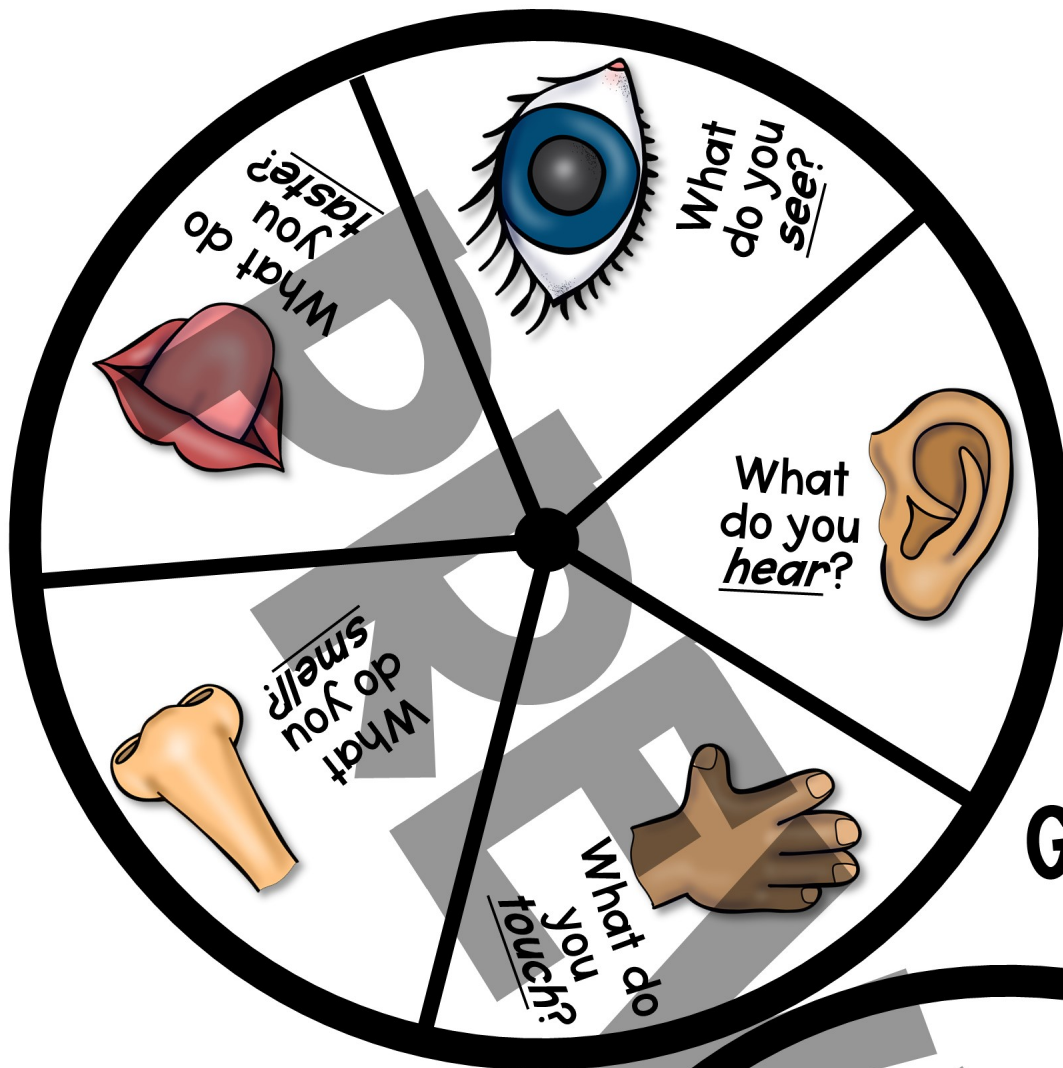
## CONTROLLING MYSELF



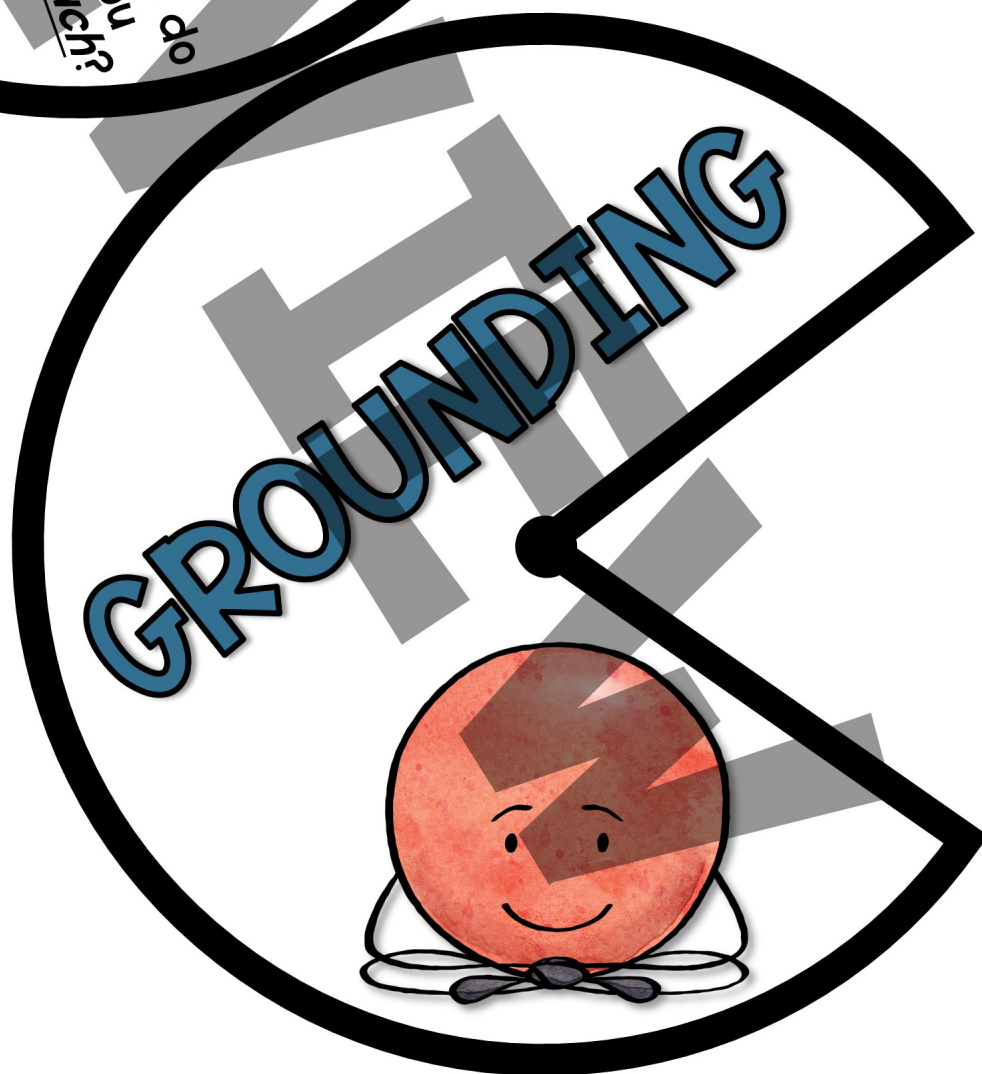


## COPING SKILLS





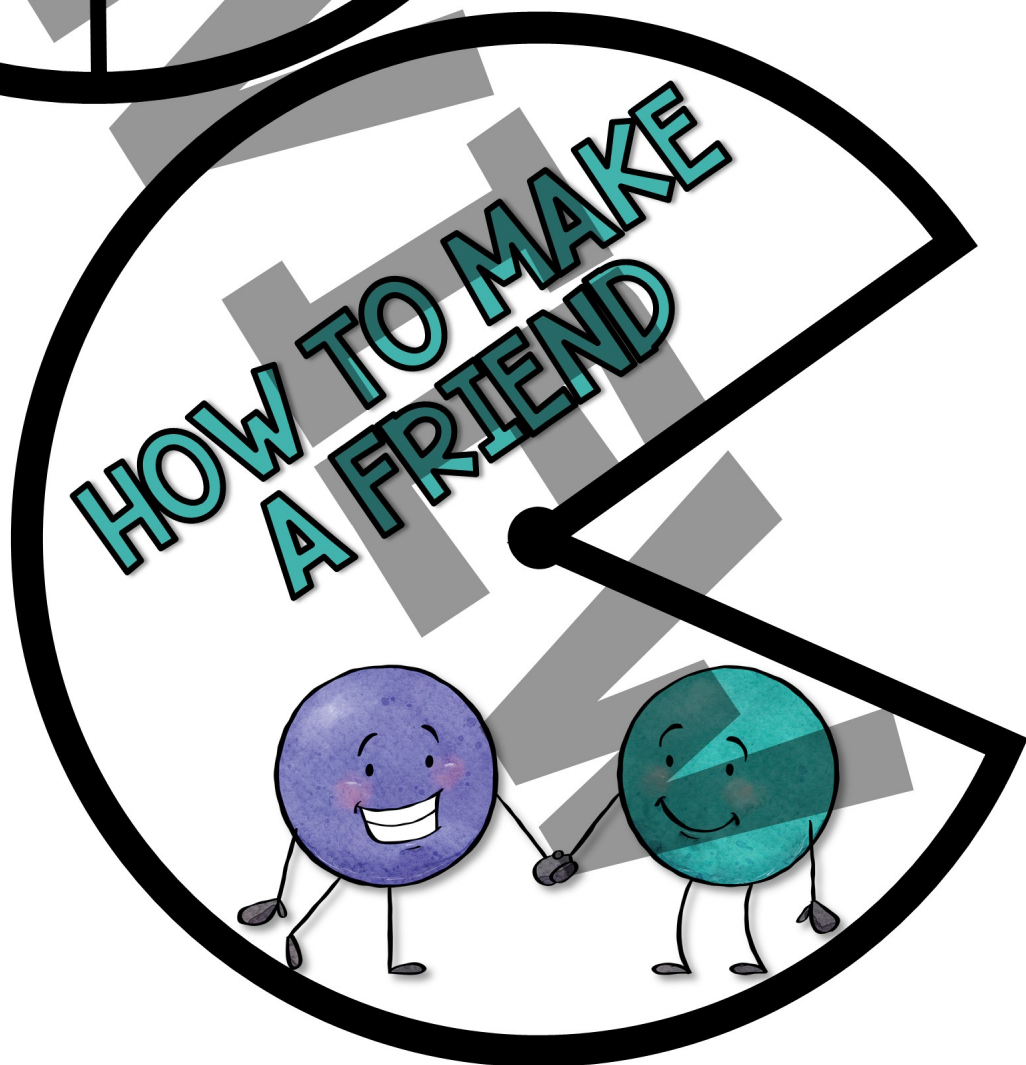
**GROUNDING**

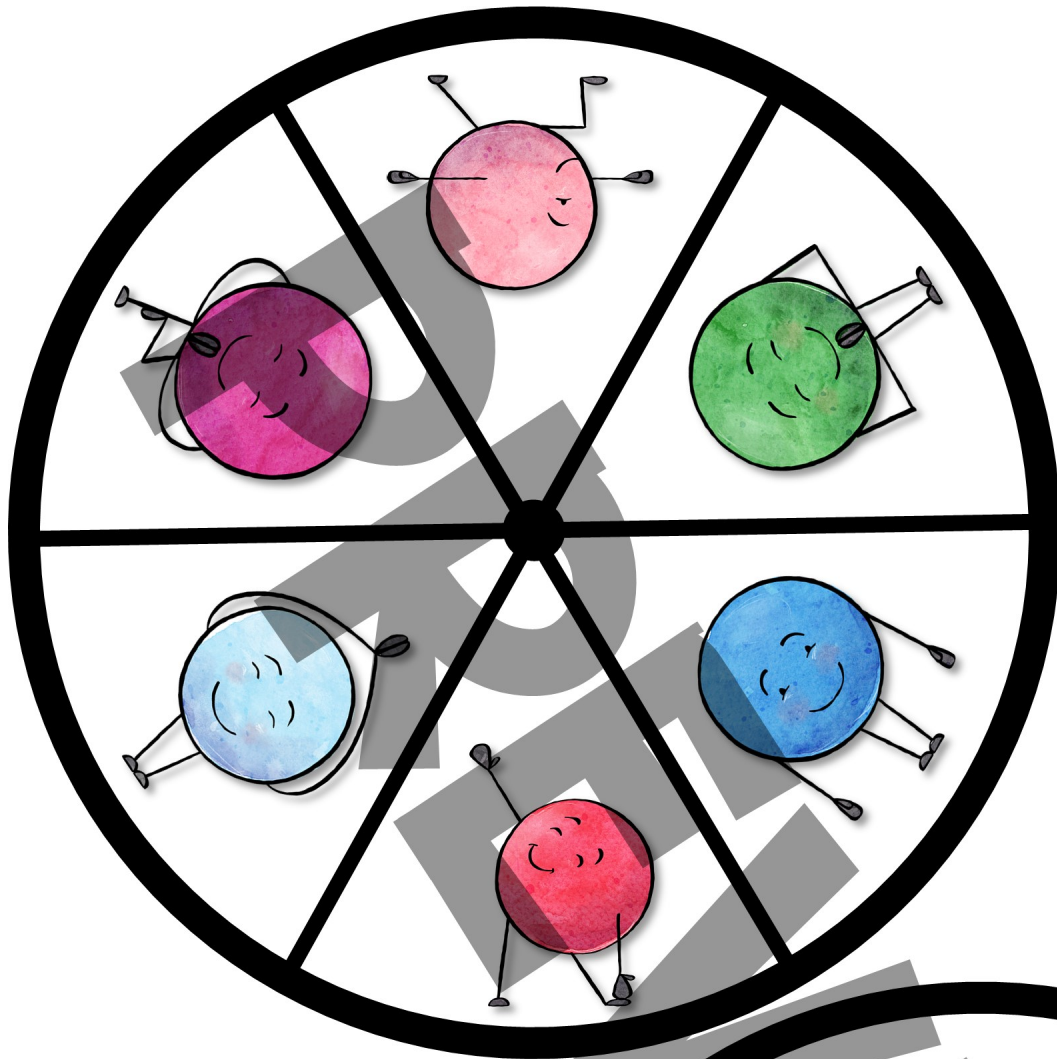






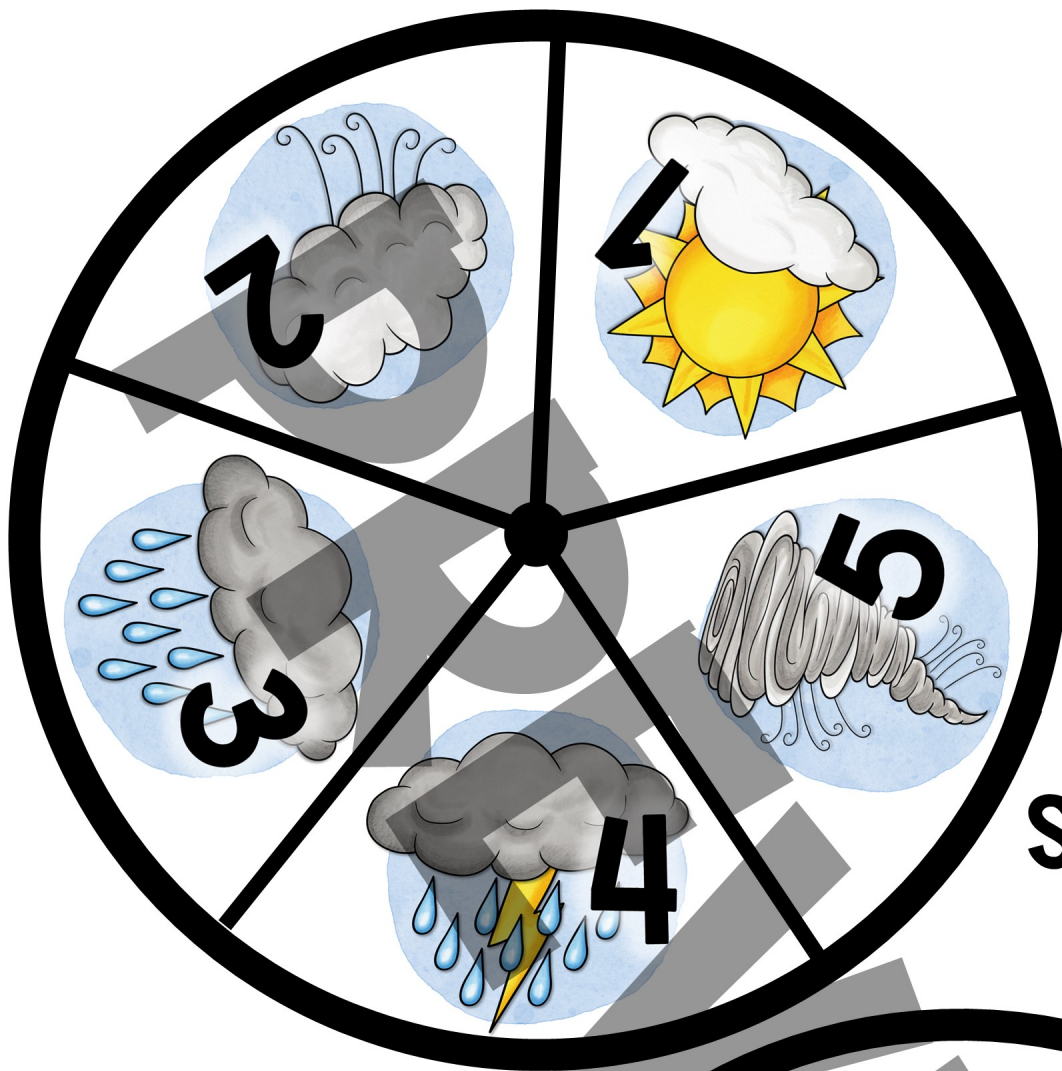
**HOW TO  
MAKE A  
FRIEND**



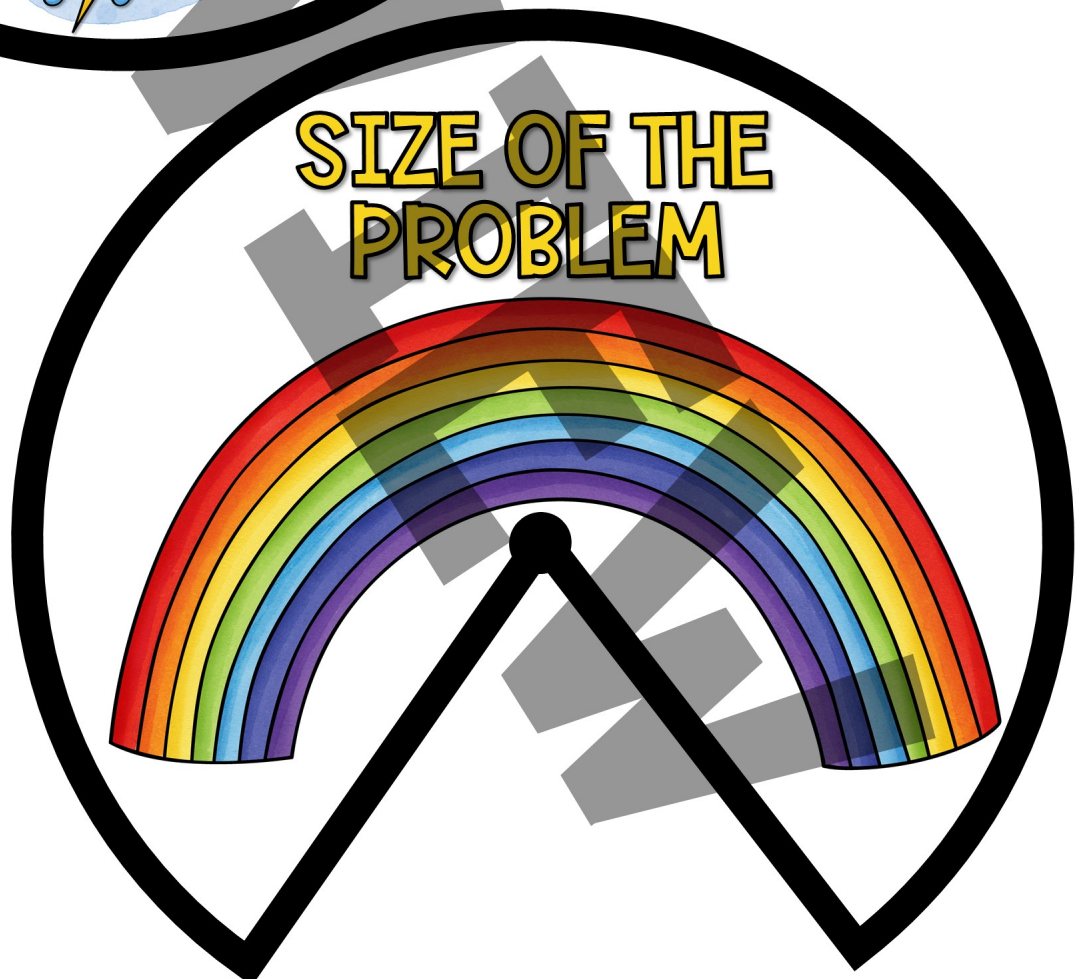


**YOGA**

