TAKE HOME SEL PACKET

includes:

- Calming Scavenger Hunt (from the Calm-a-Llama workbook)
- Breathing Strategies Page (from SEL workbooks)
- Things I can control or let go
- Positive self talk (from the Self-esteem resource)
- 50 Reasons to be Thankful (from "Plate full of Thanks")
- Weekly Gratitude Journal page (from "Latte gratitude")
- Hygiene tips coloring page (from SEL brochures)

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CALM-*A*-LLAM*A* SCAVENGER HUNT

How many can you complete?

II III II III II III II II III III I II II III I II III

Wear headphones and clean your room to your favorite songs.

Snuggle in a cozy blanket & watch a **movie**.

Sleep with a super soft stuffed animal. Fall asl**eep to spa music.**

Learn some new jokes & try them out. O Color with new markers.

Learn to make a new recipe that you love. Just sit & watch people in public. Learn & fry pro**gressive muscle relaxation**

Stretch your arms up to the sky, hold while counting to 15.

Rele**ase.**

Try a new hobby. Make shapes with play-doh.

Play with kinetic **sand.**

Stretch all of your muscles. Talk to **an**

animal. Take a bubble bath.

Take a nature walk. O

Balance on one leg and time it.

Read a book in quiet in your bed. Try a yoga pose.

Daydream in the dark. Make a list of things or people that make you feel grateful.

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II III III

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B3

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Trace your finger around the race track. Breathe in while tracing the left side and out slowly while tracing the right side. (repeat daily)

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MINDFUL BREATHING:

Think of something that you love

or that is a blessing in your life. Use your 5 senses to think about it more deeply. Does it have a smell, a taste, or a feeling? Can you hear or see it? Think of those things for a moment. Now, take in a deep breathe while repeating the name of this blessing. Breathe out slowly while imagining this thing that brings you joy. Repeat this each day with a new blessing

IN - HOLD - OUT BREATHING Inhale through your nose while counting to 5 Hold it while counting to 6 Exhale through your mouth while counting to 7

END *

BREA
THE
IN

BREA
THE
OUT

SQUEEZE AND BREATHE

Find a stress ball, play doh, or other soft object to

squeeze. Take in a deep breath as you squeeze. Breathe out slowly as you let

BELLY BREATHING:

Switch the focus of your breathing from your chest to your belly. Place one hand on your chest and one on your

belly. Take a deep breathe. Notice your belly rise. Breathe

out. Notice your belly fall.

z

go

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STARFISH BREATHING:

Breathe in as you trace up the star. Hold at the tip. Breathe out as you trace down. Go slowly

HO

LD

Breathe in

Breathe Out

Breath

e in

Breathe

Out

HOLD

BREATHE THE RAINBOW

Imagine the color of the rainbow. Take a deep breath while imagining you are breathing in each color. Red

Breathe deeply through your nose, the warming calm of the color red. Hold it and feel the warmth in your chest.

Blow that warmth back into the room, slowly with your mouth. Orange: Breathe in the zesty excitement of the color orange in through your nose.. Hold it and feel the tingling joy in your heart. Blow that joy slowly back into the room with your mouth.

Yellow Breathe deeply through your nose, the glowing rays of the color yellow. Hold it like sunshine beaming down on your face. Blow those rays back into the room, slowly with your mouth. **Green**: Breathe in the morning dew of the color green through your nose.. Hold it and feel the feeling of a new morning in my arms. Blow the freshness of a new start back into the room with your mouth. Blue: Breathe in the calming waves of the color blue. Hold it like you are floating on the top of that wave. Let that wave crash as you blow it's calmness back into the room with your mouth. Purple. Breathe in the loving embrace of the color purple. Hold it like a tight hug for a moment. Blow the love of that hug slowly out of your mouth, back into the room

HOLD

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Breathe Out
Breathe in

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SELF

TIT

• Choosing to do what you should do not just what you want to do.

• Focusing on what you can control and not worrying about things you cannot control. *Look at the things that you can control in your life.*

Make goals for th○se things. Look at the things you cannot control. Let go of those things.

CONTROL

VNNNNNN

I CANNOT CONTROL

T CAN (CONTROL

A

o

s

OOOO

My thoughts 0 My happiness
My actions O who I choose as friends
What I focus on
My goals 0 My study habits
My effort

My habits
Others:

N make goals
for
improving
these
things!

other people's thoughts and attitudes Other people's actions Other people's happiness Other people's sadness other people's anger The problems in the world Grown up issues Others:

Say "good-Z bye" to s
these
_things!

O
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Add to this list and give specific examples.
Add to this list and give specific examples.
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POSITIVE WORDS TO DESCRIBE

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X>>>

*W*rite words all over the page that describe you!

>X<

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ON

50 REASONS TO GIVE THANKS

CLEAN SHEETS WALKING IN THE WOODS
PIZZA NEW PA*JAMAS* HAP*PY* DREAMS SUNSETS CAMPFIRES
MILKSHAKES *M*AKING A NEW FRIEND FINISHING
HOMEWORK A *G*OOD BOOK WARM SHOWERS THE SOUND OF RAIN
FOOD TRUCKS HANDWRITTEN NOTES
ROAD TRIPS (WIMMING POOLS WARM COOKIES SOLVING A RIDDLE SCENTED
LOTION FUZZY SOCKS HOME COOKED MEALS
SURPRISES
PL*A*YLISTS
RAINBOWS
HUGS
A NEW B*ABY*

*M*OVIES
INTERNET
STARRY NIGHTS
A CLEAN ROO*M MEM*ORIES.
PUPPIES R*AW* COOKIE DOUGH *COMFY* CLOTHES SPELLCHECK ACCIDENTAL FRIENDSHIPS NEW SHOES HOT CHOCOLATE LONG WEEKENDS
BEST FRIENDS FINDING A NEW HOBBY BEING LOVED B UBBLE BATHS *A* GOOD LAUGH CANDY
A FAVORITE SONG SLEEPING LATE SOUNDS OF THE OCEAN HITTING THE SNOOZE BUTTON
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A week of Thanks

|
MOND
AY

TUES
DAY

WEDNE
SDAY

THUR
SDAY

FRID
AY

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." -Zig Ziglar

Latte

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cap AJ*MARA*
25
NY
Cover your sneezes and coughs with your inner elbow.
V Massage

your scalp
with
shampoo
because
most of the
oil builds up
there.
Dampness
causes bacteria build up and odor. Let things air dry when they get
wet.
Take a bath or
shower after exercise to clean off sweat that causes bacteria build up.
Give your
shoes a chance to air out by not wearing them every single day
or by taking
them off as
soon as you get
home.
Clean and trim
your fingernails
and toenails. Your nails collect
germs and bacteria that can smell and make
you sick.
Brush and floss your teeth in the morning and at bedtime. If you are able, brush after
meals as
well.
Wear clean
clothes and
underwear/ under garments
daily.
Wipe
bottom from
front
to
back.
Keep your
area tidy to

keep bugs
*Ka*u
Use deodorant daily and repeat if you exercise or get sweaty during the day
Taking a
away.

Don't go

Taking a bath or shower before bed will reduce how often you need to clean your sheets.

Use soap.

Plain water will not get rid of the bacteria.

Feet sweat more than you think. Always wear socks and wash them after every wear.

to bed sweaty or dirty

Keep your hands out of your mouth and eyes so you don't get germs into your body.

Don't miss
those hard to reach areas and
under your
arms.

Wash your
sheets once
to four times
a month.

Wash your hands after QAHAWAW you go to the restroom,
before you eat, and after you've been touching surfaces out in public.

Wash jackets & coats regularly. They will start to smell and build up bacteria just like
your other
clothes.

BATHE OFTEN

Your body creates bacteria and oil daily that can cause you to smell.

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X XX<D>XXX<<><>X<XIK *About the Author*

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I am a school counselor at a middle school in Germantown, TN. My department was awarded RAMP from the American School Counselling Association for being a Recognized ASCA Model Program.

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I have worked in a K-8 setting since 2007. Before becoming a counselor, I taught 2nd grade, 4th grade, 8th grade Social Studies, 8th Grade Language Arts, and 8th grade Science. I enjoy creating products that will empower students and help them to become the best version of themselves.

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Questions / Comments

Please contact me, Brandy, at thecounselingteacher@gmail.com M

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