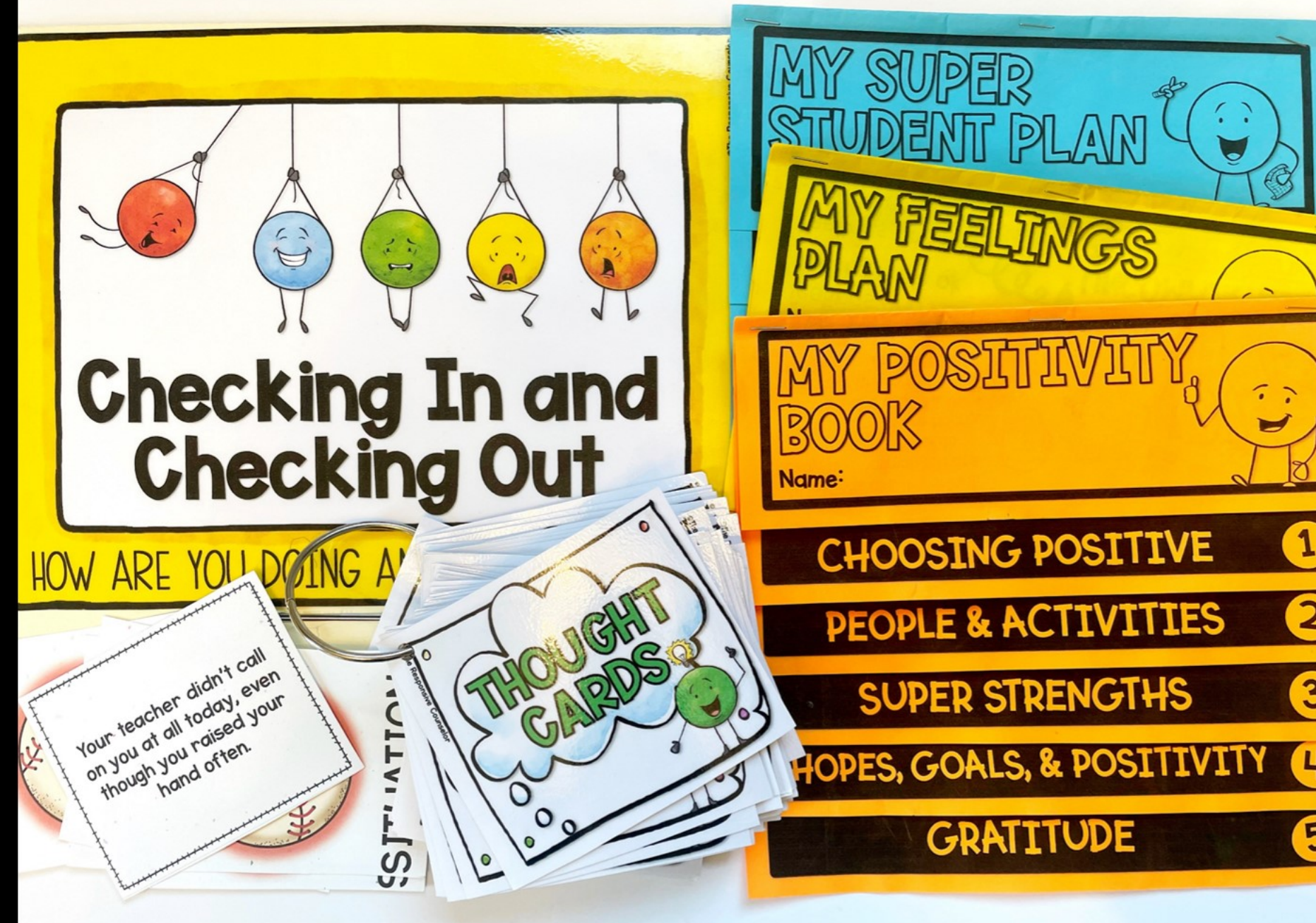


INDIVIDUAL COUNSELING ACTIVITIES BUNDLE

elementary students

- CBT activities
- Spinners
- Check in folder
- Seasonal activities
- Flipbooks



notes to the counselor/teacher

Individual counseling with elementary-aged children can be a struggle because plain old talking isn't usually a great fit. You often need hands-on things to facilitate!

This resource bundles together multiple easy-to-use and effective counseling activities that cover a wide range of issues and skills.



counseling spinners



- Use pre-made to process and practice skills with students *OR*
- Students color and assemble!
- Full color + BW included

counseling spinners

- Grief Cycle
- I-Message
- Apology
- Feelings
- Size of Problem
- Self-Control Self-Talk
- Anger Mask
- Positive Affirmations
- How to Make a Friend
- Conflict Resolution
- T.H.I.N.K. Before You Speak
- Coping Skills
- Yoga
- Compliments
- Deep Breathing
- Grounding

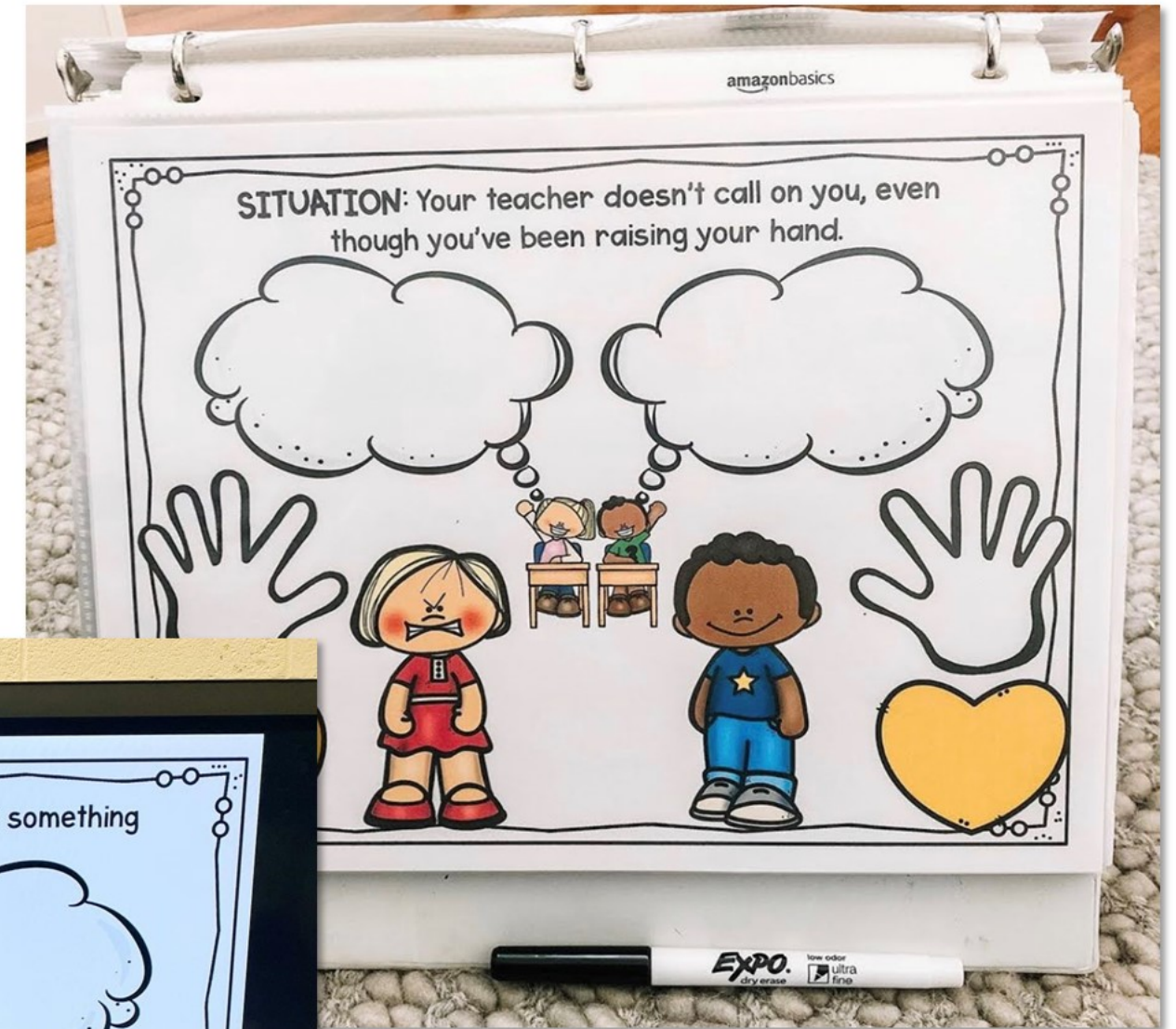
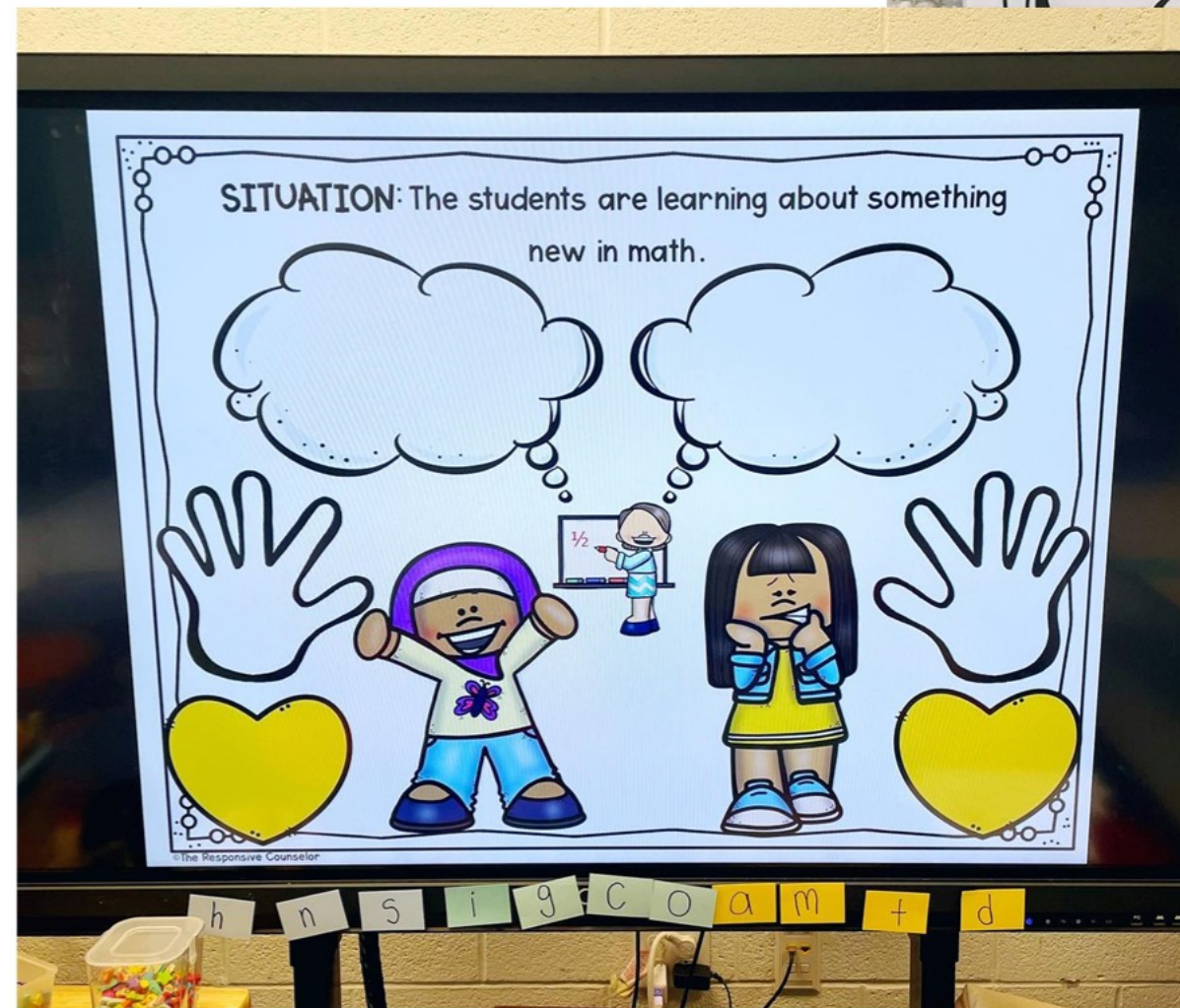
CBT baseball

