Social Emotional Learning
Coloring Book - for teens 13-18

HOW TO USE:
• Print double sided.
• Use as individual pages or have it bound into a workbook.
• Counselors and Teachers can use pages as needed with individuals, small groups or whole class lessons.

TOPICS
1. Automatic Negative Thoughts
2. Depression in Teens
3. Anger
4. How to Give a Sincere Apology
5. Gratitude
6. Diversity
7. Growth Mindset
8. Mindfulness
9. Anxiety
10. Test Prep
11. The Teen Brain
12. Healthy Choices
13. Grief
14. Coping Skills
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17. SMART goals
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19. Healthy Friendships
20. Respect
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23. Teasing
24. Bullies
25. Breathing
26. I-messages
27. Empathy
THOUGHTS
MANAGING AUTOMATIC NEGATIVE THOUGHTS

What is an Automatic Negative Thought?

An "ANT" is a thinking pattern that doesn't match reality. When you notice that you are having one, you can begin to train your mind to ignore them. Get to know a few of the common ones so that you will be able to stop them.

ALL OR NOTHING:

You see things in black or white with no in between. You believe that everything is either right or wrong, with no exceptions. You think of things as a complete success or a total failure. This type of thinking sets you up for failure almost always. Give yourself some slack! You are only human!

PERSONALIZATION:

You blame yourself for everything. You think that everything people say or do is a reaction to something you did.

MAGNIFYING:

When you let one bad thing define everything in your life. This occurs when you make a big deal out of something small. Don't focus on one bad thing when there are so many good things too.

Which type of ANT do you have most often? Give an example of one:

- I made an F on a test. I'll never get into a good college.
- I missed a shot, so I'm a terrible basketball player.
PREDICTING THE FUTURE:

You expect bad things to happen. When thinking of your future, have a positive mindset. If you imagine yourself being successful, you are more likely to have a good outcome. When you picture a negative outcome in your mind, it will often keep you from trying. Stop expecting bad things to happen. You never know what will happen unless you try. Try new things. Be brave!

STEWING:

You keep going over something in your mind hoping you can figure out a way to change it. When you repeat negative thoughts or bad experiences over and over in your mind, you begin to lose sight of the positive things around you. Stop thinking about mistakes too much. Think more about what you did right. Think less about what you did wrong. Focus on the positive.

MIND READER:

You think you know what others are thinking. You assume the worst without evidence. You cannot read minds. Don't try to guess what people are thinking. You will be wrong a lot of the time.

MANAGE AUTOMATIC THOUGHTS:

- Notice the thought and label it as untrue.
- Challenge the truth of the thought with evidence or facts.
- Remember that positive emotions undo negative thinking.
- Distract yourself with something happy.
- Remember that negative thinking is usually untrue.

you are you AND you are ok.
DEPRESSION

Feeling sad is normal. Feeling sad for \textit{weeks or months} is a sign that you may need to seek help.

\textbf{*This is an introduction to depression. It does not replace the medical advice from a doctor. If you are unsure, tell an adult and/or speak to your doctor.*}

Ways to combat depressive thinking:

- Exercise
- Create a calming bedtime routine
- Get at least 8 hours of sleep per night
- Spend time with loved ones
- Hang out with animals
- Take walks outside
- Get organized
- Set goals

List an exercise you enjoy:

What would be a calming bedtime routine you could start?

How much sleep are you getting per night? (take note this week)

Who do you enjoy being around when you want to laugh?

Do you have a zoo nearby or an animal shelter that you could visit?

What is something in your life that you could organize?

Set a goal to complete by next year:

DEPRESSION

is diagnosed by a medical doctor. It is an actual medical illness that needs treatment. It can interfere with your daily activities such as doing your work, eating, sleeping, and any other daily activities. You wouldn’t be ashamed to see a doctor for the flu or a broken bone, so don’t be ashamed to see a doctor for this illness.
POSSIBLE SYMPTOMS:
(TELL YOUR DOCTOR IF YOU ARE HAVING THESE SYMPTOMS)
- Feelings of hopelessness
- Constant sadness or anxiety
- Withdrawing from family & friends
- Not enjoying things that brought you joy in the past
- Irritability and/or crying for no reason
- Changes in eating and sleeping patterns
- Inability to concentrate or focus
- Lowered grades
- Sudden changes in behavior that aren't typical
- Feeling drained or tired often
- Restlessness
- Unexplained headaches or stomach pains
- Thoughts of self-harm

NEVER IGNORE your own thoughts about suicide or self harm.
NEVER IGNORE comments from others about suicide or self harm.
Always, always, always tell an adult.

THOUGHTS OF SUICIDE?
FREE HELP 24 HOURS A DAY

National Suicide Prevention Lifeline (NSPL)
1-800-273-TALK (8255)
Open 24 hours a day. All calls are confidential.
Lifeline’s website at www.suicidepreventionlifeline.org.

The Crisis Text Line is another free, confidential resource available 24 hours a day, seven days a week.
Text “HOME” to 741741
A trained crisis counselor will respond to you with support and information over text message.
Website: www.crisistextline.org.

List other trusted adults that you can go to if you need to talk about your symptoms:

"Having anxiety and depression is like being scared and tired at the same time. It’s the fear of failure, but no urge to be productive. It’s wanting friends, but hate socializing. It’s wanting to be alone, but not wanting to be lonely. It’s feeling everything at once then feeling paralyzingly numb."

(From HealthyPlace.com)
WHAT TRIGGERS ME?

Examples of possible triggers:
• Being called a name, picked on
• Falsely accused
• Ignored, left out, feel invisible
• Someone gets too close to you.
• Jealousy, fear, not feeling in control

Think about something that caused you to become really angry in the past.
What caused it?
What happened right before it?
Did you have a good day before that or did it start off with a bad morning?
Were you hungry or tired? (physical feelings)
Who else was around you?
Where were you?

Do you see any patterns?

Start answering these questions in a journal when you have an anger outburst. Keep looking for patterns and work on those things.

Examples of patterns:
My little brother is usually with me when I get too angry.
It only happens at home.
It only happens when I’m hungry.
It never happens when mom is home.

If I know my triggers I can:
✓ Be ready for them.
✓ Do things to stop them from happening.
✓ Understand them.
✓ Change my habits.

HOW MY BODY FEELS WHEN I’M GETTING ANGRY:

THE THOUGHTS I HAVE WHEN I’M GETTING ANGRY:

Too much anger can cause physical harm and weaken the immune system.

UNHEALTHY WAYS TO HANDLE ANGER:
• Criticize others.
• Use an angry tone of voice.
• Shout.
• Act irritable.
• Pretend there’s nothing wrong.
• Storm out of the room.

List specific examples of unhealthy ways of coping with anger.

HEALTHY WAYS TO HANDLE ANGER:
• Try problem solving without putting blame on others.
• Take a calming break.
• Use positive self-talk.

List specific ways you can handle anger in the future.
STOP

When you are triggered, find something to make yourself stop before acting. There are many distractions you can try and find what works for you. You can cool down before you flip your lid.

- Count to ten
- Take a walk
- Use a calming app
- Go get a drink of water
- Do breathing exercises
- Stretch each muscle group
- Bounce a ball
- Squeeze a stress ball
- Color a Zen design
- Trace a maze/labyrinth
- Write in a journal
- Make a homemade stress ball
- Listen to music
- Exercise
- Yoga
- Create something

BREATHE IN CALM
BREATHE OUT ANGER

Imagine breathing in a cool, calm breeze through your nose. You can smell the hint of a fresh meadow or the ocean. As you breathe in, spell the word C-A-L-M.

As you breathe out of your mouth slowly, imagine the angry thoughts and tightness in your body flowing out. Imagine it disappearing into the air.

TALK YOURSELF DOWN

The things you say to yourself matter. When upset, practice saying:

- I’m getting too upset. I can find a way to calm down.
- I need a break. I can feel myself getting upset.
- I feel my body cues telling me I need a break.
- I can keep my cool.

OTHER WAYS I LIKE TO CALM DOWN:
How to give a sincere APOLOGY

TIPS

During the apology—
✓ Look them in the eye.
✓ Speak up in a serious voice.
✓ Be vulnerable and honest.
✓ Don’t pout.
✓ State what you did wrong.
✓ Don’t make excuses.
✓ Say that you won’t do it again.
✓ Ask how you can make it up to them.
✓ Thank them for listening.

After the apology—
✓ Write them a happy note.
✓ Make them something.
✓ Offer to help them with something.
✓ Respect their space if they don’t want you around for a while.

How to write a nice APOLOGY LETTER

☐ Say you are sorry. “I am really sorry that I... I want to apologize for... I’m truly sorry about...”

☐ Admit that you were wrong. “I shouldn’t have done that. I feel bad that I made this mistake.”

☐ Describe what you did wrong. “It was wrong for me to... It was a big mistake for me to...”

☐ Tell what you learned. “I have learned that... Now I understand... Next time, I would...”

☐ Ask forgiveness. “Will you please forgive me? Can you accept my apology?”

☐ Think of a way to make it up to them with kindness. “I want to make things better for you by...”
Reflect on how you felt when someone apologized to you. Do you think they were sincere?

Why or why not?

Write about a time when you needed to apologize.

If you could apologize again for it, what would you do differently?

**PRACTICE WITH THE APOLOGY LETTER TEMPLATE:**

Dear

I am sorry for

Next time I will

I admit that I made a mistake when I

Please accept my apology. I would like to make it up to you by

Sincerely,
GRATITUDE
is recognizing the good things in our lives and showing thanks.

Research shows that people who show thanks:
- have better mental & physical health.
- have more friends.
- have higher self-esteem.

50 THINGS TO BE THANKFUL FOR:
Circle your top ten.

New pajamas
Campfires
Finishing homework
The sound of rain
Road trips
Solving a riddle
Home cooked meals
Rainbows
Movies
A clean room
Raw cookie dough
Accidental friendships
Long Weekends
Being loved
Candy
Bubble baths
A favorite song
Sunsets
Making a new friend
Warm cookies
Puppies
Fuzzy socks
Playlists
A new baby
Starry Nights
Clean sheets
Walking in the woods
Pizza
Happy dreams
Milkshakes
A good book
Food trucks
Swimming Pools
Scented lotion
Surprises
Hugs
Internet
Comfy clothes
The sound of the ocean.
New shoes
Best friends
Warm Showers
Handwritten Notes
Spellcheck
Finding a new hobby
A good laugh
Sleeping late
Memories
Hitting the snooze button
Hot Chocolate

I can show thanks to others by:
- Saying the words “thank you”
- Writing a thank you note
- Doing something nice for someone
- Volunteering my time

I can show thanks to the Earth by:
- Planting trees
- Recycling
- Conserving energy
- Leaving a place better than it was when I got there.

Sometimes we can be thankful for things we don’t have or don’t have to do. List some things you are thankful for not having:
COMPLETE THE SENTENCES:
IF I DIDN’T HAVE MY ___________________________
I WOULD BE LOST. 😞😞😞

IF I DIDN’T HAVE MY ___________________________
I WOULD BE ANGRY. 😒😞😞😞

IF I DIDN’T HAVE MY ___________________________
I’D BE UNCOMFORTABLE. 😞😞😞😞

WHAT ELSE ARE YOU THANKFUL FOR AND WHY?
Example: I am thankful for trees because they give us oxygen for breathing!

(Person) I am thankful for:

because he/she made me feel good about myself when they:

(Person) I am thankful for:

because he/she taught me this:

I am thankful for:

because:

I am thankful for:

because:

I AM THANKFUL FOR OUR EARTH
BECAUSE IT PROVIDES US WITH:

1. Water
2. ___________________________
3. ___________________________

Inventions that make life better:

“Gratitude is not only the greatest of virtues, but the parent of all others.” – Cicero
DIVERSITY
& INCLUSION

WHAT IS DIVERSITY?
Diversity is the idea that there are many differences in people and things.

SO MANY WAYS TO BE DIFFERENT
beliefs, race, color, ethnicity, language, nationality, religion, gender, income, age, physical ability, mental ability, physical appearance, body shape, eye color and shape, hair color and texture, the sound of your voice, talents, style, likes/dislikes
Can you think of more? List them:

WHAT IS INCLUSION?
Inclusion means including others who are different than we are and not judging them.

WHAT CAN I DO TO BE INCLUSIVE?
• Talk to people who are different from you.
• Include those who seem to be alone.
• Invite new people to sit with you at lunch.
• Smile at somebody who seems to need it.
• Speak up.
• Be an example of kindness.
• Describe another way:

What is unique about one of your friends? Tell why it's okay for friends to be different.
HAVE YOU EVER MADE A DECISION ABOUT SOMEONE JUST BY LOOKING AT THEM?
Write about it.

HAS ANYONE EVER MADE A DECISION ABOUT YOU JUST BY YOUR LOOKS?
Write about it. How did it make you feel?

WHAT WOULD THE WORLD BE LIKE IF EVERYONE LOOKED THE SAME AND HAD THE EXACT SAME LIKES & ABILITIES?
Write about it.

HOW ARE YOU Different & Unique?
The things that make you different are like pearls in an ocean. What are your pearls?
(unique talents, things that make you different from others)

WHAT MAKES YOU DIFFERENT, MAKES YOU BEAUTIFUL.

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I HAVE A **Growth Mindset**

I believe that my mind **GROWS AND CHANGES** with effort and hard work.

The opposite of a growth mindset is a fixed mindset. With a fixed mindset, you feel limited by your current ability.

Examples:
- **Fixed:** I am not artistic.  **Growth:** I have to work hard to do well in Art class.
- **Fixed:** I cannot do this.  **Growth:** I cannot do this, yet.

**THE SCIENCE OF A GROWTH MINDSET**

- Neuroplasticity is the brain’s ability to form new connections and continue to grow and improve.
- The more you practice a skill, the better you will be at that skill.
- Hard work really does pay off.
- Even if that skill doesn’t come easy for you, it can still be achieved.
- Studies show that a positive attitude can help performance.

Give an example of a time when something that was really difficult at first became easier with time.

**EFFORT AND CHALLENGES:**

Are you proud of your grades or maybe a big team win? Be proud of the process or work, not the end result. When you decide to look for the effort, not the win, losing becomes much easier. Working hard can cause frustration. Learning to deal with frustration is KEY to having a growth mindset and becoming successful.

**Tips for dealing with frustration:**

- Tell yourself that this will not last forever and that you have what it takes.
- Understand that frustration is a normal part of the process.
- Remember that this feeling is important because it is helping you grow.
- When you want to give up, challenge yourself to keep going for a few more minutes.
- Take breaks when needed.
- Try new ways.
- Ask for help.

What will you try the next time you are frustrated?
Write about a recent mistake that you made. What did you LEARN from it?

Write about a recent failure. What did you LEARN from it?

Write about a time when someone criticized you or your work. What did you LEARN?
Mindfulness

is the ability to live in the moment without judgement. It’s the ability to have your mind and body in the same place, (not overthinking, thinking ahead or dwelling on problems). For such a simple concept, it has profound benefits. The American Psychological Association claims that practicing mindfulness increases working memory, concentration, happiness, and overall physical & mental health.

MINDFUL ACTIVITIES:

You can turn any activity into a mindful one by completely focusing on the here and now during the event. Use your 5 senses to tap into a deeper level of mindfulness.

Mindful Coloring:
Color without letting your mind wander off. Think about the colors that you are using and how the colors go together. Enjoy the moments while you are living them.

Mindful Eating:
Paying attention to the food you are eating while noticing the texture & taste. Eat slowly while thinking only about the process of eating. IF your mind starts to wander, bring yourself back to the moment of eating.

Mindful Nature Walk:
Take a walk in nature while paying close attention to your senses. Consider what you are seeing, smelling, and feeling.

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 breath 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.

Mindful Balancing:
Try balancing on one leg noticing how your body has to correct itself to stay balanced.

EXPLAIN HOW YOU CAN TURN YOUR FAVORITE ACTIVITY INTO A MINDFUL ACTIVITY.

WITH MINDFULNESS YOU WILL HAVE:

MORE
• focus
• self-control
• healthy relationships
• feelings of well-being
• ability to regulate emotions
• academic success
• happiness

LESS
• stress
• anxiety
• depression
PROGRESSIVE MUSCLE RELAXATION

(You can find many videos & scripts for this on YOUTUBE/google.)

This technique starts with getting into a comfy position. Close your eyes. Play spa music. Starting at the top of the body and going down, imagine tensing and relaxing one muscle at a time. Imagine the tension in your body leaving as you release each muscle.

“Incorporating mindfulness into education has been linked to improving academic and social and emotional learning. Also, mindfulness strengthens some underlying development processes—such as focus, resilience, and self-soothing—that will help kids in the long run.”

~Amy Saltzman, M.D., director of the Association for Mindfulness in Education

MINDFUL SCAVENGER HUNT

How many can you complete?

☐ 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 asleep to spa music.
☐ Learn some new jokes & try them out.
☐ Color with new markers.
☐ Learn to make a new recipe that you love.
☐ Just sit & watch people in public.
☐ Learn & try progressive muscle relaxation.
☐ Stretch your arms up to the sky, hold while counting to 15. Release.
☐ 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.
☐ 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.
☐ Other:
Anxiety

Anxiety is a feeling of worry or unease over your current situation or some event in the future. Too much anxiety can cause physical illness in the long run. Find ways to reduce stress and worry for better health.

Positive thinking can reduce stress!

TURN NEGATIVE THOUGHTS INTO POSITIVE THOUGHTS!

REPEAT THESE WORDS:

- I can do this!
- I am enough!
- Everything will work out!
- I can let this go!
- I am strong enough!

FINISH THESE SENTENCES WITH POSITIVE THINGS ABOUT YOURSELF.

I CAN DO THIS WELL:

I DID THIS KIND THING FOR SOMEONE:

PEOPLE LIKE IT WHEN I:

I THINK THE BEST THING ABOUT ME IS:

THINGS THAT MAKE ME FEEL THANKFUL

TRAUSTED ADULTS I CAN GO TO WHEN I NEED HELP:

UNDERLINE THINGS THAT MAKE YOU FEEL CALM & ADD A FEW!

spa music, coloring, stretching, slime, kinetic sand, reading, writing, drawing, singing, being creative, arts & crafts, building, taking things apart, movies, stress balls, and...
BREATHING

Paying attention to my breathing helps me stay calm & focused.

Belly Breathing

- Place your hands on your belly.
- Breathe in slowly with your nose.
- Feel your belly rise.
- Breathe out slowly with your mouth.
- Feel your belly fall.
- Repeat.

4-7-8 Breathing

- Take a deep breath in your nose. (while counting to 4)
- Hold it. (while counting to 7)
- Exhale slowly from your mouth. (while counting to 8)

GROUNDING

List 5 things you see right now.

List 4 things you could feel on your skin right now.

List 3 things you hear right now.

List 2 things you can smell right now.

List 1 thing you can taste.

I can still taste my lunch in my mouth. My hair smells like strawberries. The desk is cold on my arm. I can hear a bird chirping. I see a clock on the wall.

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**BEFORE THE TEST**

Go to bed early the night before.  
Eat a healthy dinner the night before.  
Eat a balanced breakfast the day of the test.  
Exercise the night before for 30–45 minutes.  
Deep Breathing

List healthy snacks that you like:

List exercises you enjoy:

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**LOWE R YOUR STRESS**

• Limit sugar and caffeine.  
• Politely say "no" more often.  
• Ignore rumors and stay away from drama.  
• Realize that you will not be able to please everyone, ever.  
• Make time for yourself every day. Remember your hobbies.  
• Read a book.  
• Break down big tasks into smaller manageable chunks.  
• Listen to calming music.  
• Keep in touch with nature by going outside more often.  
• Find ways to laugh more often. Hang out with funny people.

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**TAKING THE TEST:**

**QUESTIONS WITH LONG READING PASSAGES:**  
Skip down to the question and read it first. You will be able to look for the answer as you read. Sometimes the answer is in the title or in the first paragraph.

**QUESTIONS WITH MULTIPLE CHOICES:**  
Read all of the choices until you find the BEST choice. Eliminate the ones that you know are incorrect. Go with your gut! If making a guess, go with your first instinct.

**QUESTIONS WITH EXTRA INFORMATION:**  
Some questions will have extra information in them that you do not need. Don't try to use all of the information given unless you know that it is needed to answer the question.

**QUESTIONS WITH MAPS, CHARTS, AND TABLES:**  
Pay careful attention to the Key or Legend. Sometimes one image will represent multiple items. Read the key first!

**DO NOT SPEND TOO MUCH TIME ON TOUGH QUESTIONS.**  
Skip the difficult ones and go back to them when you finish. This will lessen frustration. Don't forget to go back and finish them!

**USE ALL OF THE TIME TO GO BACK AND CHECK YOUR WORK.**  
You might be tired and ready to quit by the time you finish. However, it is important to go back and check your work. We often make careless mistakes that can easily be corrected. Be sure that you answered all questions. Even if you don't know the answer, take a guess.
STUDY TIPS

- Create a tidy, quiet study area, stocked with school supplies.
- Study a little each day rather than cramming it into one session.
- Study general concepts first before getting into details.
- Take study breaks every 10-20 minutes.
- Test yourself or have someone else test you on the content (flash cards are great for this).
- Play soothing or classical background music.
- Study when you are alert rather than tired (you will learn a lot more in less time).
- Use a study planning calendar to plan when you will do homework and for how long.

PREPARE YOUR MIND FOR A TEST.

BIG BREATHING
Practice taking deep breaths. Slowly breathe in for 4 seconds. Hold it for 5 seconds. Release slowly for 7 more seconds.

MENTAL REHEARSING
Close your eyes and imagine yourself taking the test. Imagine that you feel confident with every answer. Imagine that you are feeling calm and comfortable in your seat. Imagine making a great score!

NUDGE AWAY NEGATIVES
Whenever negative thoughts or “what if” questions enter your mind, imagine nudging them away. It is common to think of all of the possible bad things that could happen before a test.

What if I forget?
What if I fail?
Say to yourself, “STOP IT, SELF!
You are going to rock this test!”

PUSH AWAY PERFECTION
Striving for perfection is unhealthy. Nobody is perfect, so you are setting yourself up for failure if you judge yourself for not being perfect.
Be okay with the fact that you might not know all of the answers! There will be some material that you do not know and that is OKAY! Let yourself be human.

A POSITIVE ATTITUDE
ABOUT STRESS

Research suggests that the way you think about stress can change the way it impacts your life. Begin to see the benefits of stress so that you can tame it’s effects on you.

