

February

Social Support:

"Pick a Card!" + Craftivity



Directions: If using individually, simply go through the question cards together (or pair with any regular game). If using in a group, students will play "Pick a Card!" to discuss the social support they receive and give.

- Students work in groups of 4. Whether or not you join depends on numbers!
 - If a group of 3 is needed, combine the "fan" and "respond" jobs.
 - Students may sit in a square with a job board placed between them.
- Students complete their jobs in order:
 - Person A fans the cards out and directs "Pick a card, any card!"
 - Person B picks a card and reads the question aloud. Person C answers with what they would do.
 - Person D responds to Person C's answer with "Thank you for sharing" or they can add on to Person C's answer.
 - 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 or time is up.

Optional Extension: Students complete the heart craftivity.

FAN

Person A
"Pick a card,
any card!"

RESPOND

Person D
"Thank you for
sharing" or add on
to their answer.

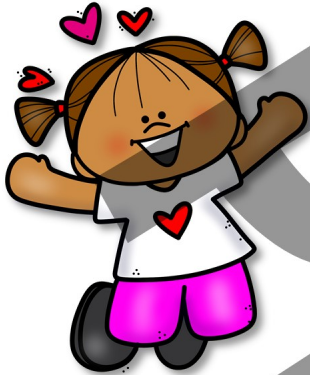
PICK

Person B
Pick a card. Read
the question out
loud.

ANSWER

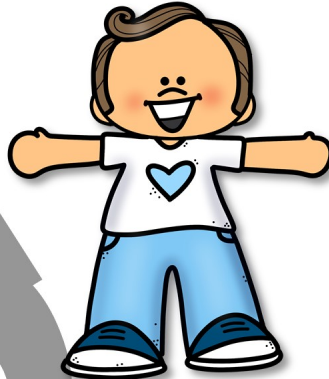
Person C
Use at least one
complete
sentence!

**LOVE AND
SUPPORT**



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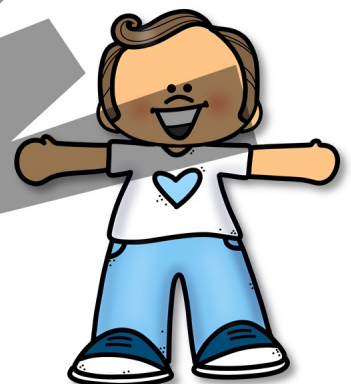
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Who is someone that makes you laugh? How does it feel when they make you laugh?



Who cheers you up when you're upset? What about being with them makes you feel better?



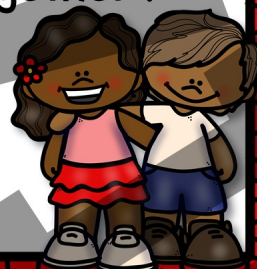
Who is someone that is a good listener? What is something you feel like you can talk about with them?



Who do you help to feel better when they're upset? Who do you cheer up?



Who is someone that you have fun with? Give an example of a time you were both happy together?



When you have really good or exciting news to share, who do you tell about it?



Give one example of how you support or encourage your friends.

