



STRONG  
PEOPLE

don't put others

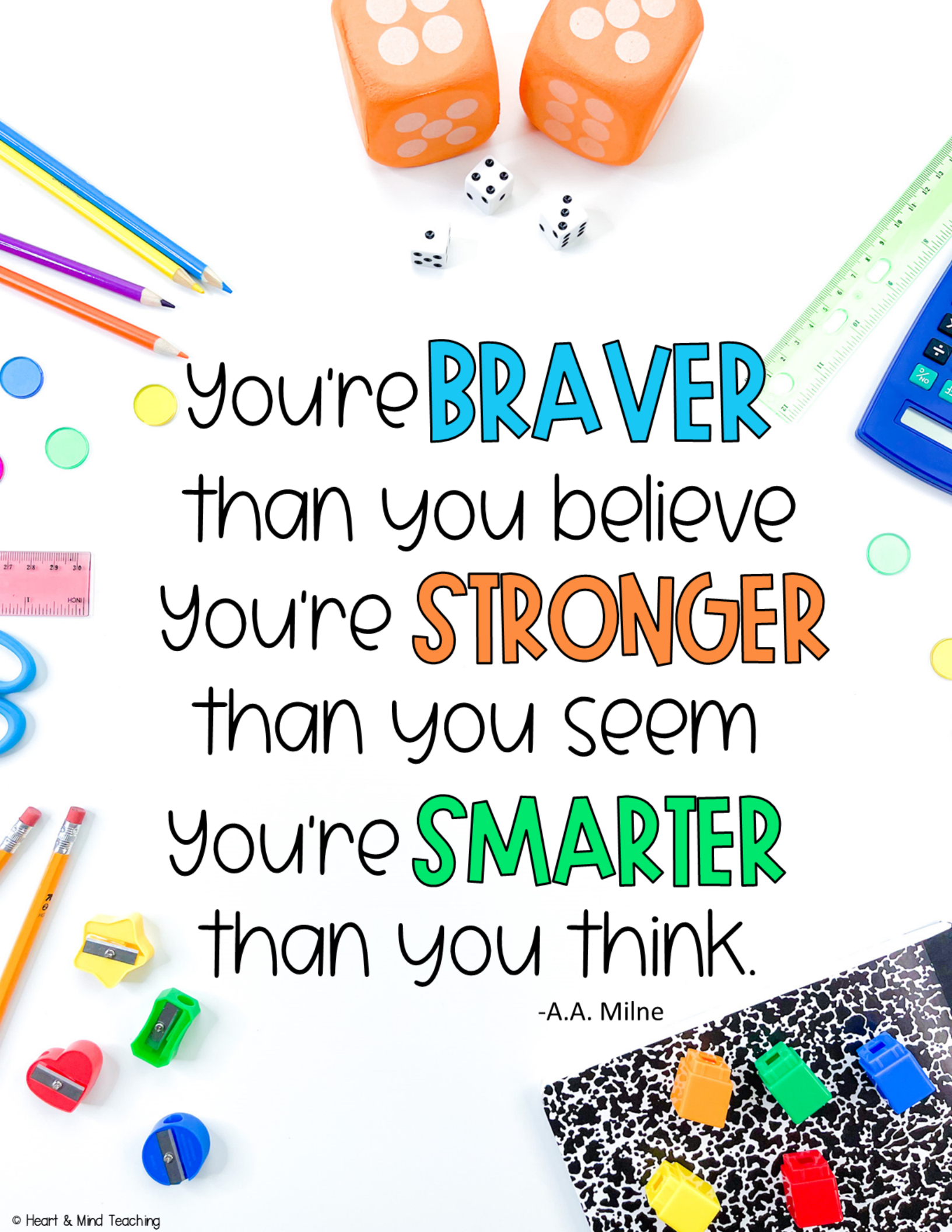
DOWN

they lift them

UP.

-Michael P. Watson

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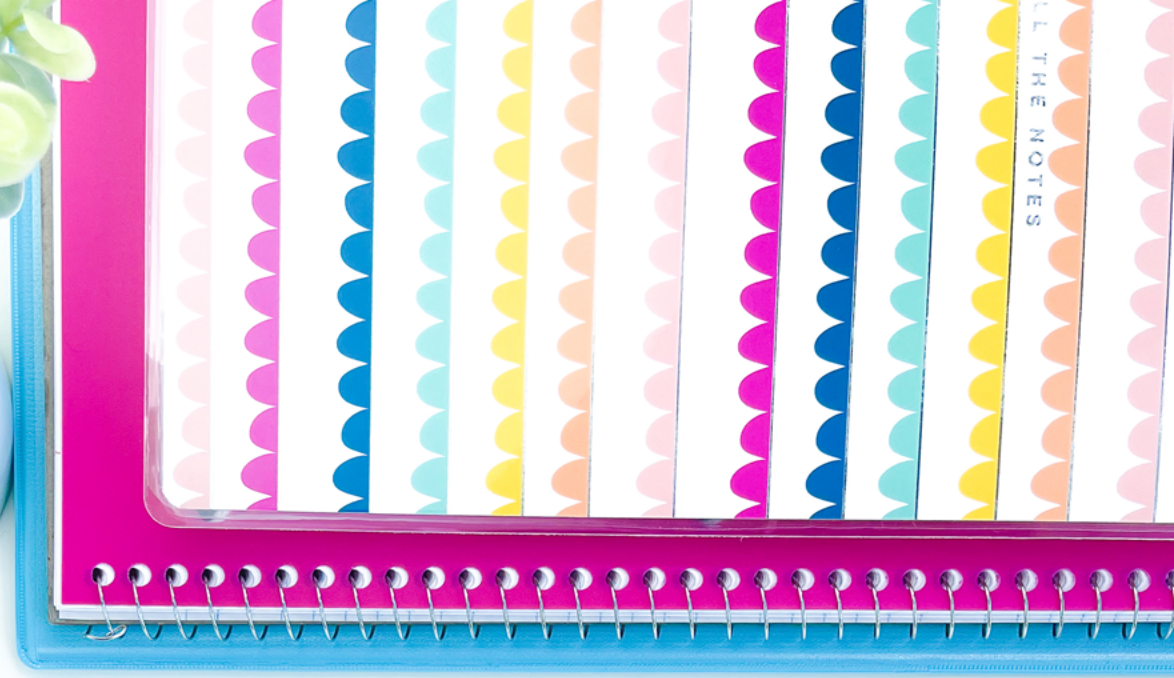
You're **BRAVER**  
than you believe  
You're **STRONGER**  
than you seem  
You're **SMARTER**  
than you think.

-A.A. Milne

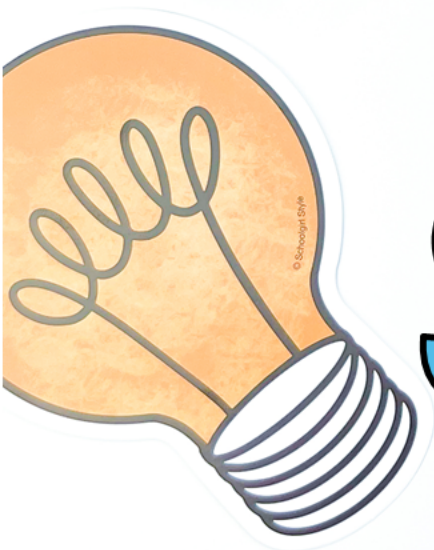
IT'S ALL IN  
HOW YOU  
:)  
LOOK  
AT THINGS

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Be **SOMEBODY**  
who makes  
**EVERYBODY**  
feel like a  
**SOMEBODY**



-Kid President



You will never  
look like the  
**GIRL IN THE MAGAZINE.**

the **GIRL IN THE  
MAGAZINE** does not  
even look like the

**GIRL IN THE  
MAGAZINE.**



They may forget  
what you SAID  
but they will never  
forget how you  
made them

FEEL.

-Maya Angelou

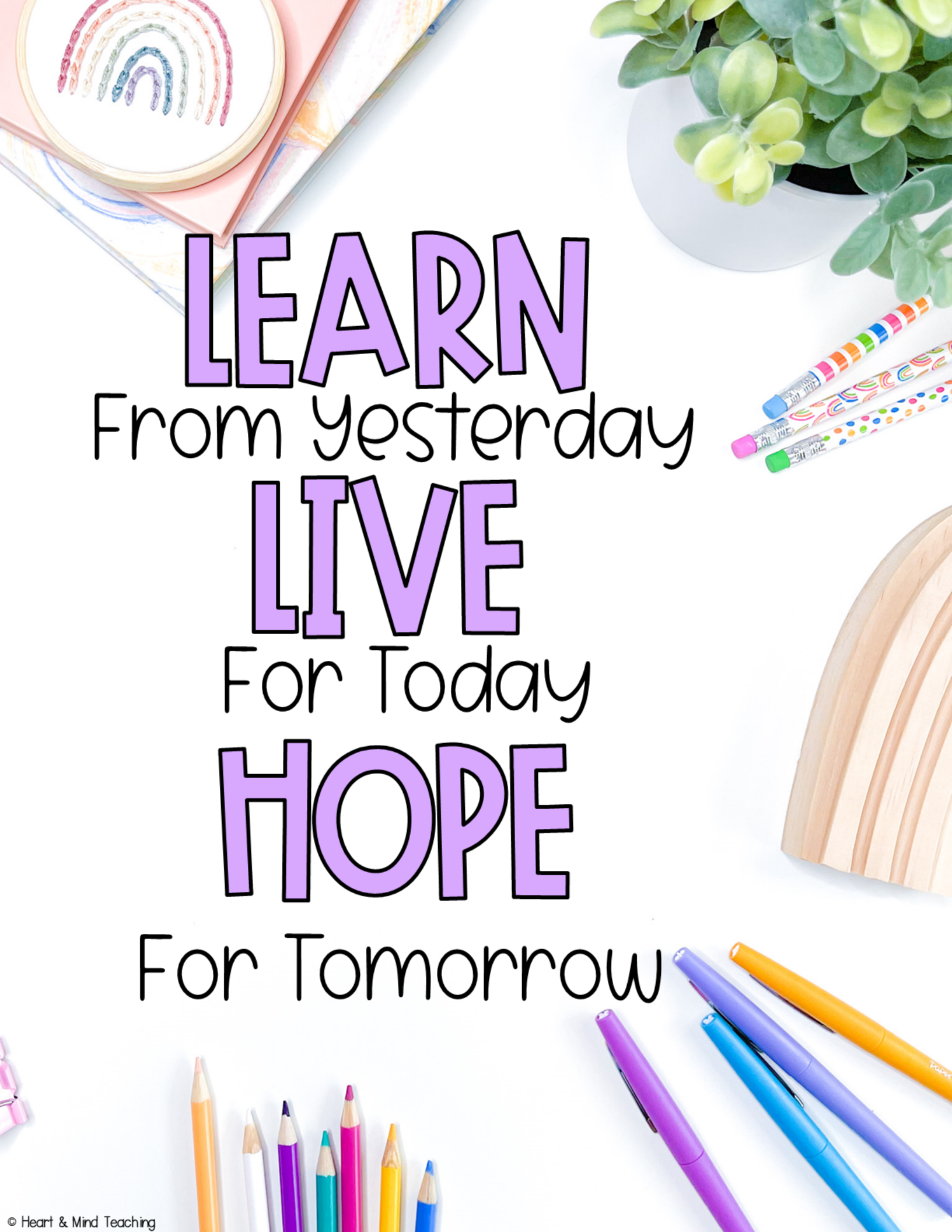




Wanting to be  
**SOMEONE  
ELSE**

is a waste of  
the person  
**YOU ARE.**

-Kurt Cobain



**LEARN**  
From Yesterday  
**LIVE**  
For Today  
**HOPE**  
For Tomorrow

UNLESS

someone  
like you

CARES

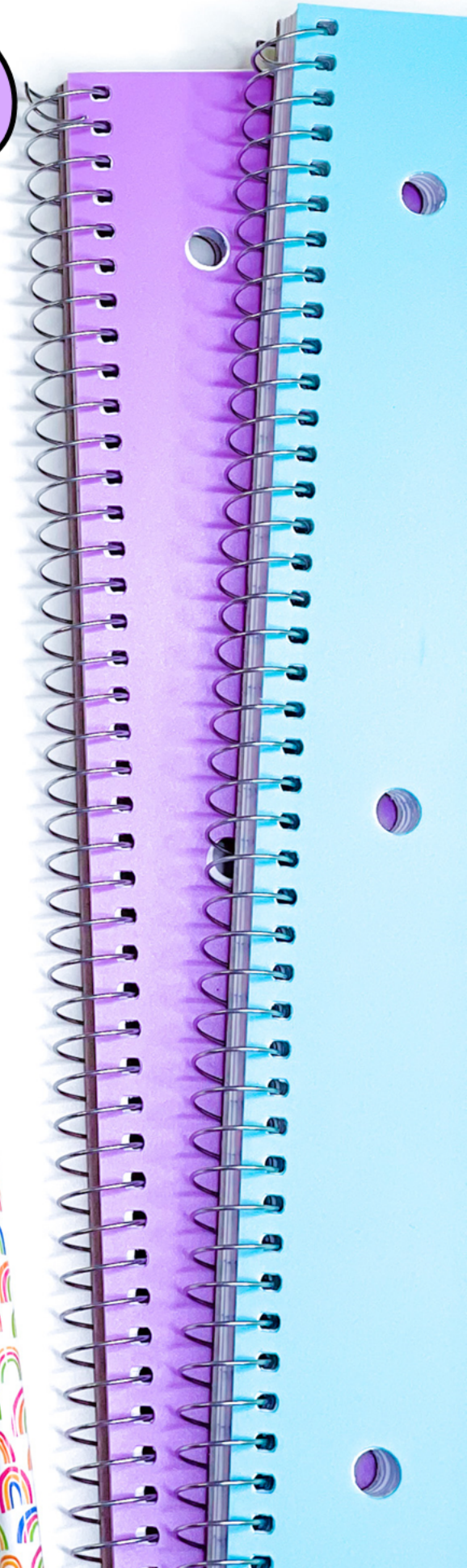
a whole awful

lot nothing  
is going

to get better

IT'S NOT.

-Dr. Seuss





# START

where  
you are.



# USE

what  
you have.



# DO

what  
you can.



-Arthur Ashe

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A collection of colorful paper clips and pushpins scattered around the text. The clips are in various colors including purple, yellow, green, blue, pink, orange, and red. They are arranged in a circular pattern around the central text.

**MISTAKES**

are  
proof  
that you  
are

**TRYING.**



We can  
complain because  
**ROSES**  
have thorns,  
or rejoice  
because  
**THORNS**  
have roses.

Always  
**BELIEVE**  
that something  
**WONDERFUL**  
is about to  
happen.

May your  
coffee be  
**STRONG**  
and the  
children be  
**CALM.**



# AFFIRMATIONS

- ☀️ My feelings matter.
- ☀️ I can make a difference.
- ☀️ I am enough.
- ☀️ I can do hard things.
- ☀️ I am brave for trying.
- ☀️ I accept myself as I am.
- ☀️ I forgive myself.
- ☀️ I can achieve anything.
- ☀️ I learn from mistakes.



SHINE  
BRIGHT

I can't promise to **FIX**  
all your

**PROBLEMS**

But I can promise you  
won't have to

face them **ALONE.**





If you are  
having a  
rough season  
Remember, all  
seasons  
**CHANGE.**

# STAY WITH US.

## We need you.

It takes courage to ask for help.

Mental Health Hotline: 988

Crisis Textline: Text HOME to 741741

National Suicide Prevention Lifeline

800-273-8255

[Suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)

Trevor Lifeline (LGBTQ)

866-488-7386 [TheTrevorProject.org](https://thetrevorproject.org)





Strive for  
**PROGRESS**  
not  
**PERFECTION.**

WELCOME



You are  
**SAFE**  
in this  
**SPACE.**





It's nice to be  
**IMPORTANT**  
but it's more  
important to be  
**NICE.**

You don't need  
a cape to be a

**HERO**

you just need to

**CARE.**



# WELCOME

You belong here.

You are the  
reason  
I am here.





# REMEMBER:

- ♥ It's okay to have a bad day.
- ♥ Not everyone has to like you.
- ♥ Mistakes don't define you.
- ♥ It takes strength to ask for help.
- ♥ You are amazing just the way you are.

A decorative banner with colorful stars (yellow, light blue, dark blue, pink, light pink, light blue) hanging across the top of the corkboard.

WELCOME TO THE  
SCHOOL  
COUNSELING  
OFFICE



# SCHOOL COUNSELING OFFICE



# SCHOOL COUNSELOR OFFICE





SCHOOL  
COUNSELORS  
MAKE A DIFFERENCE.

Without the  
**RAIN** there  
would never be  
**RAINBOWS.**



# I MESSAGES

I feel \_\_\_\_\_  
when you \_\_\_\_\_  
because \_\_\_\_\_  
can you please \_\_\_\_\_



# TALK TO YOUR SCHOOL COUNSELOR

Grief

Feelings

Divorce

Stress +  
Worries

Self-  
esteem

Peer  
Pressure

Bullying

Safety

Conflicts

Academic  
concerns



I AM YOUR  
SCHOOL  
COUNSELOR

Even when I am busy, remember:

You are the reason  
I am here.

You are important.  
You matter.

# TAKE WHAT YOU NEED

Kindness

Love

Strength

Hope

Confidence

Peace

Courage

Forgiveness

Support

Patience





I am **KIND.**

I am **SMART.**

I am **VALUED.**

I am **LOVED.**

I am **BRAVE.**

I am **IMPORTANT.**

I am **ENOUGH.**

# LIFE OF A SCHOOL COUNSELOR



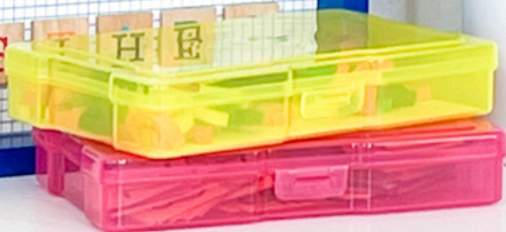
Individual Counseling  
Group Counseling  
Classroom Lessons  
Crisis Response

Collaborate with Teachers & Parents.

Provide referrals for services.

Help students create personal goals.

EVERY KID  
DESERVES A  
SCHOOL  
COUNSELOR





Throw  
**KINDNESSES**  
around like  
confetti.

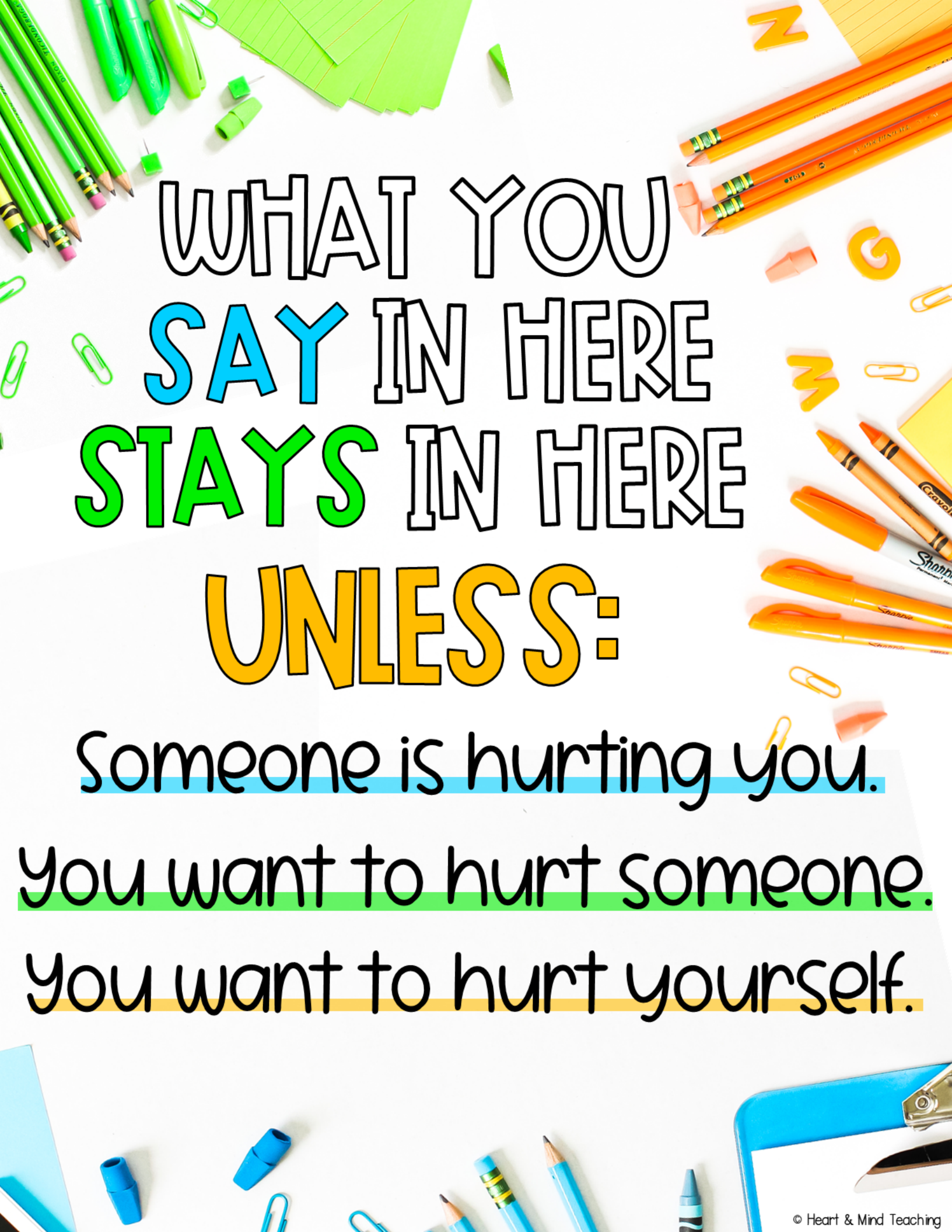


It takes  
big

HEARTS

to shape little

MINDS.



WHAT YOU  
SAY IN HERE  
STAYS IN HERE  
UNLESS:

Someone is hurting you.

You want to hurt someone.

You want to hurt yourself.

# DIVERSITY

is having a seat at the table.

# INCLUSION

is having a voice.

# BELONGING

is having a voice to be heard.



Before you press send,  
think about your

# PROFILE

**P**

Is it private/sensitive info?

**R**

Is it respectful?

**O**

Is it okay with others?

**F**

Is it facts or fake?

**I**

Would you say it in-person?

**L**

Is it legal and safe?

**E**

Are you being empathetic?



**I CAN NOT**  
**CONTROL**  
other People.

**BUT I CAN**  
**CONTROL**  
my Words  
my Thoughts  
my Actions.



Keep your



**HABITS**



right.

Keep your



**FUTURE**



bright.



**A SMART PERSON**

knows what  
to say.

**A WISE PERSON**

knows  
whether  
or not  
to say it.

# DONUT

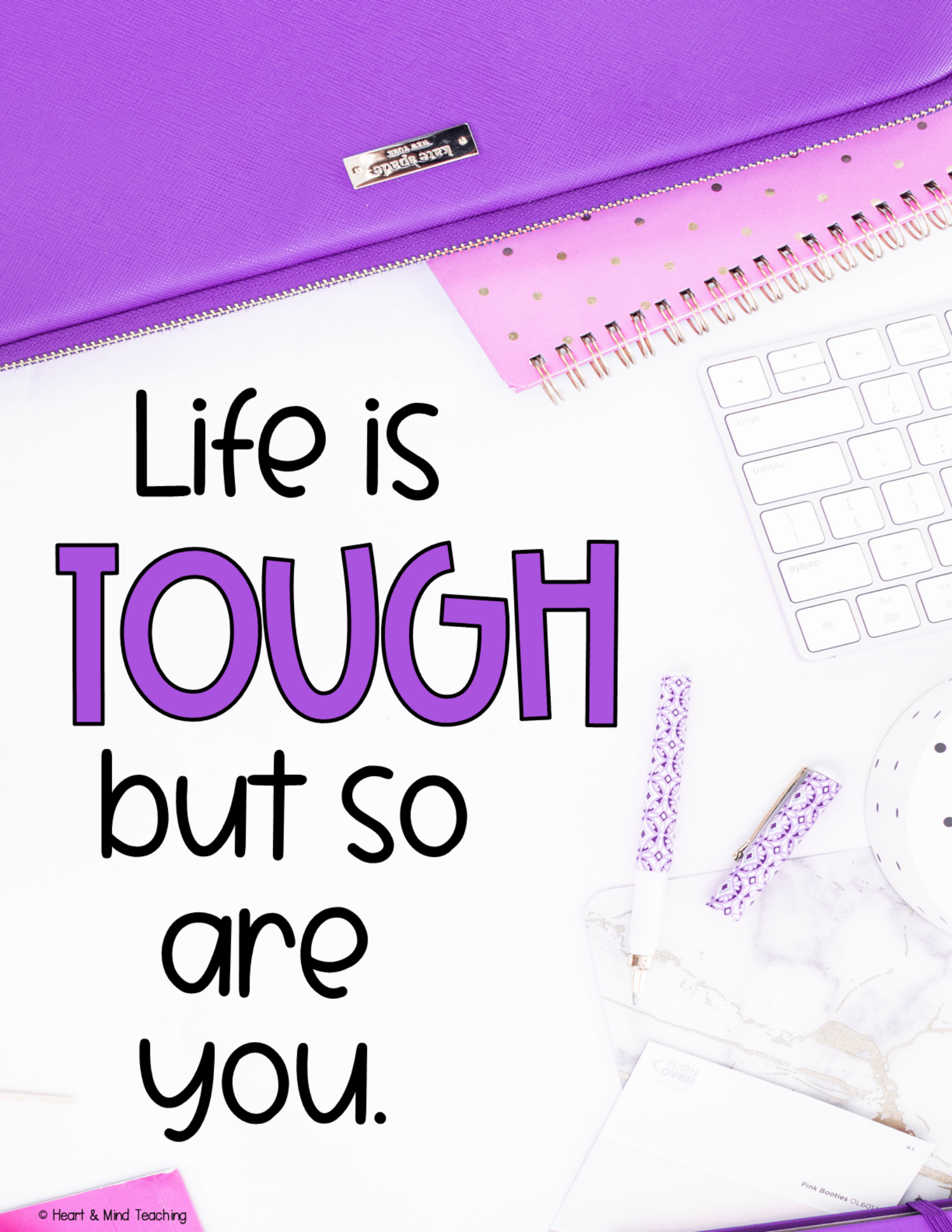
Stress the test.

You are  
more  
than  
a test  
score.



A vibrant, colorful desk setup. In the background, a whiteboard is covered with various items: a calendar with the text "ESTABLISHED LIFE IS A SWEET LIFE", several colorful sticky notes (green, pink, yellow, blue), and various photographs and cards. The desk in the foreground is cluttered with office supplies: a pink notebook, a blue glass, a clear glass filled with colorful pencils, a pink pencil, a green highlighter, a pink paper ball, a blue paper ball, a yellow paper ball, a pink sticky note with the word "queen" written on it, a pink stapler, a pink eraser, and a silver laptop. The overall aesthetic is bright and cheerful.

Today is a  
GOOD DAY  
to have a  
GOOD DAY.



Life is  
**TOUGH**  
but so  
are  
you.



It doesn't  
matter what  
**OTHERS**  
are doing.

It matters what  
**YOU** are doing.

Sometimes  
you **WIN**  
sometimes  
you **LEARN.**



Don't **WISH**  
for it.

**WORK**  
for it.



Be the one that  
makes others feel

**INCLUDED.**





It is not our  
**DIFFERENCES**

that divide us.

It is our inability to  
recognize, accept,

and celebrate

those differences.

-Audre Lorde

Be **STRONG**  
enough to stand alone.

Be **SMART**  
enough to know  
when you need help.

Be **BRAVE**  
enough to ask for help.



# GROUNDING TECHNIQUES

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**



Before you  
say it,

**THINK**

**T**

Is it true?

**H**

Is it helpful?

**I**

Is it inspiring?

**N**

Is it necessary?

**K**

Is it kind?



I'm a **SCHOOL**  
**COUNSELOR**  
What's your  
superpower?



WHEREVER  
YOU ARE,

BE ALL

THERE.





If you  
change  
**NOTHING.**  
**NOTHING**  
will change.

EMPATHY  
is my  
superpower.



It doesn't matter what  
has been written in your

**STORY SO FAR**

It's how you fill up the  
rest of the pages  
that counts.



SOCIAL MEDIA  
does not define  
your  
WORTH.





Surround yourself  
with friends who  
when your light is

**SHINING  
BRIGHT**

don't feel the need  
to blow it out.

-Brene Brown



Educating the  
**MIND** without  
educating the  
**HEART**  
is no education  
at all.

YOU  
CAN DO  
HARD  
THINGS.



You are not a mess.

You are a  
deeply

**FEELING**

person in a

**MESSY**

world.

-Glennon Doyle





Children are  
great imitators,  
so give them something  
**GREAT**  
to imitate.



You can do  
**ANYTHING**  
But you can't do  
**EVERYTHING.**

You have survived  
**100%** of your  
worst days.



You can  
**SURVIVE**  
this one.



I'm a School  
**COUNSELOR**

If you think my  
hands are full  
you should see my

**HEART.**

Don't let your  
ice cream **MELT**

while you're

counting  
someone  
else's

**SPRINKLES.**



The kids who need  
the most  
**LOVE**

will ask for it in the  
most unloving ways.

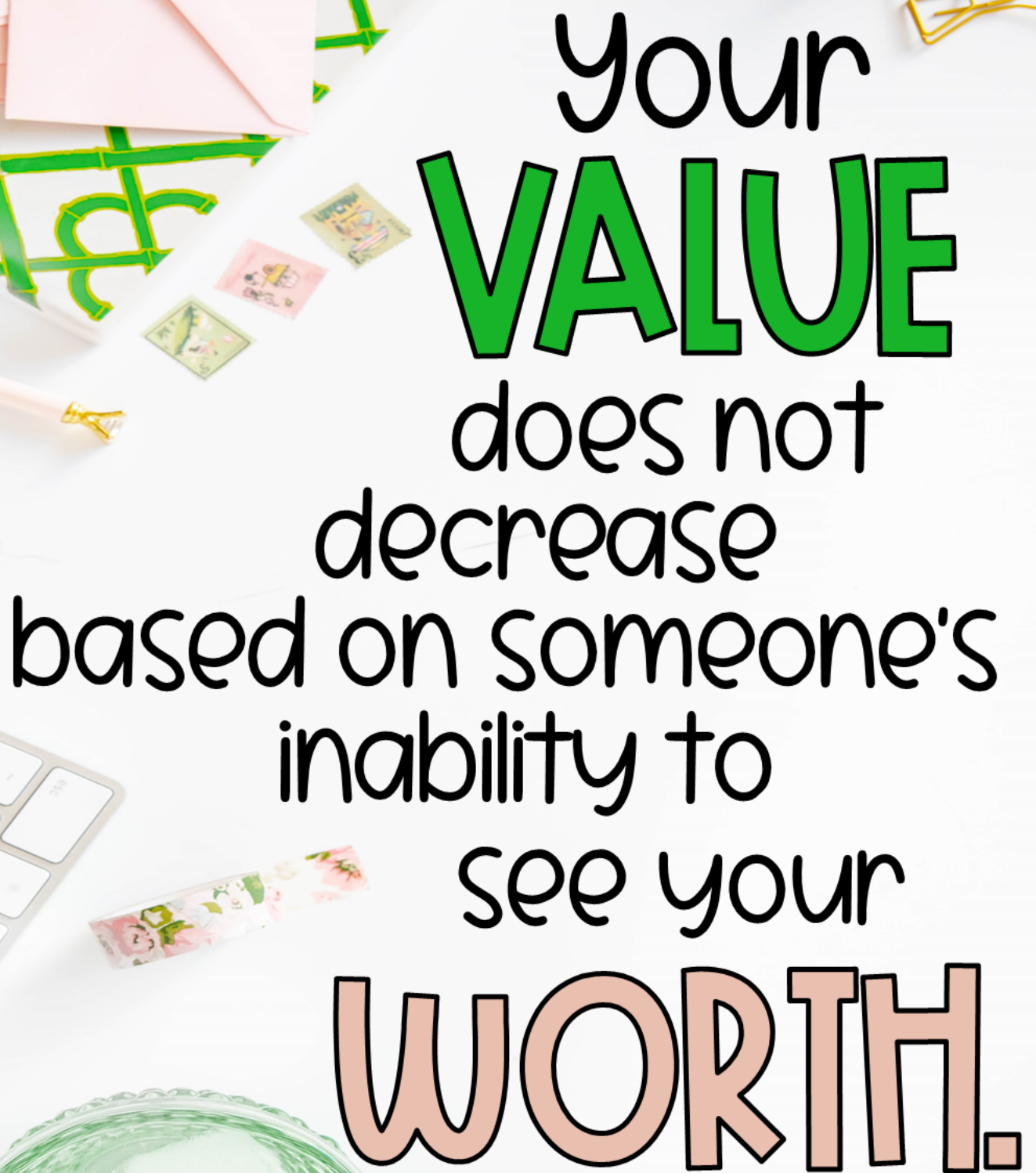


GROW

through  
what you

GO through.



A top-down view of a desk with various items: a white keyboard on the left, a green glass with water and ice in the bottom left, a pink pen, several gold paper clips, a green rubber band, and several colorful sticky notes scattered around. The text is centered on the right side of the image.

Your  
**VALUE**  
does not  
decrease  
based on someone's  
inability to  
see your  
**WORTH.**

Seek **RESPECT**  
not **ATTENTION**  
It lasts longer.





**WORRYING**  
does not take away  
tomorrow's troubles,  
it takes away today's  
**PEACE.**



Don't let people  
pull you into their

**STORM.**



Pull them into your

**PEACE.**

A **KIND** word  
can change  
someone's  
entire day.



Be the  
**CHANGE**

you wish to  
see in the

**WORLD.**

-Ghandi




# BREATHE.



This is  
just a  
chapter,  
not your whole  
story.





You are  
the **ARTIST**  
of your own life.  
Don't hand the  
**PAINTBRUSH**  
to anyone else.

Never give up on  
the **DIFFICULT KID**  
That's the one that  
**NEEDS YOU**  
the most.





Your  
words

**MATTER.**

Choose  
wisely.



# TEACHING

makes all  
other  
professions  
possible.





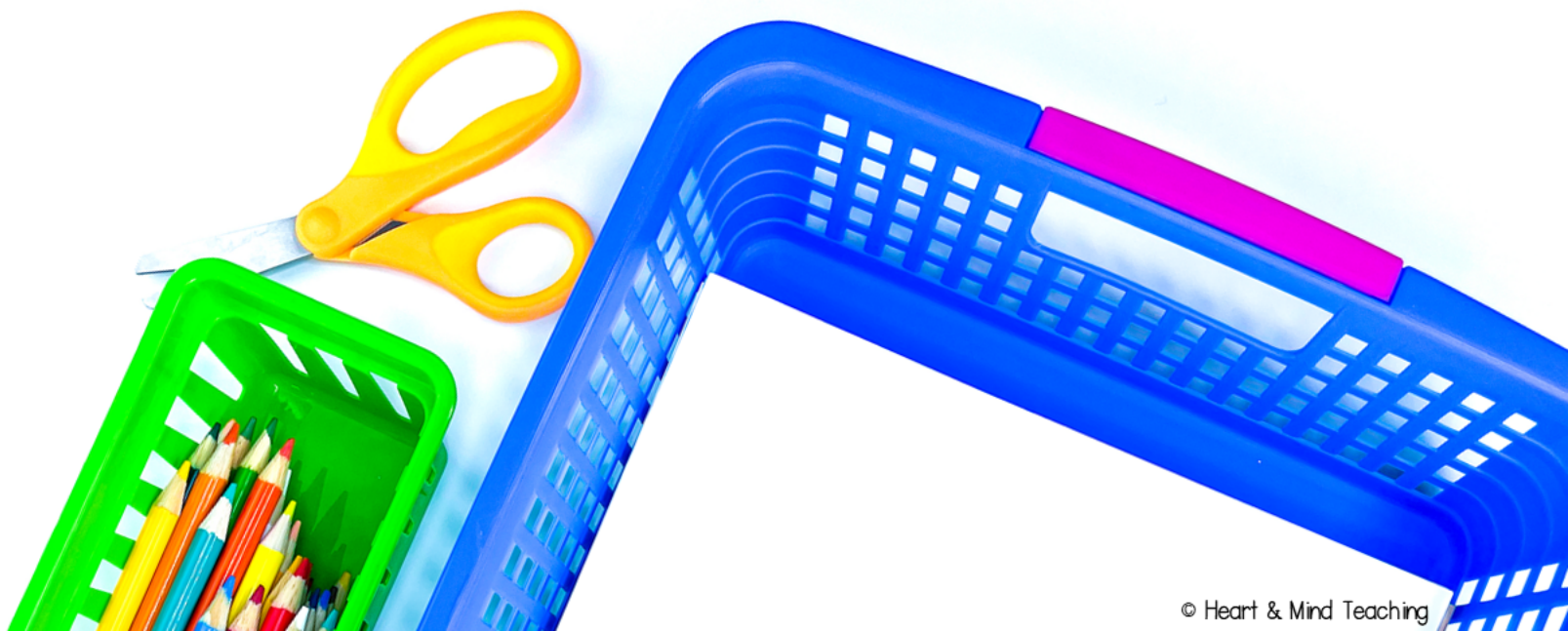
# SCHOOL COUNSELOR

Compassionate person who is focused on the well-being of others. A skilled listener, talented multitasker, and restorer of hope.

See also; difference maker.



Everything is  
**FIGURE OUTABLE.**



COUNSELING  
is my jam.





When little people are  
overwhelmed by

**BIG**


**EMOTIONS.**

It's our job to share  
our calm, not to  
join their chaos.



# CHECK IN

with yourself


- \*How am I feeling?
  - \*How is my body feeling?
  - \*How am I treating myself?
  - \*What are my needs?
  - \*What's not working?
  - \*What is working?
  - \*What am I grateful for?
  - \*What are my goals today?
- 



# I AM YOUR SCHOOL COUNSELOR

I can't solve all your  
problems,  
but I can listen with an  
open mind and heart.






The term  
"Guidance Counselor"  
was used to refer to counselors working in  
schools who focused more on career guidance.

# GUIDANCE → SCHOOL COUNSELOR

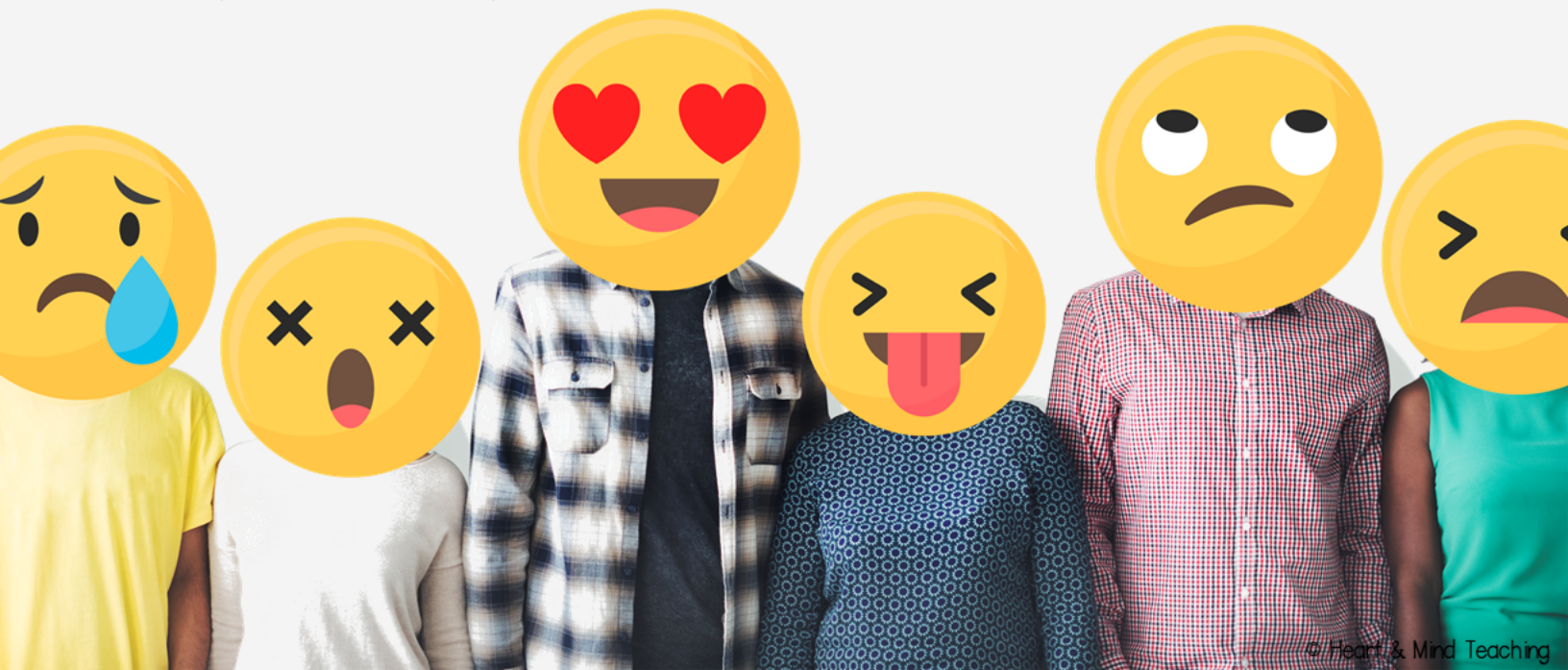
The role has evolved and so has the terminology.  
Now called, School Counselors, they focus on  
academic, career,  
and social-emotional development.

"Guidance" is an outdated term because it  
does not encompass all of what  
School Counselors do.

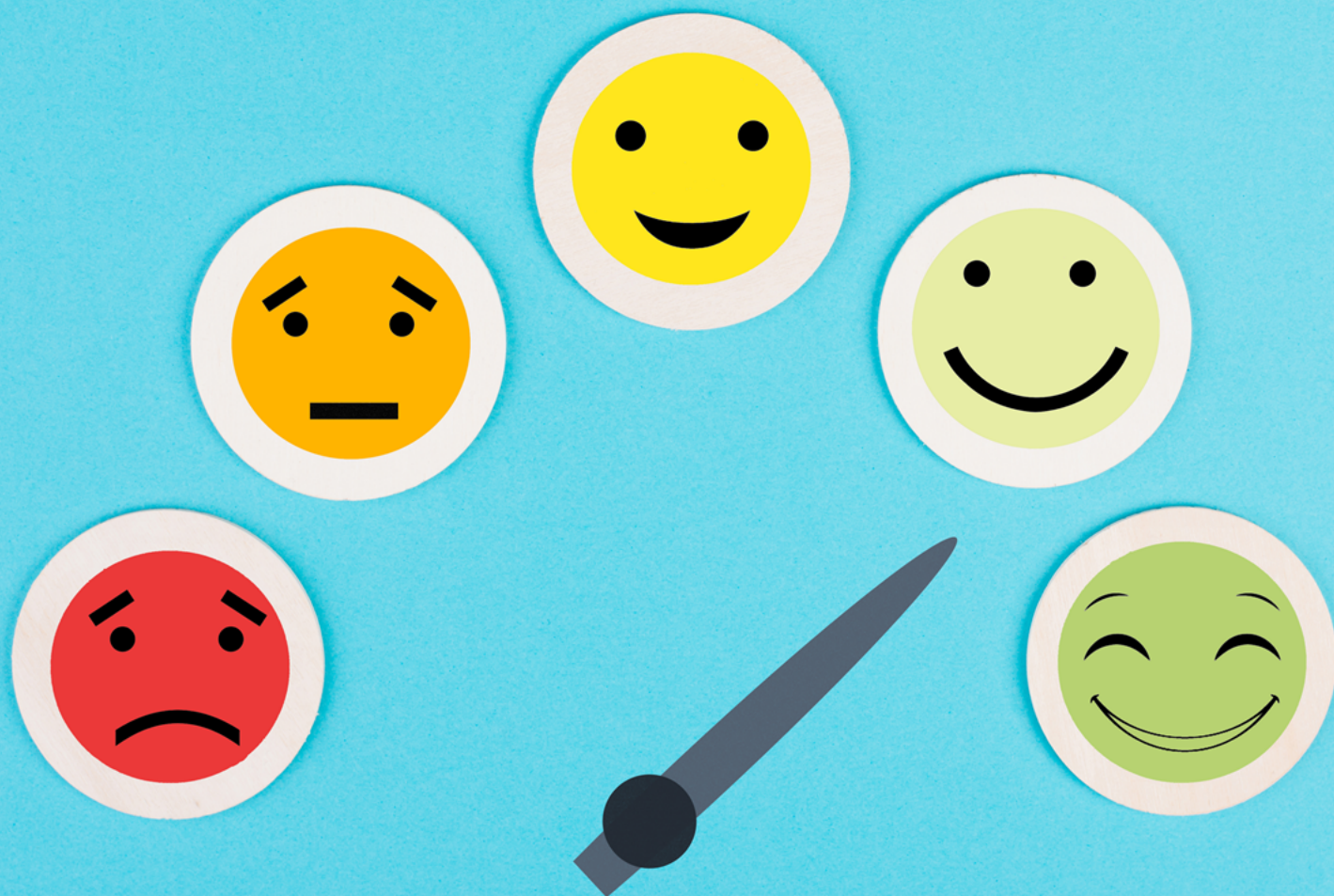


It's ok to feel these  
**EMOTIONS.**

It's how we deal  
with them that  
makes us the  
people we are.



How are you  
**FEELING**  
today?





I am one  
**THANKFUL**  
**COUNSELOR.**



You can't  
scare me,

I'm a **SCHOOL**  
**COUNSELOR.**






I am  
one  
**MERRY**  
**SCHOOL**  
**COUNSELOR.**

I am so **HOPPY**  
to be your  
**COUNSELOR.**



I am LUCKY  
to be your  
SCHOOL  
COUNSELOR





It is SWEET  
to be your  
SCHOOL  
COUNSELOR

A string of alternating white and black pom-poms is attached to the top left corner of the corkboard.

# Happy National SCHOOL COUNSELING Week!





**Thank you for supporting my little shop!**

Hi there! 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.

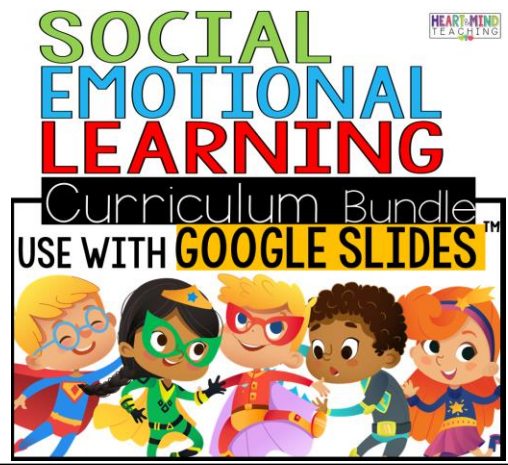
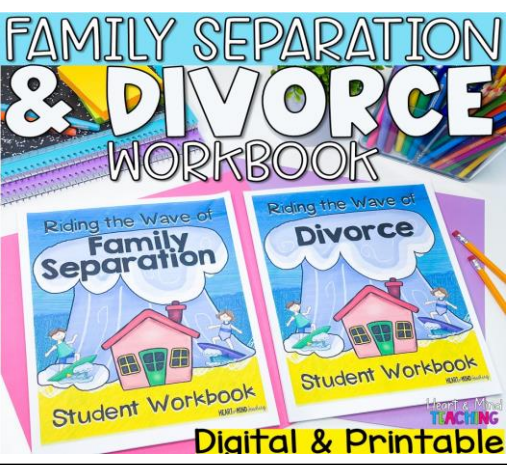
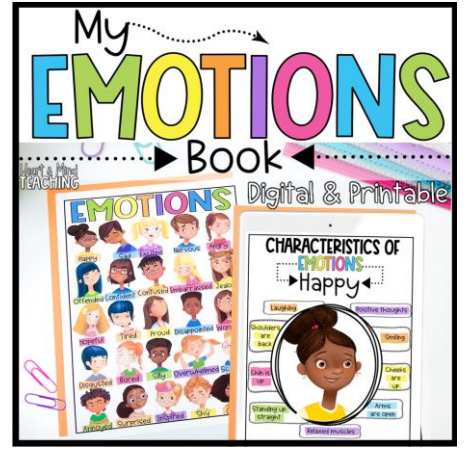
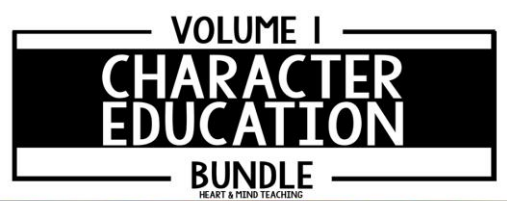


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Ashley

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