Repeat after me:

- STRESS CAN BE USEFUL.
- STRESS MOTIVATES ME TO DO BETTER.
- I CAN CONTROL MY STRESS.
THE TEENAGE BRAIN
UNDERSTAND AND HARNESS THE POWER OF THE TEEN BRAIN.

TEEN BRAINS EXPLAINED

The brain develops and matures from back to front. Front areas are not well developed until around age 25-30.

The PREFRONTAL CORTEX in the front is not well developed. It’s responsible for:

- Impulse control – thinking through your actions before acting on them.
- Emotional regulation – being able to maintain a calm emotional state without overreacting.
- Organizational skills – being able to find things and keep them in order.
- Rationalization – analyzing and making judgment calls based on facts.
- Reasoning - thinking of something in a logical way often using facts over emotions.

If you looked at the inside of the brain, you would find the LIMBIC SYSTEM in the middle.

This is the part of the brain in charge of emotions and reward processing. It gives you the exciting feeling from taking risks. It is well developed during the teen years.

*Knowledge is power. Knowing how the teen brain works can help you make better choices.

IMBALANCE OF POWER

The thrill seeking and emotional part of the brain is on overdrive, while the rational and cautious side is not fully developed.

FUN FACT!

Great learning happens during this time because of a process called pruning. As you learn, you make new connections in your brain. The connections that are used the most are strengthened and the ones that aren’t used as much are lost (or “pruned”). This makes way for faster, clearer learning and more complex thoughts. It’s a great time to pick up skills!

Take advantage of this amazing phase of brain development by learning new things as often as possible!
FAQ'S ABOUT TEEN BEHAVIOR BASED ON THEIR BRAIN DEVELOPMENT:

- Vulnerable to addiction (reward seekers)
- Don't bounce back from the effects of drugs and alcohol as fast as an adult.
- May take more risks.
- Fall in love fast because of high emotions.
- Mental illness emerges during this time period. Watch for anxiety and depression (when sadness lasts weeks or months).
- May appear rude and self-centered because they are less able to understand the effects of their behavior on others.
- Teens understand when they are making bad choices but they often live more in the present, so they do it anyway.
- High emotions may cause social anxiety.
- Lack of organization skills can cause poor grades and forgetfulness.
- May get into frequent arguments due to emotions running high and reasoning running low.
- Easily influenced by peers.

Teens may need to seek out ways to find focus, regulate emotions, get organized and get advice from adults when things aren’t clear.

Helpful tips for teens:
- Practice deep breathing.
- Try yoga.
- Take calming breaks and find simple calming activities like coloring, crafting, playing an instrument and listening to music.
- Try counting to ten before reacting.
- Get advice from adults when making big decisions.
- Watch videos on organizing & planning.
- Take a study skills class.
- Stay away from bad influences.
- Wait 24 hours before making big decisions.

Because the teen brain prefers to push boundaries and take risks, find healthy ways to satisfy that need.

HEALTHY RISKS TO SATISFY THE THRILL SEEKING TEEN BRAIN:
Which ones will you try?
- Try out for a team or a school play.
- Enter a contest or challenge.
- Try public speaking.
- Volunteer to “go first” at something.
- Try new things.
- Volunteer somewhere.
- Learn a new skill.
- Strike up a conversation with someone new.
- Become a mentor.
- Ride a roller coaster.
- Dine alone in public.
- Get on the dance floor.

Write about some other ways you can try exciting things that are not going to put you in danger:

Research shows that the teen brain has a unique ability to be innovative, creative, and to think outside of the box.
HEALTHY CHOICES

The best version of me!

EAT WELL
- Choose real, whole foods & less processed.
- Choose fresh foods over canned if you can.
- Don't skip meals. (It can make you sick. If trying to lose weight, this won't work. It can make you hold on to weight because it puts your body into survival mode.)
- Stop eating when you feel full.
- Eat smaller, more frequent meals.

STAY HYDRATED
- Drink 8 glasses of water each day to stay hydrated and healthy.
- Sip on water throughout the day, even when you are not thirsty.

STAY ACTIVE
Being still for too long each day has negative effects on your health. Try to stand up more often, or take a quick walk or stretch break during your day. Fit in simple exercises when you would normally be still.
Examples:
  - Tap your feet under your desk. (quietly)
  - Jog in place instead of standing in line.
  - Take the long way when you walk somewhere.

Stretching your muscles every day is good for your body. You will feel better & your body will perform at its best.

SAVING NO
It's healthy to say no when asked to do something that isn't good for you. (and I'm not talking about chores) Know the risks before you do anything. You don't owe anyone an explanation. Practice role playing and saying no with a friend until it becomes easy.

SUNSHINE
Did you know you get Vitamin D from the sun? Being outside can make you happier & healthier.
(How many can you complete this week?)
- Read a book outside.
- Take a walk outdoors.
- Play an outdoor game or sport.
- Other:

LAUGHTER
Laughing is good for your physical and mental health. Did you know that laughter:
  - Boosts your immune system (so you don't get sick as much).
  - Helps with pain.
  - Boosts your mood so you feel happier.
  - Keeps stress away.
  - Brings people together (better friendships).
  - Can help you live longer.
  - Relaxes your muscles to make you feel calm.
What makes you laugh?

MINDFULNESS
Pay attention to the present moment. Notice your breathing. Take deep breaths in your nose and breathe out slowly through your mouth.

SLEEP
Try to get at least 8 hours of sleep per night to perform your best.

How many hours of sleep are you getting each night on average?
PERSONAL HYGIENE
Keep your space and body clean. You may not be able to smell yourself but others can. Staying clean helps you stay healthy & have more friends. Don’t forget to floss! (not the dance)

SUPPORT SYSTEM
Spend more time with friends and family who support & respect you. Spending time in person (not just online) with people you care about relieves stress and increases your overall well-being. Who do you spend time with?

TECHNOLOGY USE
How many hours a day do you spend watching shows, playing video games, or looking at a phone or computer screen?

Too much screen time has been linked to more stress, memory loss, and decreased brain functioning.

Tips: Set a timer when you are having screen time. Take a break every 10 minutes. Get up, walk around or just have a conversation with somebody nearby.

POSITIVE THINKING
You have the choice to focus on positive thoughts. Let go of negative thoughts. Stop comparing yourself to others and allow yourself to be okay the way you are now without judgement. List something great about yourself:

I will try these new
HEALTHY CHOICES

Healthy Goal 1:

Healthy Goal 2:

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GRIEF

When you lose someone that you love, you can find strength to feel all of your emotions.

FAQ’S:

• Nothing you can do will change this.
• Allow all of your emotions to happen and expect some big feelings.
• It’s okay to be happy and enjoy life again.
• Talk to others who have been through it.
• Make a memory box with items that remind you of your loved one.
• Ask others to share their memories that you may not have known about your loved one.
• Grief comes and goes.
• Write your feelings in a journal and put those feelings aside with the journal from time to time.
• Allow yourself to stop thinking about it during specific times of the day.

Trusted adults that I can talk to when I need more help:

If I had a magic wand and could make my grief go away, I would spend the day doing this:
LET GO OF GUILT

Sometimes I feel guilty that I am still here and they are not. This is a normal feeling. When I start to feel guilty, I will forgive myself and remember that I cannot control what happened.

HELPING OTHERS HELPS ME

Everyone has talents to share with the world. One kind thing I can do to make life better for others:

FRIENDS

My friends do not always know what to say to me. Sometimes they ignore me. Sometimes they say the wrong things. I understand that they don’t always know how to help me. I can tell them how to help me. One thing I could tell them that I need is:

TIME

is a physician that heals every grief.

~Diphilus

LET ANGER COME AND GO

I can allow myself to feel anger, but I can let it go instead of holding it in. When I feel too much anger building up, I can get relief by doing something physical. My favorite exercise or sport is:

IT’S OKAY TO FEEL SAD.

Feeling sad is normal. I know that I should not hold my sadness inside. I will cry when I get that feeling. After I get that out, I will look for ways to cheer myself up. The best way to cheer me up is to:

LAUGHTER HEALS.

Think of a fun time you had with your loved one. What was that day like?
COPING SKILLS
I can use tools to calm myself and focus.

BREATHING TOOLS

Take in a deep breathe and blow it out slowly to make a large bubble.

Take in a deep breathe as you expand the ball. Blow out slowly as you return it to the original shape.

Take in a deep breathe and blow it out slowly into a party blower or kazoo.

Take in a deep breathe and blow it out slowly into a pinwheel.

FUN WITH FIDGETS

Listen to or make music.

Squeeze a stress ball.

Solve a Rubik’s Cube.

Fiddle with hand gadgets.

Make or play with a glitter jar.

Squeeze a slice of a pool noodle.

Watch a slinky go down steps.

Move mermaid scales back and forth.

Stretch/squeeze a koosh ball.

Pull and release stretch bands.

Play with Newton’s Cradle.

Watch a spinning top.

Write in a journal or diary.

GROUNDING

5 things I can see right now:

4 things I can hear right now:

3 things I can feel right now:

2 things I can smell right now:

1 thing I can taste right now:
SCAVENGER HUNT

A friend I can talk to:

A trusted adult:

A place that makes me feel calm:

A song that relaxes me:

An activity that helps me release energy:

A healthy snack I like:

Something I need to organize:

A favorite movie:

A favorite book:

Something I can create:

Someone I can forgive:

My favorite spot outside:

A favorite game or puzzle:

Something soft I can cuddle with:

A goal I can start planning to achieve:

35 WAYS TO COPE

1. Write a letter & throw it away.
2. Call, text, or hang out with a friend.
3. Clean or organize.
4. Keep a daily journal.
5. Watch a movie or show.
6. Listen to music.
8. Push against something.
9. Read.
10. Take a quiet break.
11. Draw, color or create.
12. Take a snack break.
13. Send a thank you note.
14. Look at the bright side of things.
15. Set a goal and start planning to work on it.
16. Talk to trusted adults.
17. Forgive others.
18. Ask for a hug.
19. Laugh more.
20. Take a walk.
21. Focus on breathing.
22. Do brain teasers.
23. Go outside or look outside a window.
24. Play a game.
25. Slow down and just be, without judgement.
26. Take a water break.
27. Stack objects.
28. Count to ten.
29. Exercise.
30. Think positive thoughts.
31. Squeeze objects and release.
32. Watch slow moving objects.
33. Stretch things.
34. Play with mindful tools.
35. Touch things of different textures.

"Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff."

—Robert Eliot
SELF-ESTEEM
is the confidence that you have in your abilities & worth.

HABITS OF PEOPLE WITH HIGH SELF-ESTEEM

TOTAL ACCEPTANCE
Decide that you are going to completely accept yourself the way you are right now. Decide that you are good enough and you understand that nobody is perfect.

LIVE IN THE MOMENT
People with high self esteem are good at enjoying "the now." Take time to focus on what is happening in front of you right now without judging the moment. Have fun without overthinking what is happening.

TAKE RESPONSIBILITY
Take charge and do the things you are supposed to do. Don't play the victim. Admit it when you make mistakes and don't judge yourself for them. Learn and move on.

TAKE A STAND
Decide what you believe in and be firm about it. Don't let others change your mind about your beliefs. You have to stand for something or you will fall for anything.

HAVE A PURPOSE
What gives your life meaning? What is important in your life? Once you figure that out, remind yourself of it often.

IGNORE COMPARISONS
Never compare yourself to others. Everyone has different talents and abilities.

DO THINGS FOR YOURSELF NOT OTHERS
Stop worrying about what others think. Trying to please others is not healthy. Start doing things because you want to do them instead of thinking about how it looks to others.

GIVE THANKS
What is something you are thankful for today?

KINDNESS
People who are kind to others have the added benefit of higher self esteem. Helping others really does help you. Give more compliments and volunteer to help others.

POSITIVE THINKERS
Stop negative thoughts and flip them into positive thoughts. Don't believe every thought you have. Some are simply not true. Focus on the positive side of life.

DON'T BE TOO SERIOUS
Are you able to laugh things off? Instead of being so serious, try laughing when you don't feel like it. Seek out things that are funny. List some things that make you laugh.

BRAVE
Are you willing to try new things? Make a plan to start trying new things. List something you have wanted to try but were too afraid.
SEE YOUR SUCCESS:
Imagine your best life. What will you be doing? Where will you be living? Who will be there with you? What makes you happy?

REPEAT EVERY MORNING FOR A MONTH:
I matter, no matter what.
I'm great, just the way I am.
I am important to this world.
I am wanted.
People need me.
I can do difficult things.
I have what it takes.

People say I'm good at:

I am unique because:

Write positive **words** to describe yourself.
I can establish healthy habits to feel my best and get to school regularly.

Showing up matters!

Learning how to show up daily for school is a skill and habit that will help you one day in your career. It takes discipline to be able to show up day after day. Form those good habits now. Once you start a bad habit, it’s harder to break.

Grades are affected by absences. Studies show that student achievement can be linked to attendance. The more you miss, the more it affects your grades and level of understanding of the material.

Your absence can affect other students because teachers may wait to introduce material to the whole class or use class time to get absent students caught up.

Missing just one day of school will cause you to have more work to do when you return.

There are “truancy” laws against missing too much school. The government might get involved if it is chronic. Your parents or guardians are responsible if you are truant.

If you missed one day every two weeks, that’s about a month of school. You will have missed a lot of information that could potentially hurt you in the long run when you have to build on those skills you missed.

Missing 10 or more days of school increases your likelihood of becoming a dropout.

High school graduates make an average of one million dollars more than dropouts in a lifetime.

Valid reasons to miss school:

- Fever
- Vomiting
- A diagnosed mental or physical illness requiring special accommodations
- Family emergencies

Reasons that don’t require missing school:

Too tired: Establish a better bedtime routine to make sure you are getting enough sleep. Your counselor can help you find ways to get better sleep.

Someone is bothering or bullying you: Instead of missing school, talk to the school counselor. Don’t try to ignore it or hope it goes away.

Mild aches or pains: Mild headaches & stomach aches are common in the morning and are often easily fixed. You may need to eat breakfast or give your body time to wake up and stretch. Try going to school. If it doesn’t get better, tell a teacher or ask to see the nurse.

Vacations: Take family vacations during the summer break. It’s just not worth it to miss multiple days in a row.
HEALTHY HABITS GOALS:

Look at the list of suggestions for healthy habits. Which ones can you work on? Are there others you could add?

ASK FOR HELP

If something is keeping you from attending school, ask your counselor or teacher for help. Most schools have services to help families find resources in times of need.

HEALTHY HABITS TO FEEL MY BEST:

If you are feeling tired or achy in the mornings, consider trying some new things to combat those things.

- Create a bedtime routine that includes calming activities.
- Get 8-11 hours of sleep every night.
- Eat less sugar!
- Eat fruits and veggies daily.
- Don’t skip meals.
- Exercise.
- Stretch for 10 minutes each day.
- Read before bed.
- Don’t watch tv to fall asleep.
- Keep your phone in another room at night.
- Start each day with a positive thought about yourself.
- Write down something you are thankful for each day.
SMART GOALS

SPECIFIC
Give details about your goal.
Not specific: I will do better next year.
Specific: I will go to the gym to get healthy.

RELEVANT
Does it fit into your big picture or life goals?
IF your big picture is to get into college:
Not relevant:
I will eat cheetos today.
Relevant:
I will make a study plan so that I can make better grades and get accepted to a college.

MEASURABLE
Can I measure the goal and determine when it has been met?
Not measurable: I will make better grades.
Measurable: I will make A's and B's.

ATTAINABLE
Can you physically and mentally reach this goal?
Is it within your reach?
Not attainable: I will study all day every day and never sleep.
Attainable: I will study 30 minutes per night during the week.

TIMELY
Is there a deadline to reach my goal? Put a time limit on your goal.
Not timely:
I will make A's and B's.
Timely:
I will make A's and B's this year.

*You cannot change your destination overnight, but you can change your direction overnight.* – Jim Rohn

*A goal without a timeline is just a dream.* – Robert Herjavec

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WRITE A GOAL THAT IS SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, AND TIMELY:

LONG TERM GOALS
A long term goal is something you want to achieve by a year or more. Create a new long term goal that is also a SMART goal.

SHORT TERM GOALS
A short term goal is something you want to do within the next year. It may be in weeks, months, or up to a year. It should help prepare you to your long term goal. Create a short term goal:
SELF CONTROL

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.

WAYS TO FEEL IN CONTROL, EVEN WHEN YOU'RE NOT:

FOCUS TIME & ENERGY ON THINGS YOU CAN CHANGE.
Make a list of easy things you can do that will help a situation that you are worried about. Making progress towards any of your goals will ease the tension felt by other worries.
Example: I worry about my grades because I am busy with basketball. I can make the goal to study at least 20 minutes every night. (This will give you a feeling of control and help you meet one of your goals.)

LET GO OF THINGS YOU CANNOT CONTROL.
Make a mental note of things you are currently worrying about that you cannot control. Vow to limit the time you think about those things. Some people and some things are not going to change, regardless of our efforts. Don’t waste time worrying about those things.

EXPECT THE BEST WITH POSITIVE THINKING.
Imagine the things that worry you working out for the best. Pretend it has already worked out and try to feel those feelings. It can’t hurt to imagine the best possible scenario rather than imagining the worst, which we do so often.

WHEN I FEEL OUT OF CONTROL, I CAN:
STOP THINK about my choices
ACT when I feel calmer

Circle things you can control today:

world peace
weather
my actions
someone else’s feelings
selling goals for myself
other people’s actions

How much I smile
other people’s health
my study habits
being kind to others
my habits

Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don’t.
—Steve Maraboli
I CAN CONTROL

- My thoughts
- My happiness
- My actions
- Who I choose as friends
- What I focus on
- My goals
- My study habits
- My effort
- My habits
- Others:

I CANNOT CONTROL

- 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:

Ways I can calm down when I feel out of control:

- Count to ten
- Keep a daily journal.
- Watch a movie or show.
- Listen to music.
- Balance on an exercise ball.
- Push against something.
- Read.

- Squeeze a stress ball.
- Talk to trusted adults.
- Forgive others.
- Ask for a hug.
- Find something funny.
- Take a walk.
- Focus on breathing.

- Take a quiet break.
- Draw, color or create.
- Take a snack break.
- Do brain teasers.
- Clean or organize.
- Think positive thoughts.

I CAN LOWER STRESS WHEN I LET GO OF THINGS I CANNOT CONTROL. I CAN WORK ON THINGS THAT I DO HAVE CONTROL OVER.

Something I worry about that I cannot change:

Place a line through this thing and decide to let go of it. It is not your worry to have.

What is something that I worry about that I can change?

Some things I can do to start changing this:

You've Got This

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Friends

Getting Along with Others and Resolving Conflict

Elements of a healthy friendships or relationship:

Support:
Healthy friends encourage you to go for your dreams. They cheer you on and are there when you need them even when it’s not convenient for them.

Acceptance:
A good friend accepts the unique qualities of their friend. They don’t try to change them. An unhealthy friend might continue to tell you how to dress, how to talk, how to act, or how to feel.

Compromise:
Friends work together and sometimes give up a little of something they want so that everyone gets to win a little. Simply put, this is about sharing and taking turns. An unhealthy friend might try to be controlling and make all the rules to benefit them.

Respect:
Healthy friends respect their friend as a unique individual with their own thoughts, wants and emotions. They respect their time, boundaries and feelings and they don’t question the importance of them. Respecting their privacy also includes not spreading rumors or telling others their private information.

Maintain Individuality:
Each person should maintain their own identity separate from the other. Each should have hobbies and other experiences without the other to keep a healthy balance and support individual growth.

Forgiveness:
A healthy friend forgives past mistakes and doesn’t keep bringing them up. An unhealthy behavior would be holding a grudge and making the friend feel bad about it again and again.

Trust:
A quality friendship is based on trust. This means that it’s just expected that everyone is telling the truth. If you trust each other, jealousy is not an issue. You don’t need to control each other and you don’t mind if your friend has other friends. When there’s no trust, an unhealthy or toxic behavior might include trying to control the friend and setting limits on them.

Boundaries:
Healthy friends set rules for how they expect to be treated. The rules are fair and have real meaning. For example, you might have specific things that you ask of others like not standing too close because you get nervous in crowds. Friends tell each other when a personal boundary is being crossed. If a rule is broken, a healthy friend will tell their friend and give them a second chance.

Active Listening:
Healthy friends are active listeners who pay attention, ask questions, and are interested in what you have to say. The opposite would be that they pretend to listen just so they can have their turn to talk next.
Elements of a healthy friendship / relationship...

**Empathy:**
Try to see the world through the eyes of the other. Be understanding of the circumstances that are causing their current actions.

**Fight Fair:**
Fair fighting means that you stay away from insults and stick to the topic. Yelling isn’t fair because it only leads to intimidation and not resolution.

**Emotional Control:**
Keep your emotions calm and in control. Learn emotional regulation strategies to calm down when needed. Take deep breaths and leave the room when you get out of control. Anger and physical aggression are deal breakers. Never allow someone to put hands on you in anger or threaten to harm you under any circumstance.

**Equal Partnership:**
Friends should have equal opportunity to make decisions in a relationship. One person should not take on too much control. Keep it balanced and fair. When one person tries to control the other one, it becomes toxic.

**Know When to Let Go:**
When a friendship isn’t healthy, talk it out and be clear about what needs to change. Give each other a chance to make it right. If it doesn’t work after 2-3 chances, it may be time to say goodbye. Stick to your boundaries and firmly explain that you want your relationship to end. You don’t have to be mean, just clear & consistent. Don’t settle. You deserve healthy people in your life.

---

**RESOLVING CONFLICT**

**BE UNDERSTANDING**
Let them know that you hear what they are saying without getting defensive. Tell them that you can understand that they are upset and you would like to help. Ask what you can do to make it better.

**USE I-STATEMENTS**
Start sentences with “I feel” instead of “You did.” This takes the pressure off of them so that they are not offended. Instead of “You made me sad because YOU don’t listen.” Say: “I feel sad when I don’t feel heard.”

**USE POSITIVE LANGUAGE**
Use positive, happy language even if the other person is saying mean things. Also use positive body language by maintaining a calm posture and happy facial expressions. You can often end an argument by staying calm and positive.

**SUGGEST A COMPROMISE**
If you can see a win-win situation, suggest it. Find a way to take turns or share if it helps the situation.
Respecting myself looks like:

- Making healthy choices.
- Setting boundaries about how I expect to be treated.
- Knowing my value.
- Eating healthy foods.
- Ignoring unhelpful thoughts.
- Taking education seriously.
- Taking care of myself when I'm sick.
- Following rules.
- Being a truthful person.
- Trying my best, always.
- Not giving up.
- Showing thanks & gratitude.
- Being a kind person.
- Thinking positive thoughts.
- Keeping myself clean.
- Forgiving myself.
- Forgiving others.
- Not feeling guilty for taking a break.

Respecting others looks like:

- Treating others the way I want to be treated.
- Knowing their value.
- Accepting others the way they are.
- Understanding their boundaries.
- Helping them if they need it.
- Listening without interrupting.
- Supporting their ideas without making fun of them.
- Taking turns & sharing.
- Playing fair.
- Using good manners.
- Being quiet when others are concentrating.
- Listening to the speaker/teacher.
- Including others.
- Staying out of their personal space.
- Keeping my hands to myself.
- Being considerate of their time.
- Saying thanks when they help.
- Complimenting them and making them feel better than they did before I showed up.
- Helping with chores and doing my part.

Respecting places & things looks like:

- Keeping clothes and space clean.
- Fixing things that are broken.
- Being careful not to damage things.
- Picking up my mess.
- Following the rules of a place even if I don't understand why they have them.
- Leaving a place looking better than before I got there.
- Handling things carefully or gently.
- Asking permission before touching things.
A healthy choice I made for **myself** recently:

A boundary I have for **myself** about how I expect to be treated:

**Specific Goal (give details)**- *I will show respect for myself* this week by:

I can show good manners to **others** by:

**Specific Goal (give details)**- *I will show respect for someone else* this week by:

**Specific Goal (give details)**: *I will show respect for a place or thing* this week by:
DIVORCE

Don’t try to fix it.

It’s not my fault.

Voice my opinion to stay out of it.

Only I can choose to stay positive.

Reach out for help when I need it.

Change is normal.

Every family looks different.

Things I can say to my family:

• I don’t want to send messages to my other parent. Please tell them yourself.

• I don’t feel comfortable spying on my parents and giving reports about their behavior.

• It is very important to my development that you talk nicely about each other.

• I don’t need or want to know details about the divorce.

• I can’t be your friend. I still need you to be my parent.

Trusted adults that I can talk to when I need help:
I DON'T NEED TO TRY TO FIX ANYTHING AFTER A DIVORCE.

When I feel like I am out of control, I can calm down by:
- Write a letter & throw it away.
- Call or hang out with a friend.
- Clean or organize.
- Keep a daily journal.
- Watch a movie or show.
- Listen to music.
- Read.
- Draw, color or create.
- Find the bright side of things.
- Talk to trusted adults.
- Forgive others.
- Write about your feelings, then put it away for a while.
- Laugh more.
- Take a walk.
- Focus on breathing.
- Do brain teasers.
- Go outside.
- Play a game.
- Slow down and just be without judgement.
- Count to ten.
- Exercise.

My favorite way to calm down is:

I can ride the waves of change.

NO FAMILY IS PERFECT. FAMILIES COME IN ALL SHAPES AND SIZES.

Important things to remember:
- You don't need to pick sides.
- You aren't alone. Many families go through some kind of change.
- Nothing that you did caused this.
- Nothing you can do will change this.
- Don't look at it as a failure, but as an opportunity to learn life lessons.
- Allow all of your emotions to happen and expect some big feelings.
- Stay out of conversations about the divorce.
- It's okay to be happy and enjoy life again.
- The same people still love you.
- Don't compare your life to others.
- Stay focused on your personal goals.
- Being thankful for what you have helps.
- Talk to others who have been through it.
- Helping others heals you.

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Cover your sneezes and coughs with your inner elbow.

Massage your scalp with shampoo because most of the oil builds up there.

Clean and trim your fingernails and toenails. Your nails collect germs and bacteria that can smell and make you sick.

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

Use soap. Plain water will not get rid of the bacteria.

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

IMPORTANT
HYGIENE TOOLS
FOR YOUR CABINET

- shampoo
- soap
- toothpaste
- toothbrush
- dental floss
- deodorant
- nail clippers
- tissues
- comb or brush
Dampness causes bacteria build up and odor. Let things air dry when they get wet.

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.

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

Keep your area tidy to keep bugs away.

Don't go to bed sweaty or dirty.

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

Wash your sheets once to four times a month.

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

Take a bath or shower after exercise to clean off sweat that causes bacteria build up.

Use deodorant daily and repeat if you exercise or get sweaty during the day.

Brush and floss your teeth in the morning and at bedtime. If you are able, brush after meals as well.

Wipe bottom from front to back.

Bathe often

Your body creates bacteria and oil daily that can cause you to smell.
Teasing isn't always bad if it's done between friends who are being playful. It can actually strengthen friendships if the topics aren't sensitive or off limits.

**Playful or Healthy Teasing:**
- You already have a friendly relationship with them.
- Nobody is upset.
- Both people are laughing or in on the joke.
- Nobody is ganging up on anyone.
- It's done with good intentions and a friendly tone of voice.
- The topic of the teasing is not things that are out of the person's control like appearance or ethnicity.
- The topic of the teasing is not a sensitive subject that causes hurt feelings.

Hurtful teasing isn't always on purpose. Sometimes playful teasing can turn hurtful without you knowing it. Be aware of the signs so that you don't hurt someone's feelings.

**5 Tips That It May Be Hurtful Teasing:**

1. Sensitive topics are used:
   Some topics are just off limits because they have to do with things that a person cannot control about themselves or their family.
   - Gender
   - Performance
   - Grades
   - Appearance
   - Complexion
   - Ethnicity / race
   - Intelligence
   - Ability / Strength
   - Money
   - Religion
   - Clothes
   - Personality
   - Height/Weight

2. Hurtful Intentions:
   Consider why you are doing the teasing. Is it to make other people laugh or is it to strengthen your friendship?

3. Sarcasm is used:
   Be careful about using sarcasm with people that you don't know because they may take it the wrong way. Sarcasm between friends can be good if the topic of the teasing is appropriate and not mean.

4. Harsh language is used:
   Using bad or demeaning words is often the easy way to get a reaction, but it's not usually funny to the other person behind the teasing. People may laugh sometimes but they will not respect you in the long run.

5. They don't seem to think it's funny like you do.
   Sometimes it is hard to know if others are reacting well to your teasing because they won't always tell you. This is why it's important to stay clear of "off limits" topics that are more often hurtful. Also just ask if you aren't sure. Notice if they are laughing with you or if they seem hurt.
HOW TO HANDLE MEAN TEASING

- ignore & walk away
- make a joke & laugh
- say “That’s not funny”
- change the topic
- talk to an adult

Write about a time when you heard teasing that was about a sensitive topic.
TOP 10 THINGS WE KNOW ABOUT MOST BULLIES

1. They are often sad or angry inside and want others to feel that way too. They want a big reaction from you.
2. It hurts a bully to see others having fun when they don’t feel happy.
3. They don’t want to compromise or resolve the problem.
4. They may be seeking power, especially if they don’t have control or power at home.
5. They might have more power than you. (Maybe older, bigger, or just more friends)
6. They usually go after the same person or persons repeatedly.
7. They find people who will get angry or upset easily.
8. They need an audience (or bystanders) to feel power.
9. They can lose their power to bully. (And YOU can help with that.)
10. They have learned these unhealthy behaviors and need help with friendship skills.

REPORTING

One way to take away the power of a bully is to report it. Once reported, adults can teach healthy behaviors to the bully or get them family support. They can also find ways to make sure that the bully doesn’t sit near you and has monitored time around you. If you feel like you are being bullied or witness somebody else being bullied, report it. Your school should have a policy for bullying and you can ask your teacher or counselor about it.

Reporting is never “snitching.” Remember, most bullies are sad or feel inferior because they are often being bullied too. (Maybe at home or by an older friend or family member). Reporting them means that you are getting them help. It’s a win win situation! Everybody wins when you report bullying!

WAYS TO REPORT BULLYING:

- Tell an adult. (In person or on a note)
- Report it to the counseling office.

TRUSTED ADULTS I CAN TALK TO ABOUT BULLYING:

Counselor, teacher, parent, coach, nurse, family member, mentor... who else?

REACTION

Your reaction is key to stopping a bully. Bullies want an upset reaction from you. If you don’t give them what they want, they might find somebody else to pick on. Instead of crying or getting angry you can:
- Smile & pretend like it doesn’t bother you.
- Say something funny to throw them off.
- Ignore it completely and walk away.
- Be nice to them anyway.
**Roles**

You can choose a positive role in a bullying situation, help the bully, or do nothing at all. Hopefully you will choose a positive role.

First rule of bullying: Bullies need an audience to have power.

If you see bullying happening, you can choose to take away some of that power simply by not being part of the audience! When you play a positive role in a bully situation, you are playing the role of an upstander.

**Upstanders**
- Won’t laugh at bullying
- Will go find an adult
- Will change the subject or distract the audience
- Will speak up for the target
- Will be nice to people who are targeted
- Will not participate as an audience member

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When a bully is picking on you or a friend, distract them with words:

- Change the subject with a random fact or announcement:
- Say something nice and pretend it doesn’t bother you:
- Say something funny or tell a joke:

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**Things you might say to a bully to confuse or distract them:**

- “I didn’t know you cared so much for me. You are always so interested in what I’m doing.”
- “That’s what makes me so awesome!”
- “I love being weird. You should try it.”
- “You are always so funny. I like you.”
- “Have you always been this awesome?”
- “Did you know that it takes more muscles to frown than to smile?”
- “I don’t know. I just want to sit here and think about cats.”
- “Nothing can make me sad. I literally love life.”
- “Can you touch your nose with your tongue?”
- “Thanks for making me cry. Crying is my favorite!”
- “If you are trying to be my best friend, you have succeeded.”
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

SQUEEZE AND BREATHE
1. Find a stress ball, play doh, or other soft object to squeeze.
2. Take in a deep breath as you squeeze.
3. Breathe out slowly as you let go.

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

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

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.

BREATHE THE RAINBOW
Imagine the color of the rainbow.
Take a deep breathe 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 its 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.
BENEFITS OF DEEP BREATHING

- reduces pain
- increases energy
- helps swelling go down
- cleans out the lungs
- helps digestion
- relaxes your body
- increases focus

GOOD POSTURE IS IMPORTANT!

Slouching can lower the amount of oxygen that you take in because of the pressure from your diaphragm on your ribs. You will feel better when you sit up straight and take in long, deep breaths.

BREATHING TIP

Breathe in with your nose like smelling a flower.

Breathe out like blowing out a candle.

BLOW OUT YOUR WORRIES

1. Think of a worry.
2. Breathe in your nose.
3. Blow out like blowing out a candle. (Think about the worry going away.)
4. Color each candle after you blow out a worry.

“Smile, breathe, take it slow, and live a happy life.”
- Johnny Lung

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"I" STATEMENTS aren't threatening

I feel...

"YOU" STATEMENTS sound like finger pointing

You are...

You need...

When confronting someone who made you upset, the words you choose can make things better or worse. It is good to let people know when they have crossed a boundary or made you feel uncomfortable or upset. You can tell others how you expect to be treated.

But it can be tricky to tell them without making the situation worse.

What's the secret?

- Have a positive attitude.
- Replace the word "YOU" with the word "I"

Sometimes starting a sentence with the word "YOU" can feel the same as when someone points their finger at you. (not great) Follow the "I message" formula to keep the mood positive.

The "I" message formula:

I feel ___, when you___, because___.
Next time please _______

First, begin your sentence with "I feel" to let them know how it affected you.
I feel sad...

Next, explain what they did.
I feel sad when you make fun of my shoes.

Thirdly, give more information about why you feel this way.
I feel sad when you make fun of my shoes because I really like them and I cannot afford new ones.

Lastly, come up with ways to make it better or change for the next time.
I feel sad when you make fun of my shoes because I really like them and I cannot afford new ones. Next time, please just don't say anything about them.
Examples of using the I-message formula:

1. Someone made fun of your little sister.
   Don't say: *You made my sister cry and you are always mean to her.*
   Try the formula!
   I feel upset
   when you make fun of my sister
   because she gets teased by many people
   Next time, please be nice to her or don't say anything at all.

2. Your friends were telling you how much fun they had at a party you weren't invited to attend.
   Don't say: *You guys are bragging about your fun.*
   Try the formula!
   I feel left out
   when you talk about that party
   because I wasn't invited
   Next time, please talk about it when I'm not around.

Practice:

1. Your classmate took your last piece of gum without asking.
   I feel
   When you
   Because
   Next time, please

2. Your friend read your phone messages over your shoulder.
   I feel
   When you
   Because
   Next time, please
EMPATHY
the ability to understand and share the feelings of another. When someone is really upset, you can be a good friend by showing empathy.

EMPATHY VS. SYMPATHY

Sympathy is a great quality to have. You feel bad for someone else. That's great. But empathy takes it a step further. With empathy, you actually try to imagine life from the other person's point of view. You try to "walk a mile in their shoes."

IN YOUR OWN WORDS:
How would you define empathy?

Empathy is...
- listening
- just being there for support
- asking about their feelings
- allowing time for them to let out their emotions
- showing concern and interest in their situation
- being thankful & showing gratitude that they shared their feelings with you
- paying attention to their current needs

Empathy is NOT
- telling them to stop feeling or crying
- trying to solve the problem with too much advice
- judging their reaction or blaming them
- pointing out their mistakes
QUOTES ABOUT EMPATHY

“If there is any one secret of success, it lies in the ability to get the other person’s point of view and see things from his angle as well as your own.”
- Henry Ford

“Empathy depends not only on one’s ability to identify someone else’s emotions but also on one’s capacity to put oneself in the other person’s place and to experience an appropriate emotional response.”
- Charles G. Morris

“We have two ears and one mouth so that we can listen twice as much as we speak.”
- Epictetus

“Could a greater miracle take place than for us to look through each other’s eye for an instant?”
- Henry David Thoreau

“When you show deep empathy toward others, their defensive energy goes down, and positive energy replaces it. That’s when you can get more creative in solving problems.”
- Stephen Covey

“Whenever you are about to find fault with someone, ask yourself the following question: What fault of mine most nearly resembles the one I am about to criticize?”
- Marcus Aurelius

THINGS YOU CAN SAY TO SHOW EMPATHY:

“I’m sorry you are going through this.”
“My heart hurts for you.”
“I’m so glad you told me this.”
“Thank you for opening up to me.”
“Is there anything else you want to share about this?”
“You are so brave.”
“Do you need anything from me right now?”
“I’m here for you.”
“I can see this is really difficult for you.”

Empathy is
SEEING WITH THE EYES OF ANOTHER
LISTENING WITH THE EARS OF ANOTHER
FEELING WITH THE HEART OF ANOTHER.
- Alfred Adler
You might also like these tri-fold brochures. It's basically the same information provided in this workbook but in a brochure format. Perfect for handing out to parents. Plus each topic has additional bookmarks and extra coloring pages for each theme.

https://www.teacherspayteachers.com/Product/Social-Emotional-Learning-Brochures-for-Teens-4913020

About the Author & Terms of Use

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

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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