

# FEELINGS POSTERS

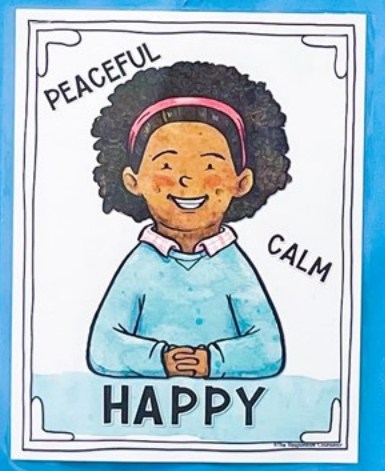
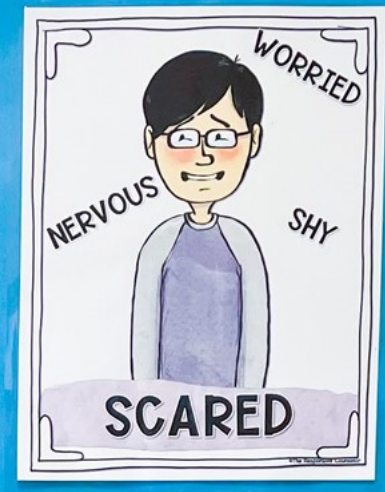


We all  
have  
feelings!

emotional check-in



However  
you  
feel...



...is  
okay  
in here.



We all  
have  
feelings!





PEACEFUL



CALM

HAPPY

CONFIDENT

BRAVE



PROUD

ENERGIC



HOPEFUL

EXCITED

DISAPPOINTED



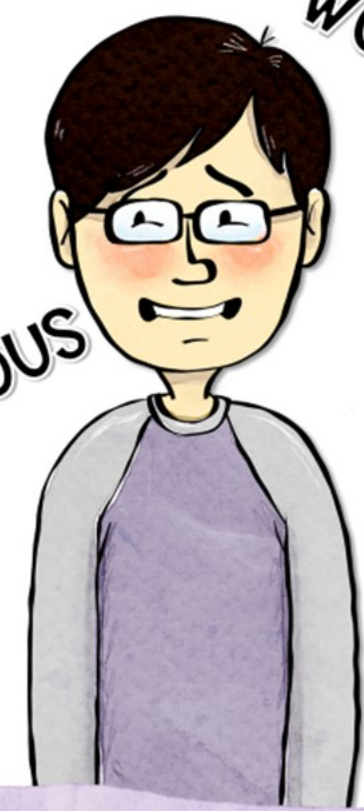
LOW

SAD

WORRIED

NERVOUS

SHY



SCARED

FRUSTRATED



ANNOYED

ANGRY



However  
you  
feel...

...is  
okay  
in here.

We all  
have  
feelings!

# Includes 8.5x11 sized posters for:



Excited



Happy



Scared



Sad



Angry



Proud



"However you feel..."



"...is okay in here."



"We all have feelings!"



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and 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 & Mental Health

## Experience

I'm a school counselor in a large southeastern school district with a wonderfully diverse group of students. I create and implement a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I also share my ideas and resources to reach students and help educators across the world!

Let's  
Connect:

