



Hi there, I'm **Ashley**  
I'm an Elementary School Counselor,  
Curriculum Author, Blogger, and  
Boy mama. I specialize in all  
things Counseling & SEL.



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# WHERE IS THE Counselor?

- COME ON IN!
- IN A CLASSROOM
- IN A MEETING
- WITH A STUDENT
- OUT OF OFFICE

# WHERE IS THE Psychologist?

- COME ON IN!
- IN A CLASSROOM
- IN A MEETING
- WITH A STUDENT
- OUT OF OFFICE

# WHERE IS THE Social Worker?

- COME ON IN!
- IN A CLASSROOM
- IN A MEETING
- WITH A STUDENT
- OUT OF OFFICE

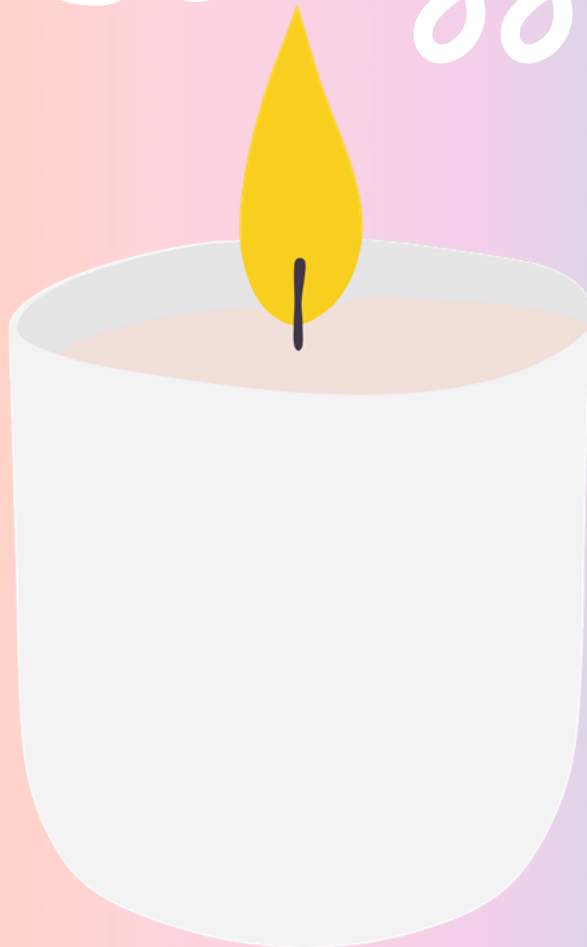
# WHERE IS THE Therapist?

- COME ON IN!
- BE RIGHT BACK
- IN A MEETING
- WITH A CLIENT
- OUT OF OFFICE

**WHAT YOU SAY  
IN HERE  
STAYS IN HERE  
Unless**

- YOU WANT TO HURT YOURSELF**
- YOU WANT TO HURT SOMEONE**
- SOMEONE WANTS TO HURT YOU**
- YOU GIVE PERMISSION TO SHARE**

**BREATHE IN**  
*Calm*  
**BREATHE OUT**  
*Stress*



**MY FEELINGS  
ARE VALID**

**MY WORTH  
IS NOT  
MEASURED  
BY OTHERS**

**I AM ENOUGH  
AS I AM**

# **Positive affirmations**

**I DON'T HAVE  
TO HAVE  
EVERYTHING  
FIGURED  
OUT**

**I DON'T HAVE  
TO PLEASE  
EVERYONE**

**I AM DOING  
THE BEST I  
CAN**

# DIGITAL TIPS

**USE PRIVACY SETTINGS: KEEP ACCOUNTS PRIVATE.**

**BE POSITIVE: SPREAD KIND AND UPLIFTING MESSAGES.**

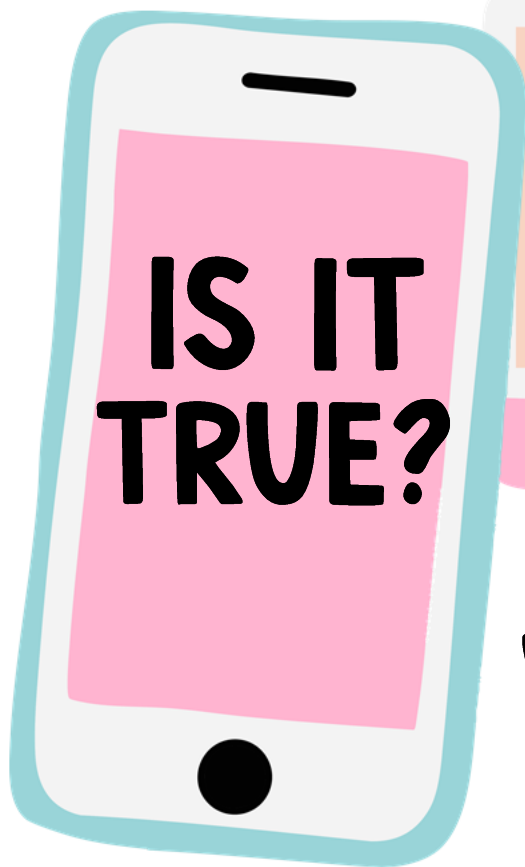
**BE SECURE: NEVER SHARE YOUR PASSWORDS**

**BE RESPECTFUL: THINK BEFORE YOU POST.**

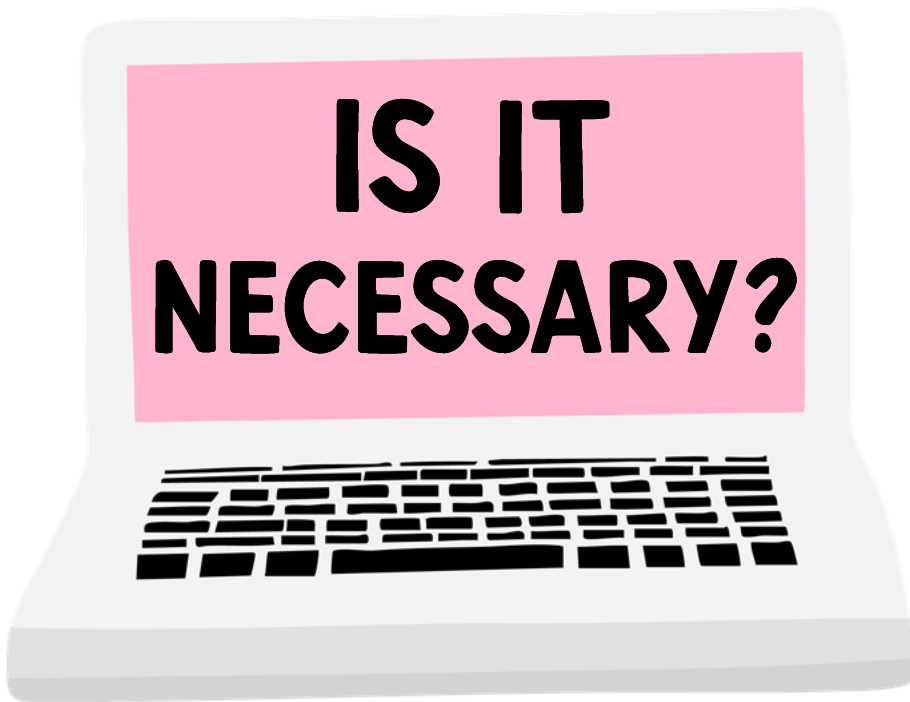
**BALANCE SCREEN TIME WITH REAL WORLD TIME**

**BE MINDFUL: THINK  
IF YOU'D SAY IT TO  
SOMEONE'S FACE OR  
SHOW IT TO YOUR  
GRANDMOTHER/  
FUTURE EMPLOYER.**





**THINK**  
**Before you**  
**POST**



i am kind

i am smart

i am brave

i am capable

i am confident

i am strong

i am loved

i am enough



STRONGER  
THAN I THINK

ENOUGH

BRAVE

GRATEFUL

CAPABLE

UNIQUE

LOVED

am

IMPORTANT

AMAZING

DOING MY  
BEST

BEAUTIFUL

# MASLOW'S HIERARCHY OF NEEDS



# Types of BOUNDARIES



PROTECTS YOUR SPACE AND BODY.



PROTECTS YOU'RE YOUR FEELINGS.



PROTECTS YOU'RE YOUR THOUGHTS,  
OPINIONS, AND BELIEFS.



PROTECTS HOW YOU SPEND YOUR TIME



PROTECTS YOUR PRIVACY AND  
COMMUNICATION ONLINE



# Refuel YOUR CUP





THIS IS A  
*safe space*



**IT'S OKAY TO:**

**ASK FOR HELP**

**SAY NO**

**MAKE MISTAKES**

**TALK TO SOMEONE**

**BE DIFFERENT**



**MY BOUNDARIES**

**MY THOUGHTS**

**HOW I RESPOND**

**THINGS  
i CAN  
CONTROL**

**MY ACTIONS**

**EXPECTATIONS**

**HOW I SPEAK**

# GROUNDDING TECHNIQUE

**5** THINGS YOU CAN SEE

**4** THINGS YOU CAN FEEL

**3** THINGS YOU CAN HEAR

**2** THINGS YOU CAN SMELL

**1** THING YOU CAN TASTE

# CALMING STRATEGIES

**BREATHE SLOWLY**

**TAKE A SHORT BREAK**

**STRETCH/  
MOVE YOUR BODY**

**NAME THE FEELING**

**ASK FOR HELP**

**COUNT TO 10 SLOWLY**

**LISTEN TO CALMING MUSIC**

**WRITE OR Doodle**

**DRINK WATER**

# CHECK IN WITH YOURSELF

HOW AM I FEELING?

WHAT MIGHT BE CAUSING THIS?

HOW AM I TREATING MYSELF?

WHAT AM I GRATEFUL FOR?

WHAT DOES MY BODY NEED?

WHAT ARE MY GOALS TODAY?

# GROWTH MINDSET

**fixed**

**I CAN'T DO THIS**

**THIS IS TOO  
HARD**

**I GIVE UP**

**I DON'T KNOW  
HOW**

**I'M AFRAID TO  
MAKE A MISTAKE**

**GROWTH**

**I WILL KEEP TRYING**

**WITH PRACTICE, IT  
WILL GET EASIER**

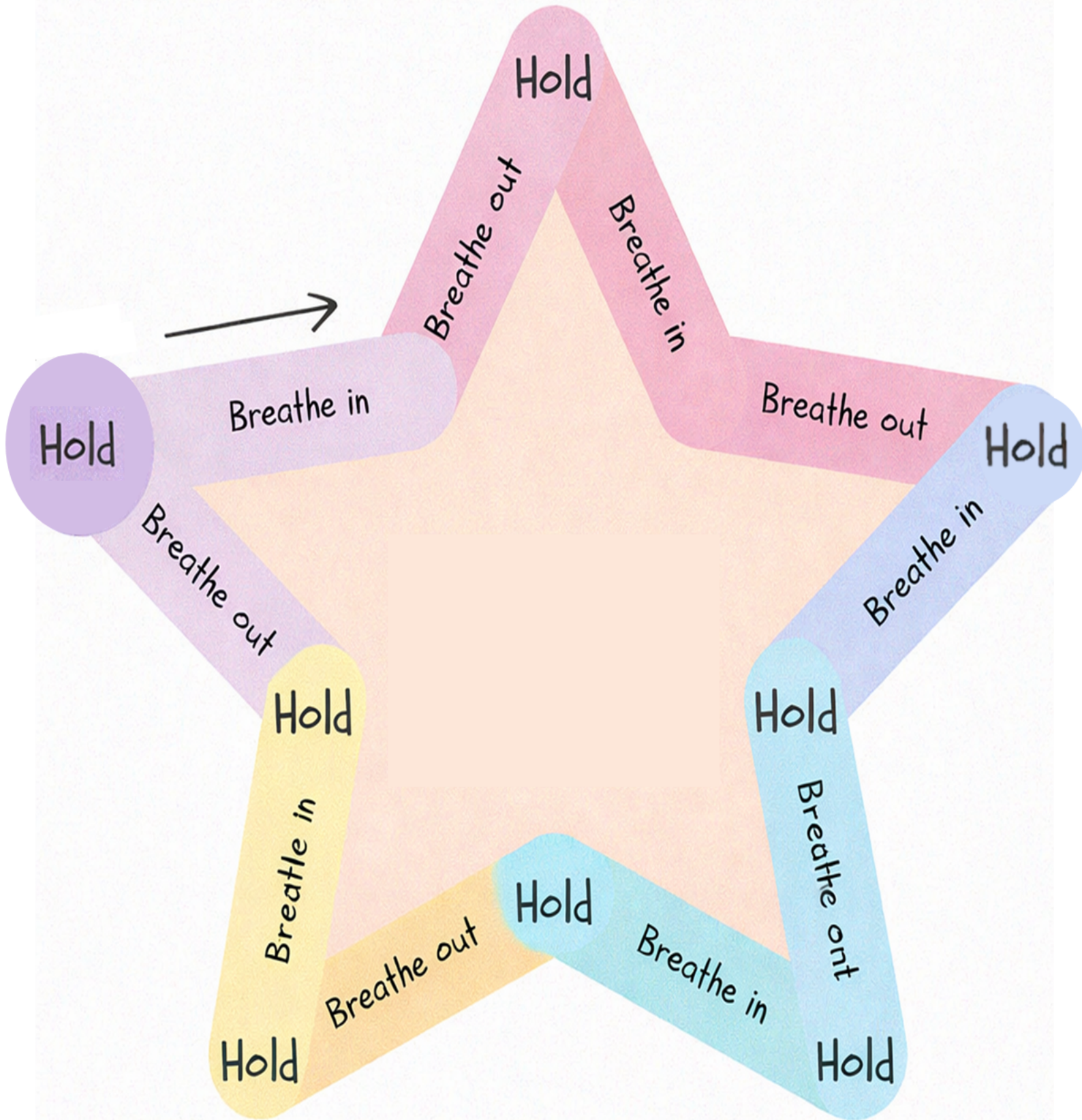
**I WILL TRY A  
DIFFERENT WAY**

**I CAN LEARN HOW**

**I CAN LEARN  
FROM MY MISTAKES**



# STAR BREATHING

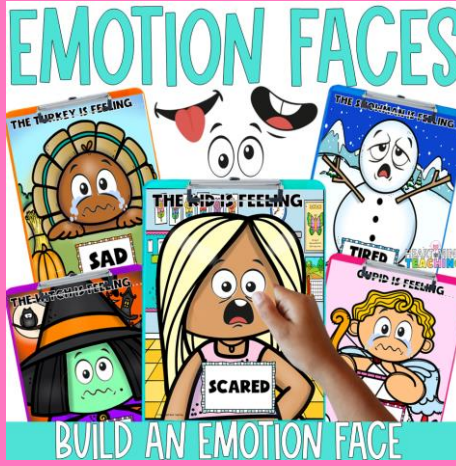
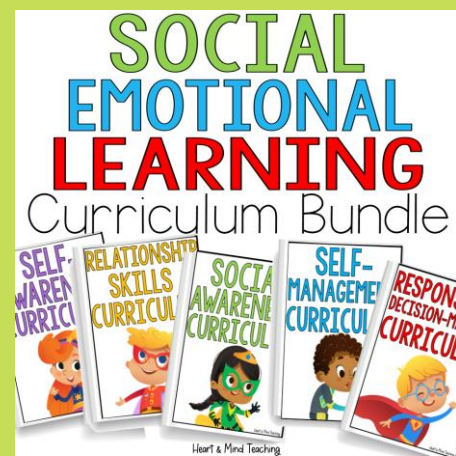
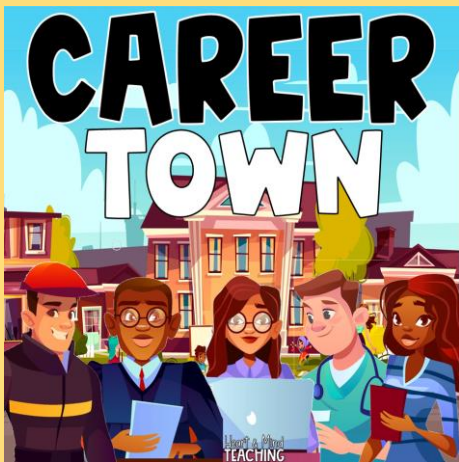
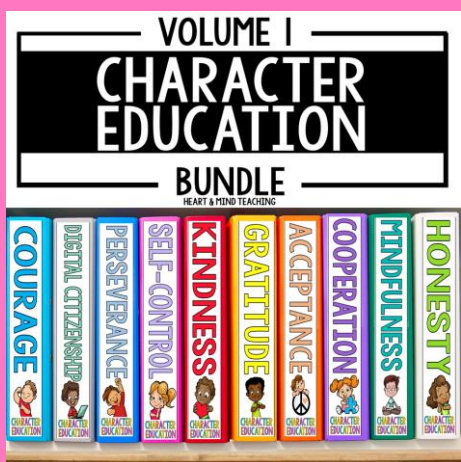




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these too!

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THE **CURRICULUM**  
\*YOU HAVE BEEN  
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FOR

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