- Non-competitive game where children practice going through the thoughts-feelings-actions bases given different baseball thoughts
- Tabletop version and larger floor version included



CBT stories: thought-feelings-actions

- Fill-in-the-blank scenario stories for understanding the thought-feelings-actions cycle
- Slideshow format for projecting or smart boards
- Printable version



CBT helpful vs. unhelpful thought cards

- 45 pairs (90 cards total) of helpful and unhelpful thoughts elementary-aged kids frequently have
- Cards are coded for counselors to quickly pull out the ones most applicable to the child they're working with
- Color + BW included



CBT worksheets

- Identifying thoughts vs. feelings vs. actions
- Generating various thoughts given a neutral scenario
- Identifying body feelings
- Deep breathing
- My calm place
- CBT triangle
- Thought record
- Thought detectives
- De-catastrophizing script

The illustration shows two CBT worksheets. The foreground worksheet is titled 'THE THOUGHT:' and features a cloud-shaped box for writing a thought. Below this is a magnifying glass icon with the text 'CLUES FOR' on the left and 'CLUES AGAIN' on the right. At the bottom, it says 'THE CONCLUSION:' with a large arrow pointing right. A small cartoon character is next to the conclusion label. The background worksheet is titled 'THOUGHT RECORD' and includes a 'Week of:' field. It has a table with five columns: 'What was going on?', 'How did you feel? How strong was the feeling?' (with a heart icon), 'What were you thinking in your brain?' (with a thought bubble icon), 'Then what happened?' (with an arrow icon), and 'What would have been a more helpful thought?'. The table has three rows for data entry. Both worksheets are on a brown background with a silver clip at the top.

What was going on?	How did you feel? How strong was the feeling?	What were you thinking in your brain?	Then what happened?	What would have been a more helpful thought?

***Many worksheets also included in Google Slides™ format!

check-in and check-out folder



- Hands-on check-in and check-out folder for students to quickly and easily share what's on their mind and heart
- Provides consistency and structure to counseling sessions

counseling flipbooks

- No-cut flipbooks guide counseling sessions with interactive prompts working through skills and ideas within a specific need area
- Great for sharing with teachers and/or adults at home for review!

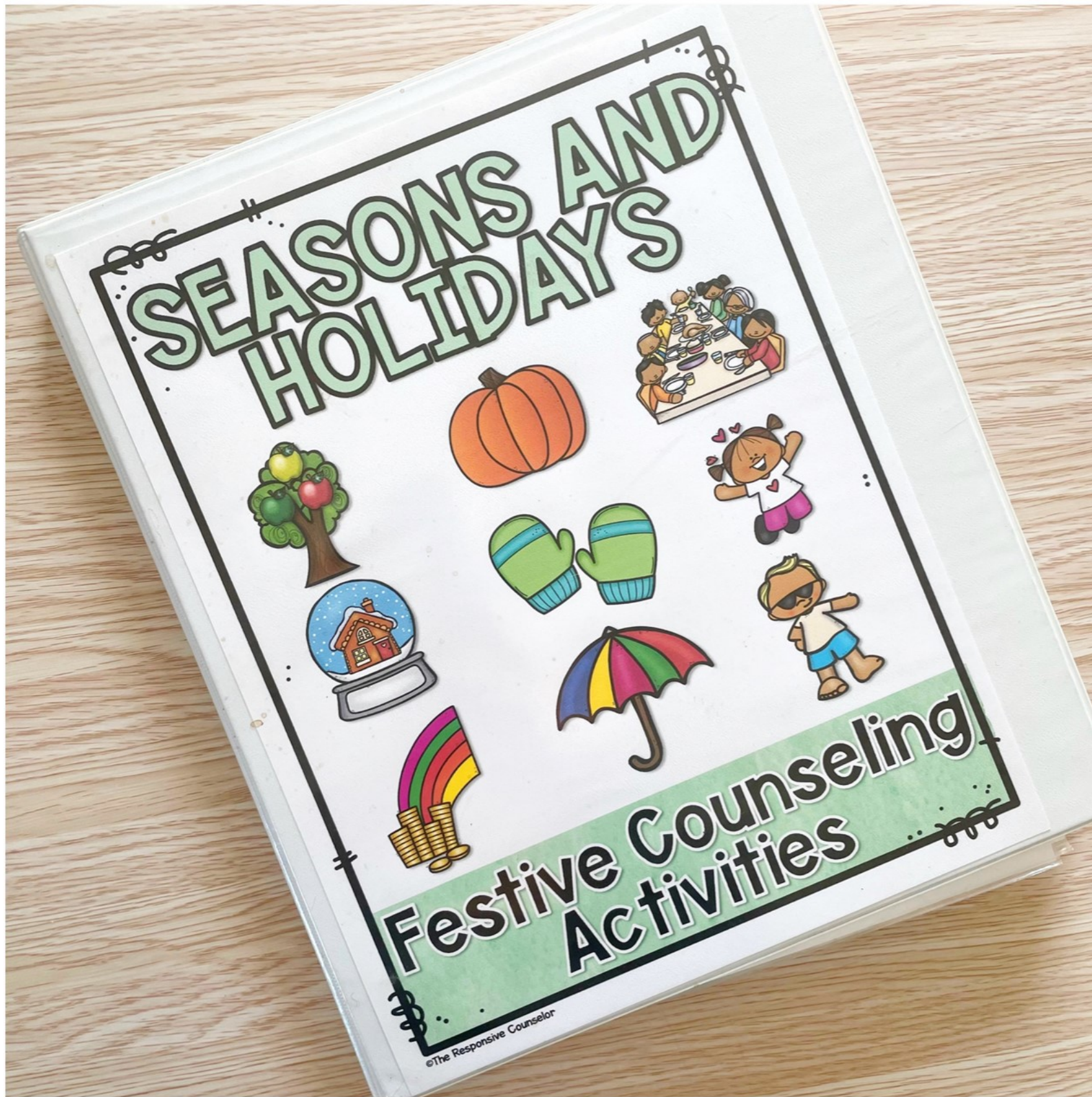


counseling flipbooks

- Emotional Regulation
- Grief and Loss
- Making and Keeping Friends
- Positive Psychology
- Thoughts-Feelings-Actions
- Conflict Resolution
- Study Skills/Student Skills



holiday + seasonal activities



- 10 counseling activities for leaning in to the festive mood around seasons and holidays
- Example activities:
 - October: Pumpkin I-Messages
 - January: Mitten Thinking
 - March: Coping Memory

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



the **RESPONSIVE** 
counselor

Let's Connect:

