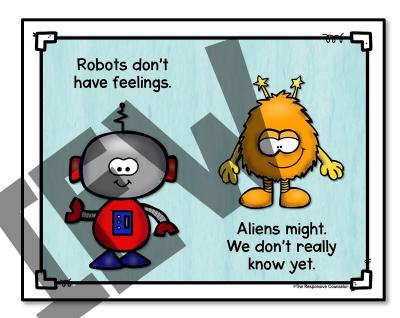


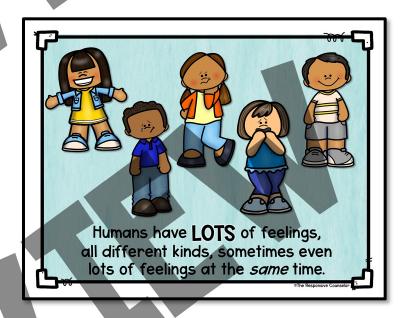
Tools for Preventing
Threats to Self or Others

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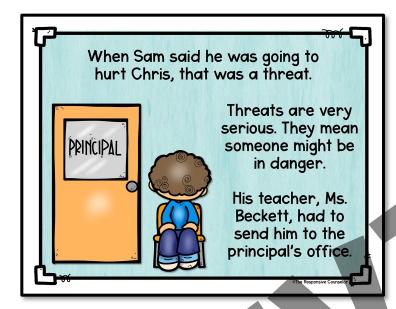












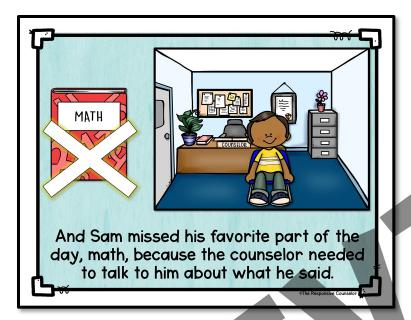




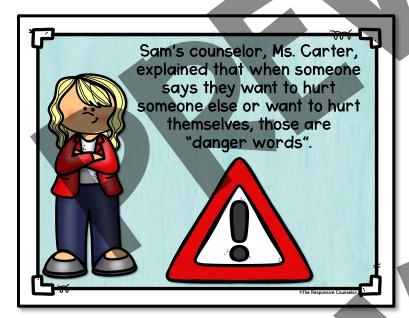




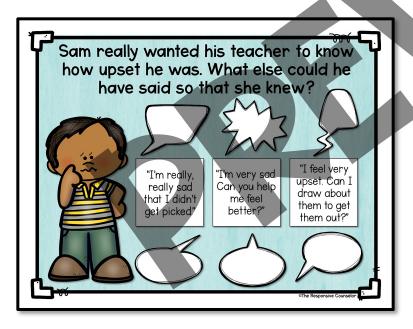


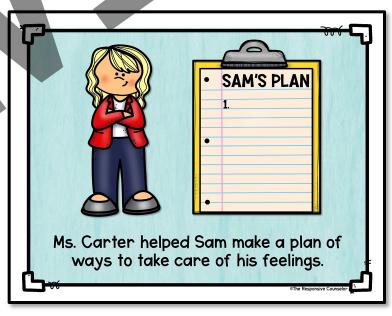






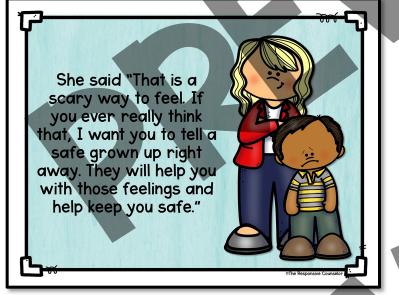














excited or proud. when I'm happy or be really good, like These feelings can No matter how I feel, I can take care of my

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Name:

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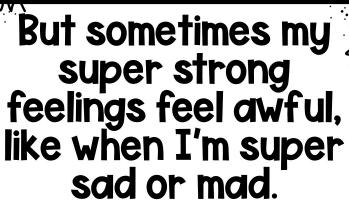
Draw a picture of yourself

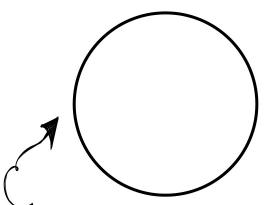
feelings super strong Sometimes I have

reeling words.

Write down some different

My Plan for



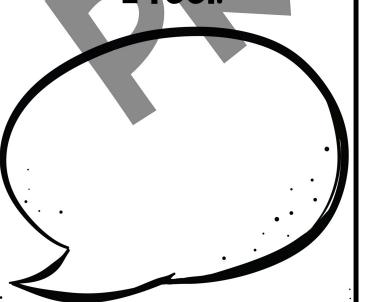


This is my face when I'm super upset about something.

### Here are four things that give me super strong feelings:

- 1.
- 2.
- 3.
- 4.

I can ask my teacher for help, or tell him/her how I feel.



Or I can calm down my brain and body.

Draw 2 ways you can calm yourself down.

#### Parent Notes

- FYI note for if using this resource as a class lesson
- "Homework" note for if using this resource with an individual after a threat (to self or other) has been made

Dear parent/guardian,

Today your child's class received a lesson about expressing strong feelings appropriately. We read a short story about a character named Sam who threatens to hurt others or himself when he gets very upset about things. Our lesson focused on using words like "I feel \_\_\_\_\_ because \_\_\_\_\_" when are super mad or sad. We also reviewed coping strategies that students can use.

Best,

Best,

Dear parent/guardian,

Today your child's class received a lesson about expressing strong feelings appropriately. We read a short story about a character named Sam who threatens to hurt others or himself when he gets very upset about things. Our lesson focused on using words like "I feel \_\_\_\_\_ because \_\_\_\_\_" when are super mad or sad. We also reviewed coping strategies that students can use.

#### Counseling-Home Connection

#### Taking Care of Super Strong Feelings

Hello parent/guardian! You spoke with someone from the school earlier about a threat your child made to hurt themselves or someone else. I met with him or her today to talk about this, and about how to express their feelings in more appropriate ways. Below are some questions you can use with your child to continue this discussion to help them take care of their feelings.

- What makes you feel super angry at school?
- What makes you feel super angry at home?
- When do you feel super sad at school?
- When do you feel super sad at home?
- Practice taking slow, deep breaths with your child. Put one hand on your stomach and notice with your child how you feel it fill and empty with air.
- Have you ever seen someone in a TV show or a movie get really upset? Did they do anything to help themselves feel better? Or did they do something that made it worse?
- When you're upset, it can feel like it's the worst thing ever, especially for kids. Talk to your child about shades of feelings (a little mad vs. furious, disappointed vs. devastated, etc.).
- When you see your child getting upset at home, prompt them to express themselves with sentences like "I feel
   \_\_\_\_\_ because \_\_\_\_\_. I need help with my feeling."

## RESPONSIVE SCOUNSELS.

Hey y'all! I'm Sara. I create resources for elementary students, counselors, ad 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.



### ducation

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.

Cohhect: PT (P)