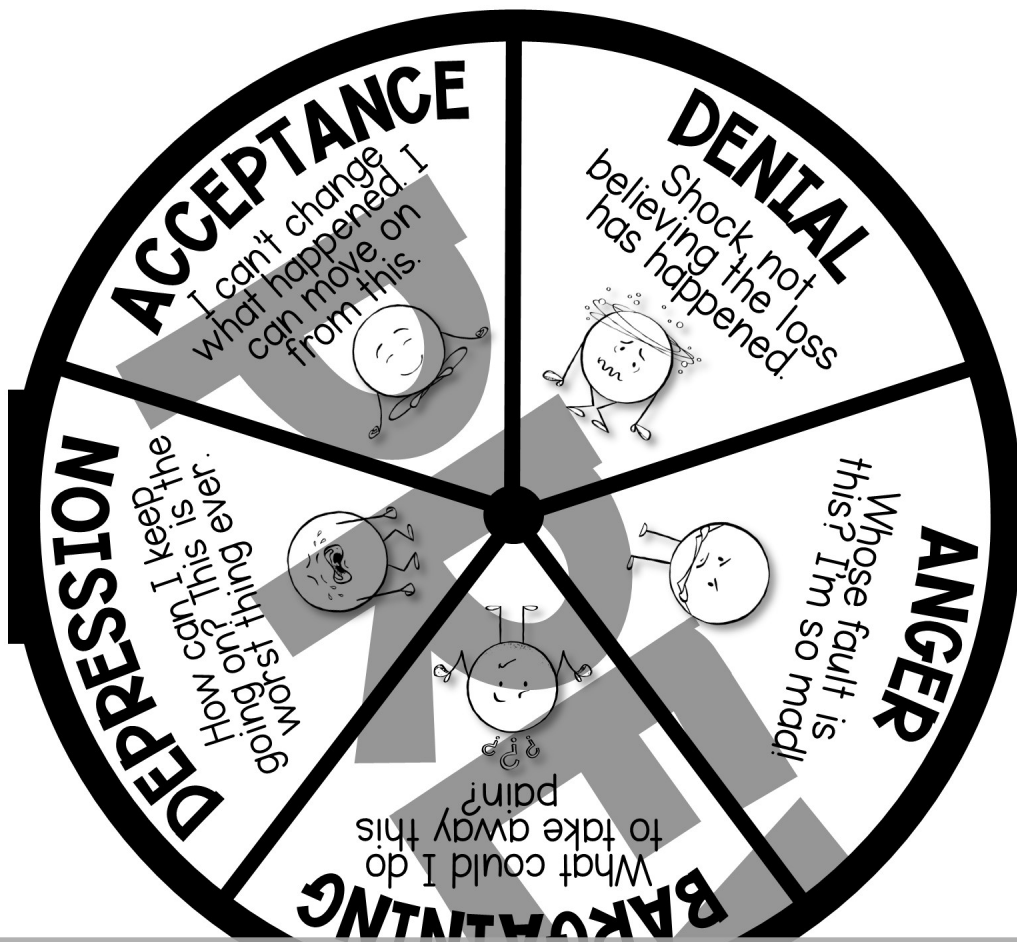




**SIZE OF THE  
PROBLEM**







## GRIEF CYCLE

All pages also included in blackline.



# 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:

