

# THANK YOU

☆☆☆ for your purchase! ♡♡

DID YOU KNOW THAT WHEN YOU LEAVE FEEDBACK ON TPT YOU EARN CREDITS TOWARDS FUTURE PURCHASES? ★★★★★ Extremely satisfied  
I TRULY APPRECIATE YOUR FEEDBACK TO HELP MY LITTLE STORE GROW.

QUESTIONS/CONCERNS PLEASE CONTACT ME:  
HEARTANDMINDTEACHING@GMAIL.COM



Hello!  
I'm Ashley!



A School Counselor,  
curriculum developer, blogger,  
and mama to two young  
boys. I have a passion for  
creating fun and engaging  
resources for Counseling  
and Social Emotional  
Learning.



LET'S CONNECT:



11

# I CAN BE CALM

Hugging a stuffed animal

Listening to music

Coloring

Counting  
to 10

Taking deep breaths



# I CAN BE FRIENDLY

**Saying Hello and Goodbye**

**Smiling at others**

**Helping**

**Including others**

**Sharing + taking turns**



# **I CAN BE** **ACCEPTING**

**Having an open mind**

**Using respectful words**

**Including  
everyone**

**Celebrating  
differences**



# **I CAN BE RESILIENT**

**Learning from challenges**

**Focusing on my  
goals**

**Trying again**

**Being kind  
to myself**

**Staying positive**



# I CAN BE **CARING**

**Giving hugs or high fives**

**Using kind words**

**Sharing**

**Listening**

**Being gentle**

**Helping others**



# **I CAN BE A GOOD SPORT**

**Cheering for others**

**Shaking hands**

**Staying  
positive**

**Encouraging**

**Playing  
fair**



# I CAN BE COURAGEOUS

Doing the right thing

Speaking up for  
what's right

Being myself

Asking  
for help

Trying new things



11

# **I CAN BE** **HOPEFUL**

**Thinking positive thoughts**

**Learning from mistakes**

**Looking forward  
to the future**

**Using encouraging  
words**

**Trying my best**



# I CAN BE CURIOUS

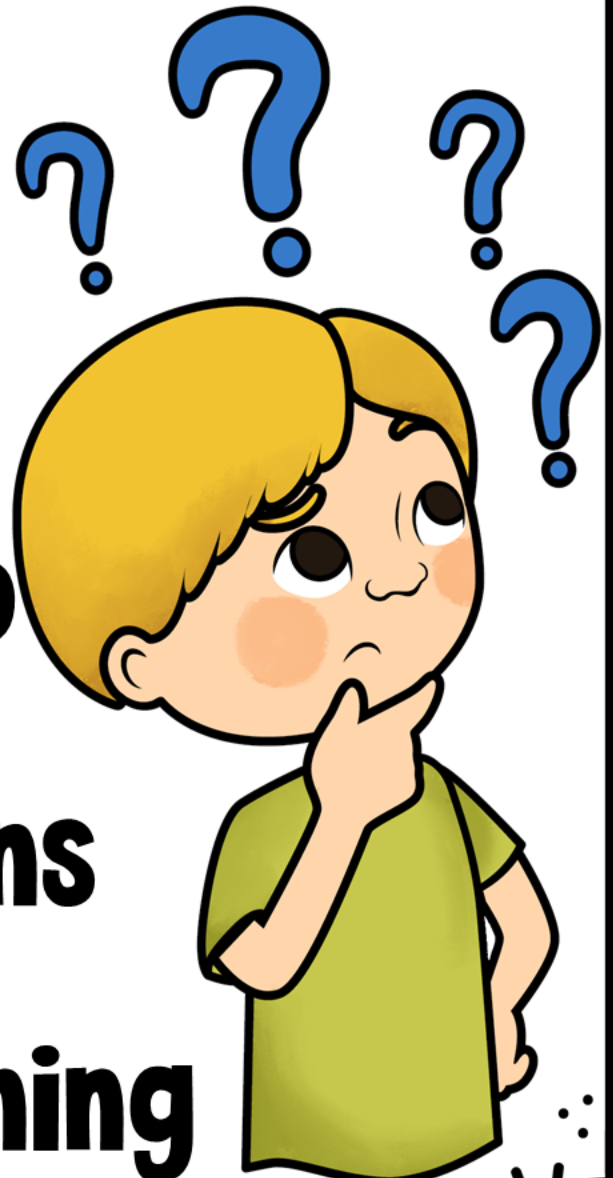
**Thinking outside the box**

**Exploring  
new things**

**Never giving up**

**Asking questions**

**Reading + Learning**



# **I CAN BE MINDFUL**

**Noticing my surroundings**

**Paying attention to my  
feelings**

**Thinking  
before I act**

**Deep breathing**

**Eating slowly**



11

# I CAN BE CREATIVE

**Drawing and painting**

**Trying new ideas**

**Solving  
puzzles**

**Playing  
Pretend**

**Making music**



# I CAN BE SMART

**Thinking  
before I act**

**Reading daily**

**Asking questions**

**Trying my best**

**Setting goals**



11

# I CAN BE HELPFUL

**Doing chores**

**Listening**

**Sharing**

**Lending a hand**

**Cleaning up  
after yourself**



# **I CAN BE ASSERTIVE**

**Using “I” statements**

**Speaking up clearly**

**Making eye  
contact**

**Staying calm  
and respectful**

**Setting  
boundaries**



# I CAN BE **GENEROUS**

**Volunteering or donating**

**Being a good listener**

**Helping others**

**Sharing**

**Giving compliments**

**Including others**



# **I CAN BE GRATEFUL**

**Appreciating what  
you have**

**Saying “Thank  
You”**

**Giving back**

**Keeping a  
gratitude journal**



# I CAN BE KIND

**Helping those in need**

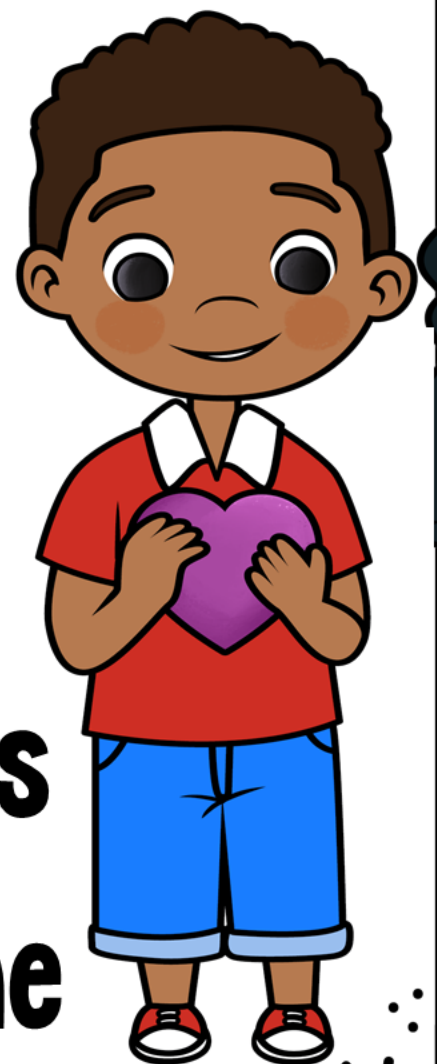
**Using kind words**

**Sharing**

**Being supportive**

**Listening to others**

**Including everyone**



# **I CAN BE** **LOVING**

**Spending time together**

**Showing affection**

**Doing nice things**

**Being  
supportive**

**Saying  
“I love you”**



11

# I CAN BE SELF-CONFIDENT

**Using positive self-talk**

**Believing in yourself**

**Celebrating  
your success**

**Focusing  
on your  
strengths**

**Setting goals**



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# **I CAN BE RESPONSIBLE**

**Taking care of my things**

**Being honest**

**Doing my  
homework**

**Doing chores**

**Following  
directions**



# I CAN BE EMPATHETIC

Imagining how the other feels

Acknowledging feelings

Asking  
open-  
ended  
questions

Actively  
listen



# I CAN BE HONEST

**Admitting a mistake**

**Telling the  
truth**

**Honoring  
promises**

**Being clear  
and direct**



**BLACK AND  
WHITE  
VERSION**

**(Use as  
coloring  
sheets)**

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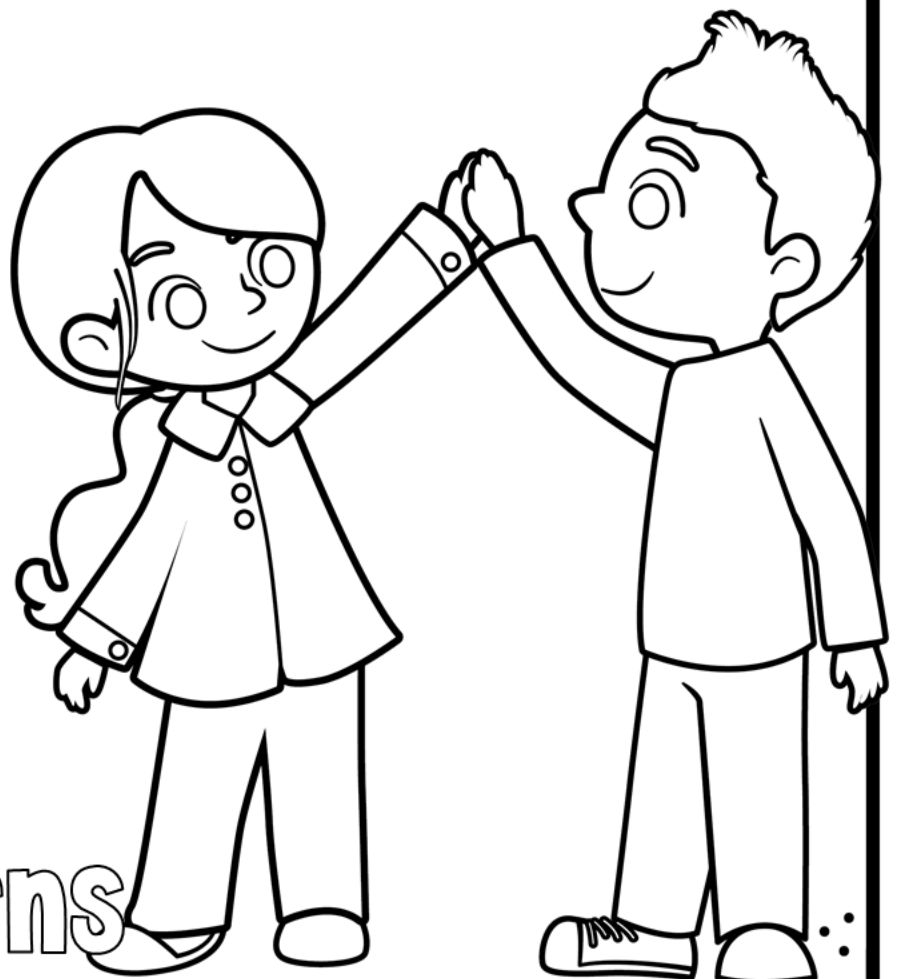
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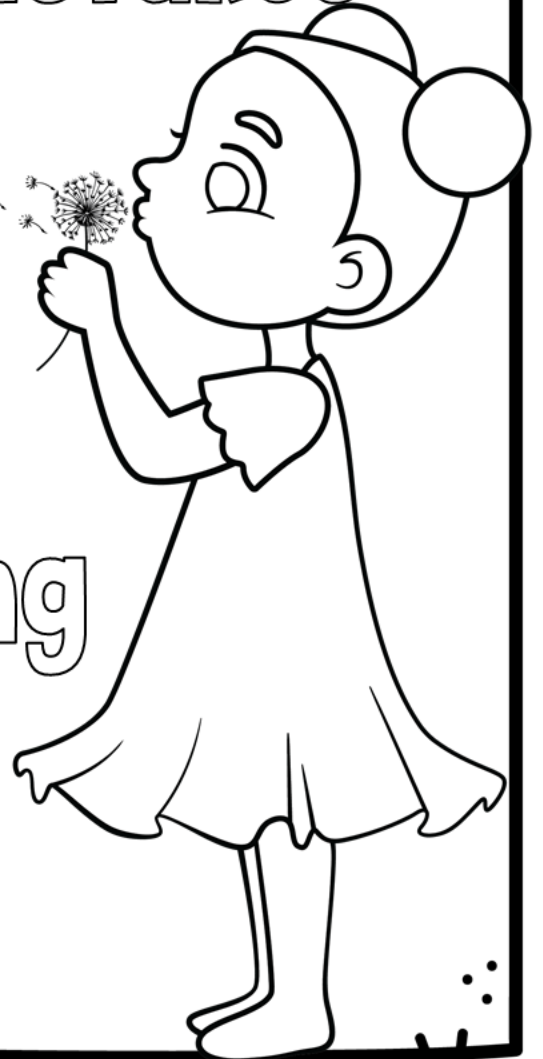
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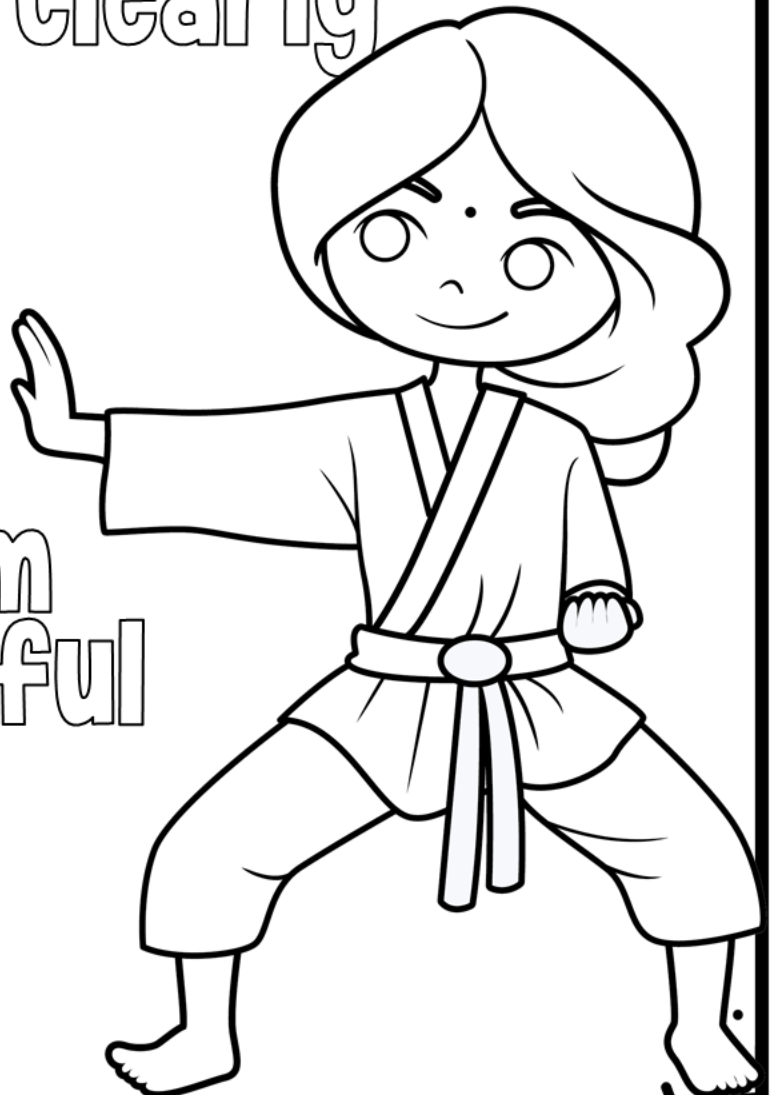
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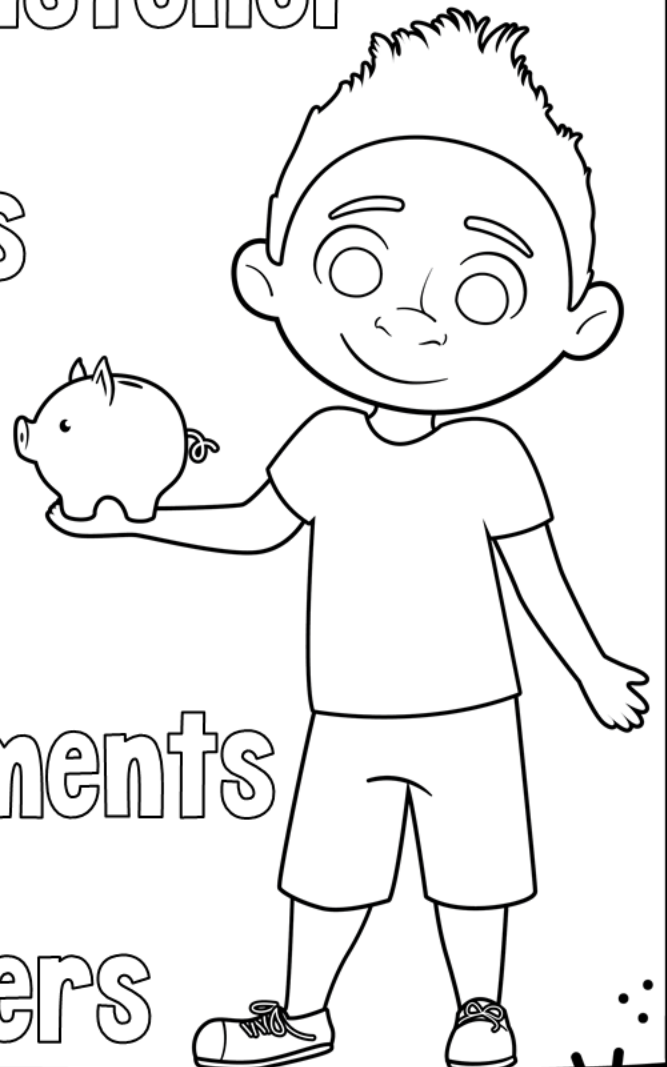
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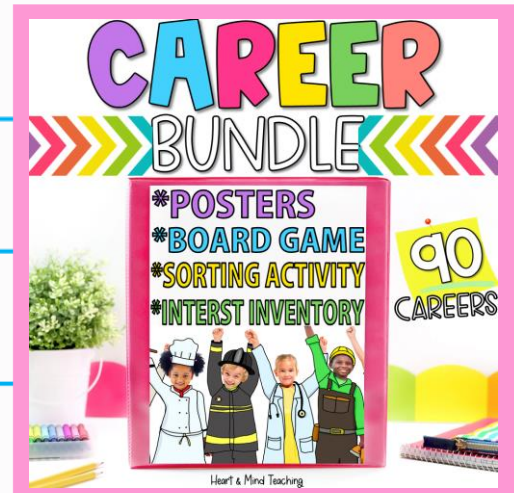
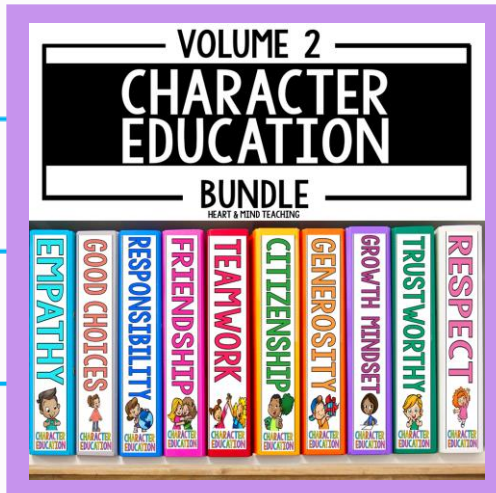
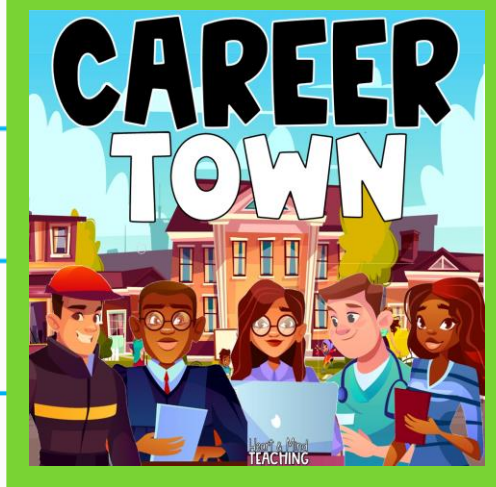
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# ♡♡ Best Selling Resources



## COUNSELOR COLLAB MEMBERSHIP

The Must-have resource membership:

[www.counselorcollab.com](http://www.counselorcollab.com)

 **WANT A PEEK INTO MY CLASSROOM?**

Check out my website:

[www.heartandmindteaching.com](http://www.heartandmindteaching.com) 



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