

# November

## Gratitude Spinner + Respond and Flip-Page



Directions: Students take turns using the spinner (pencil and paperclip!) and sharing something they are grateful for in each of the categories (eg. Spin “Today”, say “I am grateful that I didn’t wake up too sleepy today” or spin “Thing”, say “I am grateful for my erasable pens”). Continue for 2-4 rounds total.

Next, students complete the flip-page by folding, cutting, and writing in 2 things they are grateful for in each category. If short on time, you may fold and cut the page before they come in. (Page needs to be printed double sided, long edge/side to long edge/side)

## Spinner

*(place a paperclip in the center and hold a pencil with the tip inside the paperclip, touching the dot – spin the paperclip!)*



# GRATEFUL

Name: \_\_\_\_\_

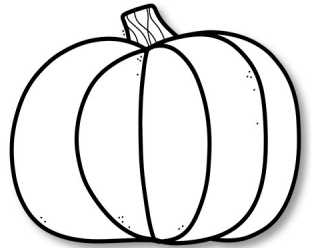
**PEOPLE**



**PLACES**



**THINGS**



**ACTIVITY**



**MEMORY**



**TODAY**



One person I'm grateful for:

Another person I'm grateful for:

One place I'm grateful for:

Another place I'm grateful for:

One thing I'm grateful for:

Another thing I'm grateful for:

One activity I'm grateful for:

Another activity I'm grateful for:

One memory I'm grateful for:

Another memory I'm grateful for:

Something about today I am grateful for:



# 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:

