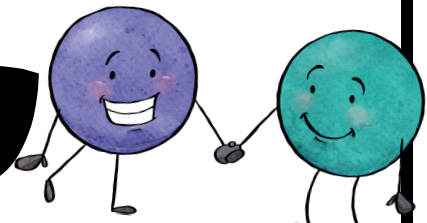


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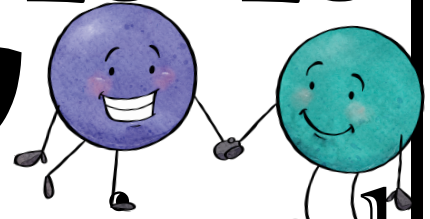
Things YOU can do for YOUR Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off! 11	Clean up with out being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down if you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

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Cosas que **PUEDES** hacer por **TU** Salud Emocional



Practica una técnica de respiración. 1	Haz una lista de los sentimientos que conoces. 2	Juega charades emocionales. Puede su familia adivinar sus sentimientos? 3	Escríbele una carta a alguien para hacerle saber que la/lo aprecias. 4	Haz tu quehaceres sin que te pidan. 5	Haz un póster sobre la amabilidad para tu clase. 6
Haz una lista de 10 maneras de como mostrar respeto en la escuela. 7	Explicale a un adulto lo que significa empatía. 8	Sal y cuenta cuántas cosas son rojas. 9	Haz una lista de 30 cosas por las que estés agradecida/o. 10	Practica la respiración de chocolate caliente. Huele el cacao y refréscalo! 11	Limpia sin que te lo pidan. 12
Haz una lista de 25 cosas que amas. 13	Escribe lo que significa ser un buen amigo/a. 14	Haz una lista de todas las formas en que mostraste amabilidad esta semana. 15	Escribe sobre tu héroe. 16	Habla con un adulto sobre tu lugar favorito. 17	Escribe una nota a alguien que extrañas. 18
Practica sentarte quieto por un minuto. ¿Qué sonidos escuchaste? 19	Nombra 3 formas de calmarte si te sientes estresado. 20	Haz una tarjeta para alguien que amas. 21	Haz un dibujo de ti en el futuro. ¿Cuál es tu carrera? 22	Haz una lista de cosas que son importantes para ti. 23	Lee un libro. ¿Qué sentimientos notaste al leer? 24
Pregúntale a un adulto sobre una carrera que le interesa. 25	Intenta nombrar 10 colegios diferentes. 26	Nombra 3 cosas que te encanta hacer y 1 cosa que quieres intentar. 27	Nombra 3 cosas que puedes hacer para ser útil en tu comunidad. 28	Juega un juego con alguien más. 29	Nombra 5 cosas que te gusta de ti mismo/a. 30

Meet Carol

THE MIDDLE SCHOOL
Counselor



I am a school counselor from Lansing, NY. I have 25 years experience as a counselor in all 3 levels, elementary, high school and currently, middle school. I was awarded the NY School Counselor of the Year Award in 2014 and was the NY Representative for the American School Counselor of the Year Award at the White House in January of 2016. School Counseling is my passion.

I co –sponsor the School Counselor Community Scholarship, and delight that I get to help counselors each year attend the ASCA conference. I also have served as the VP for Middle Level Counselors with NYSSCA and have recently been elected to President. I am a strong proponent for school counseling programs, and I am always looking for ways to help my fellow colleagues.

My lessons are designed using the ASCA National Model and lesson plans align with the corresponding Mindsets and Behaviors. I strive to help students find personal, academic, career, and social/emotional success.

HELPING STUDENTS REACH FOR THE STARS...

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Carol Miller

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I am so excited to begin using this with my students, there were are just enough options to consider to facilitate a thoughtful discussion without interrupting the flow of activity ... perfectly formatted for easy printing and construction/preparation. Thank you!

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