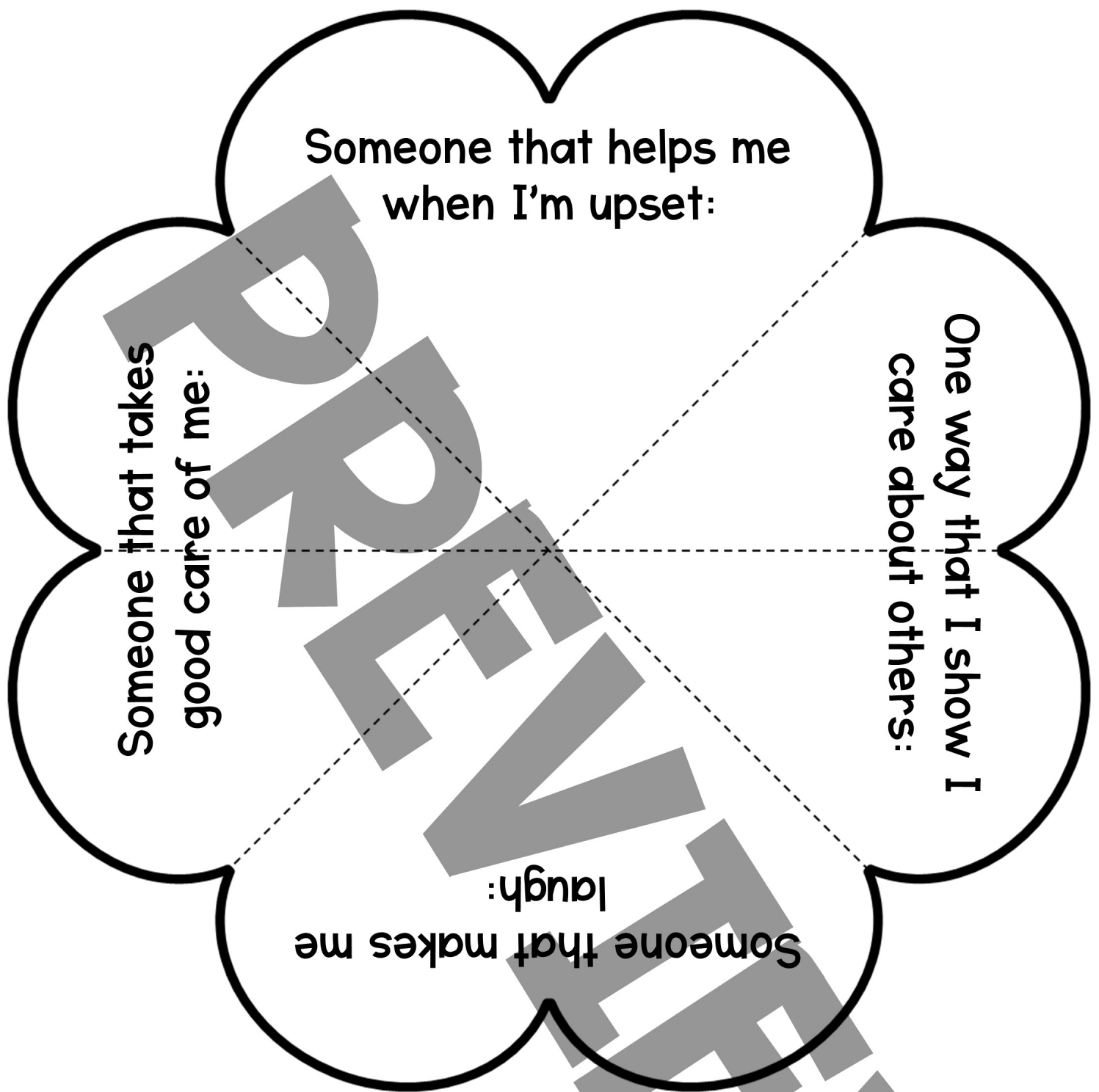


When you are having a hard time, how do you want people to show they care about you?

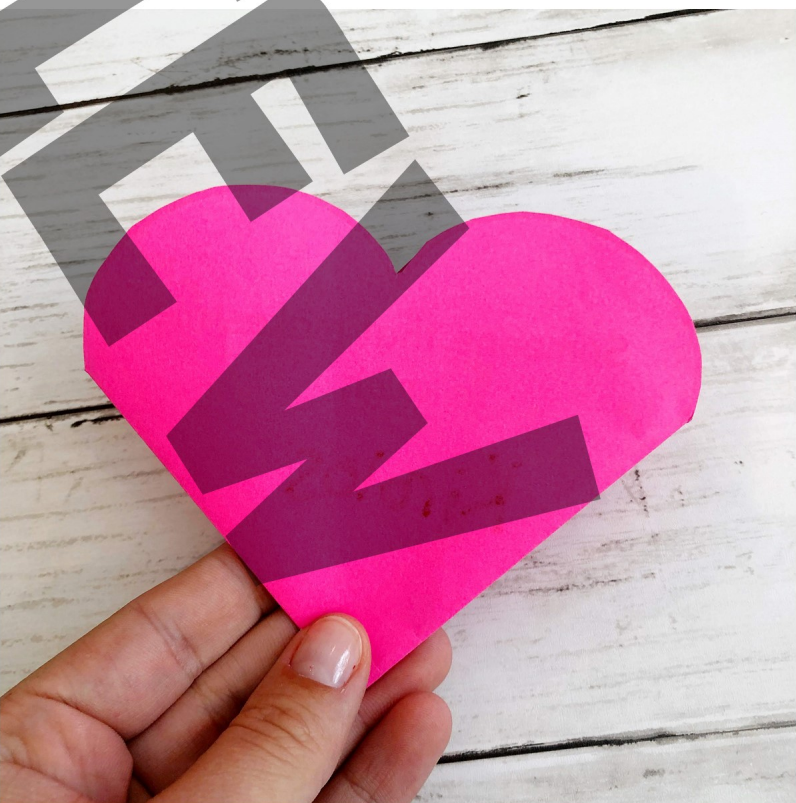
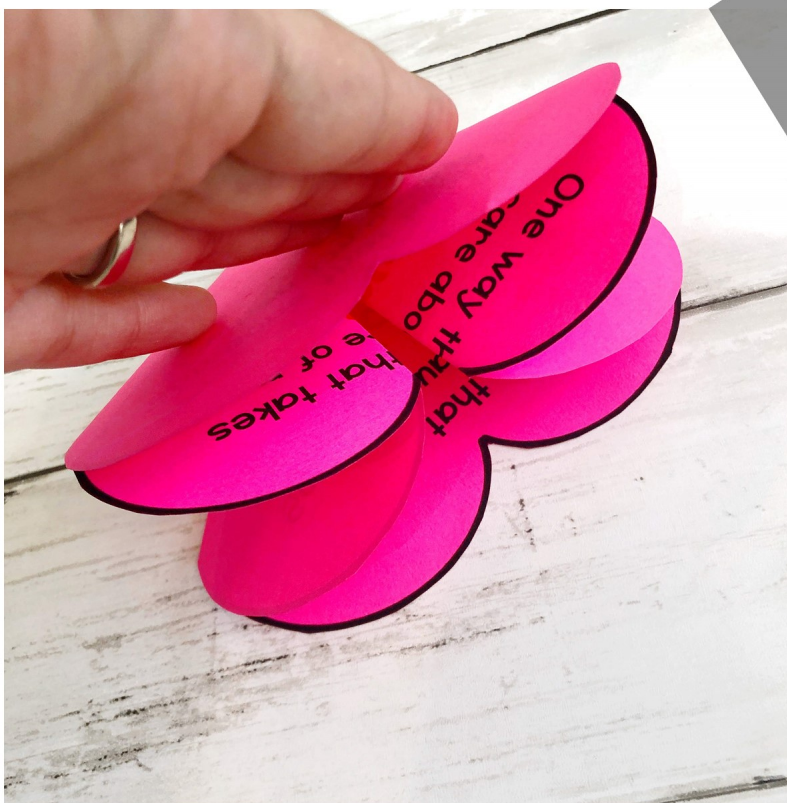


What are two traits that you think make someone a supportive friend or family member?





- Fold in half along each of the lines forming an “X”, opening it up again. Then flip it over and fold it in half along the remaining line.
- Flip the paper back over. Lift up the hears on the left and right sides so that they fold into each other and it is a heart.



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:

