

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.

LET'S BE FRIENDS

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Freebie
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

♥
Ashley



STRONG

People

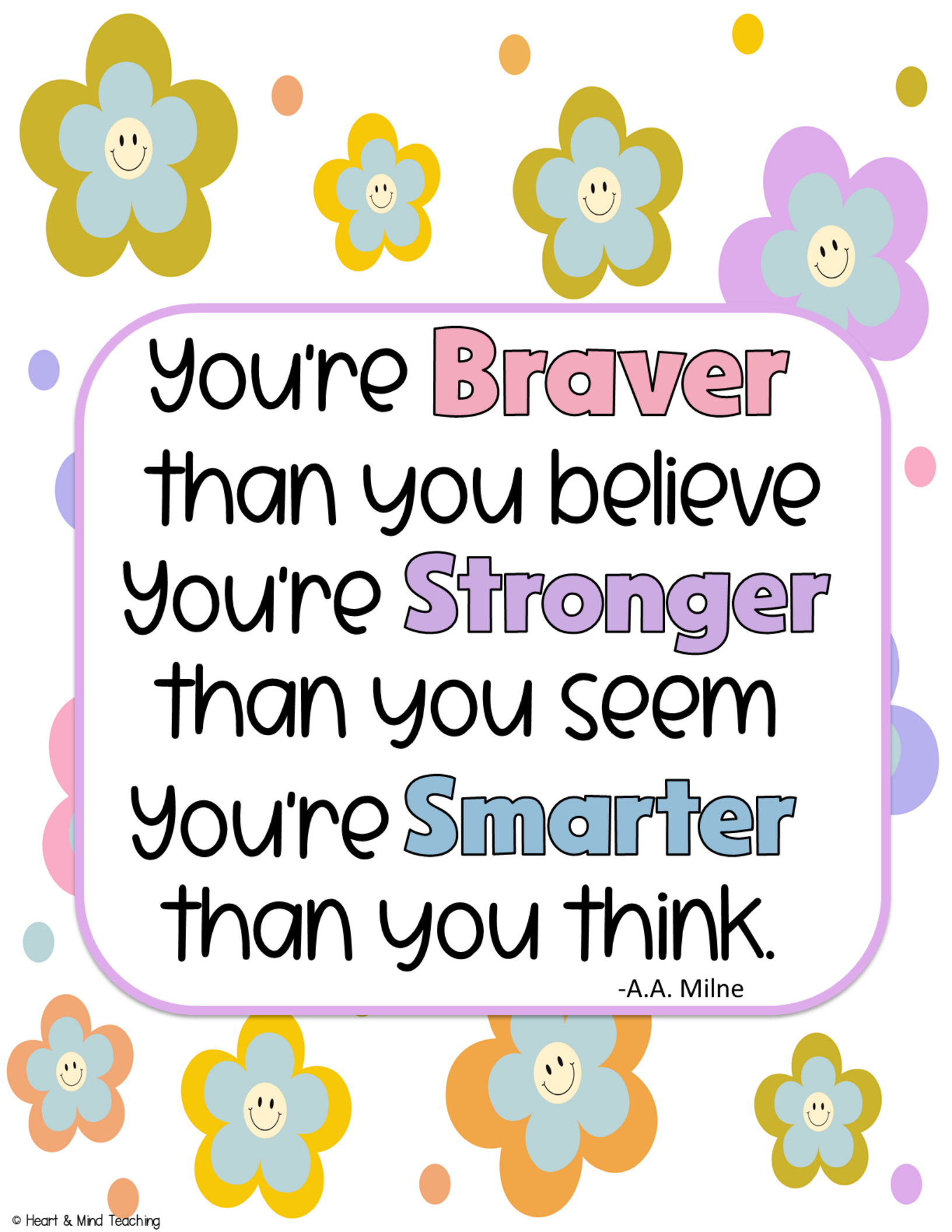
don't put others

down

they lift them **UP.**

-Michael P. Watson



The page is decorated with a border of colorful flowers and dots. At the top, there are four flowers: a large yellow one with a blue center, a smaller yellow one, a medium yellow one, and a purple one with a blue center. At the bottom, there are four flowers: a small orange one, a large yellow one, a large orange one, and a small yellow one. Scattered throughout the background are various colored dots in shades of orange, yellow, purple, and pink.

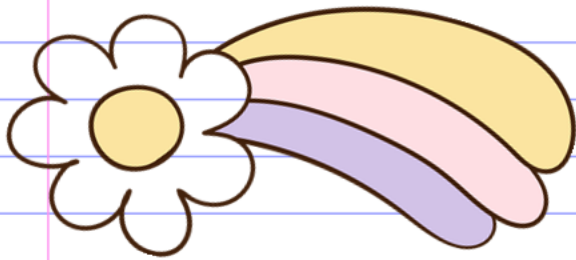
You're **Braver**
than you believe
You're **Stronger**
than you seem
You're **Smarter**
than you think.

-A.A. Milne



Be somebody
who makes

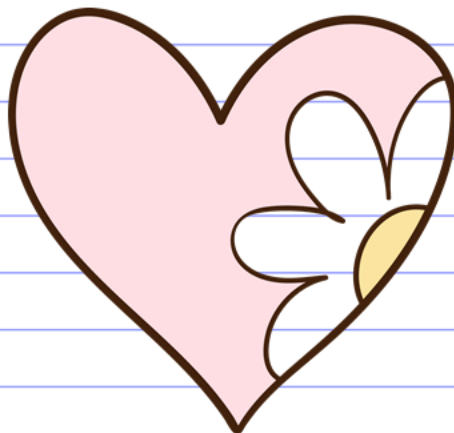
everybody



feel like a

somebody

-Kid President



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

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



I can't promise to **FIX**
all your
PROBLEMS
But I can promise you
won't have to
face them **ALONE.**



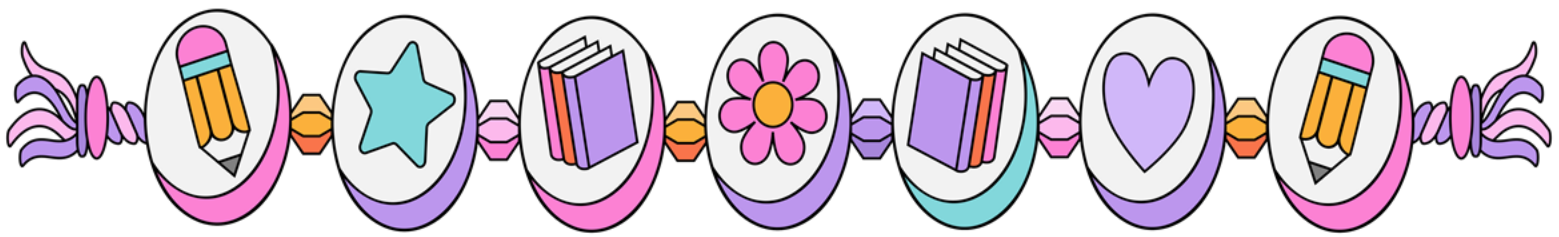
you are
SAFE
in this
SPACE.



It's nice to be
Important

but it's more
important to be

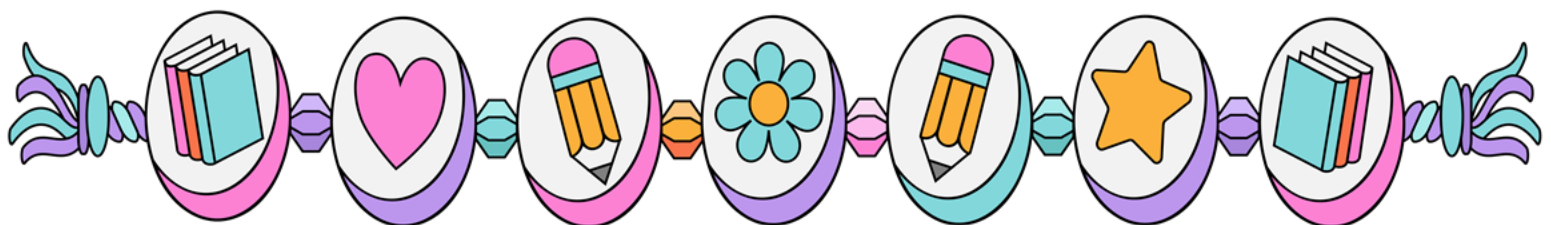
Nice.



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.

HAPPY

Welcome
to the
School
Counseling
Office

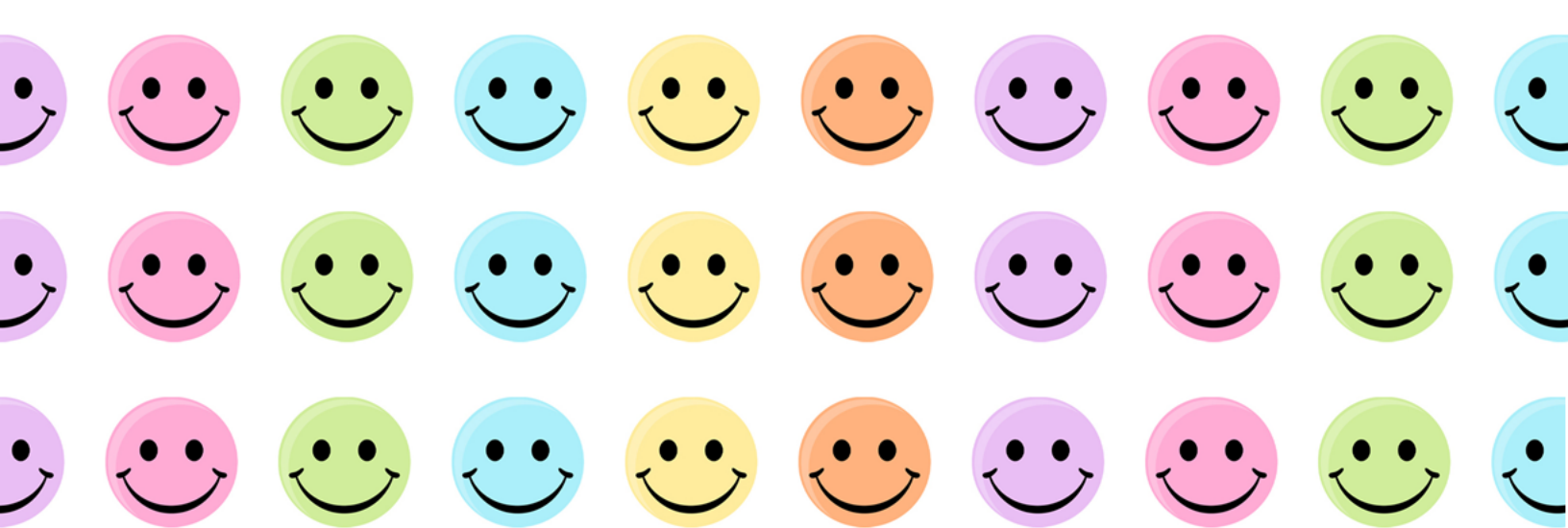
PEACE



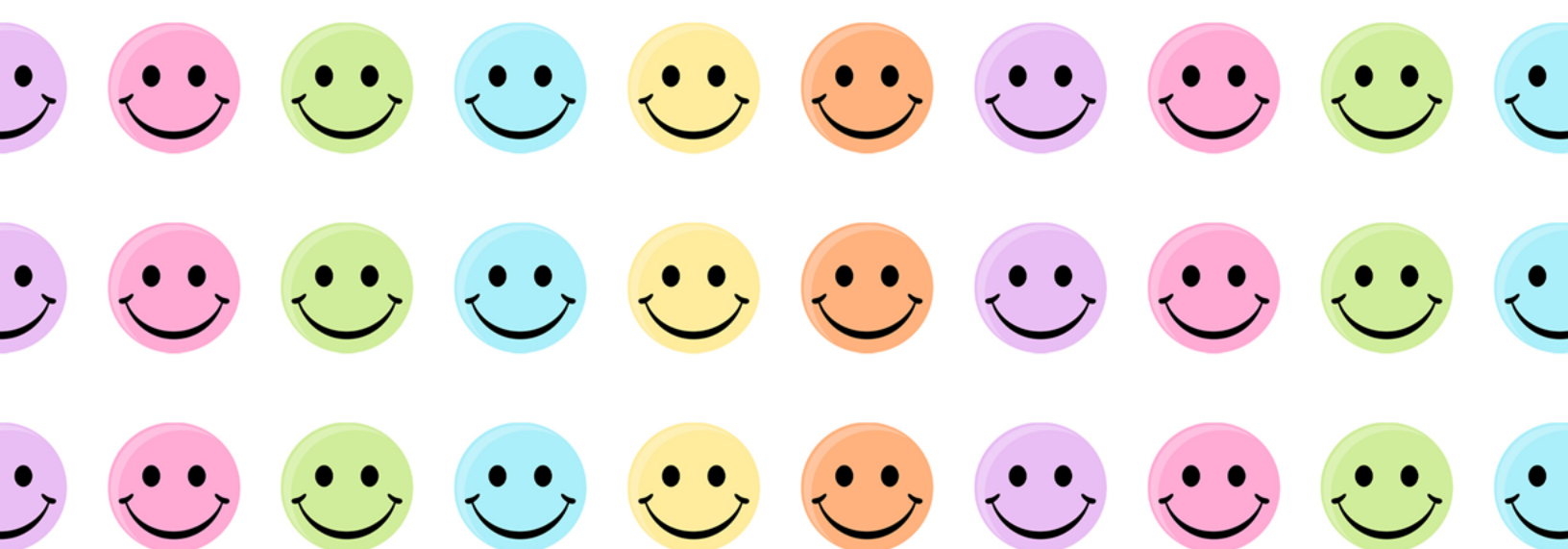
School
Counseling
Office







School Counselor Office



Where is the Counselor?

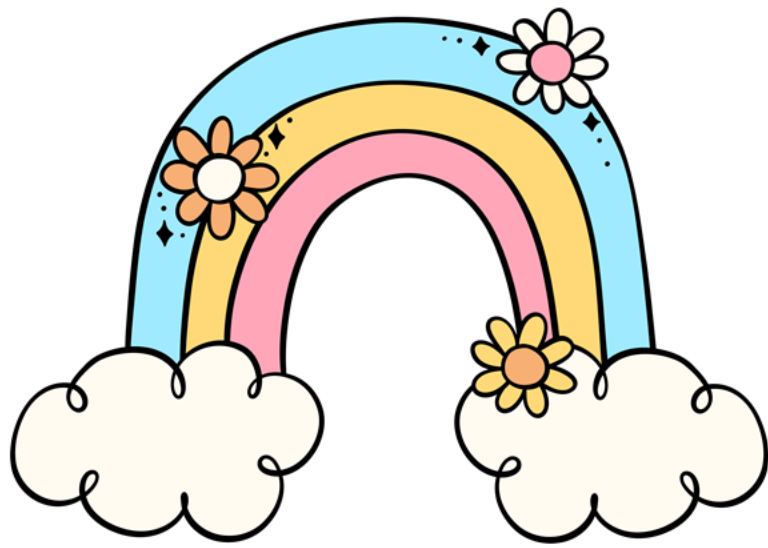
Come on in!

With a student.

In a meeting.

In a classroom.

Out of the building.



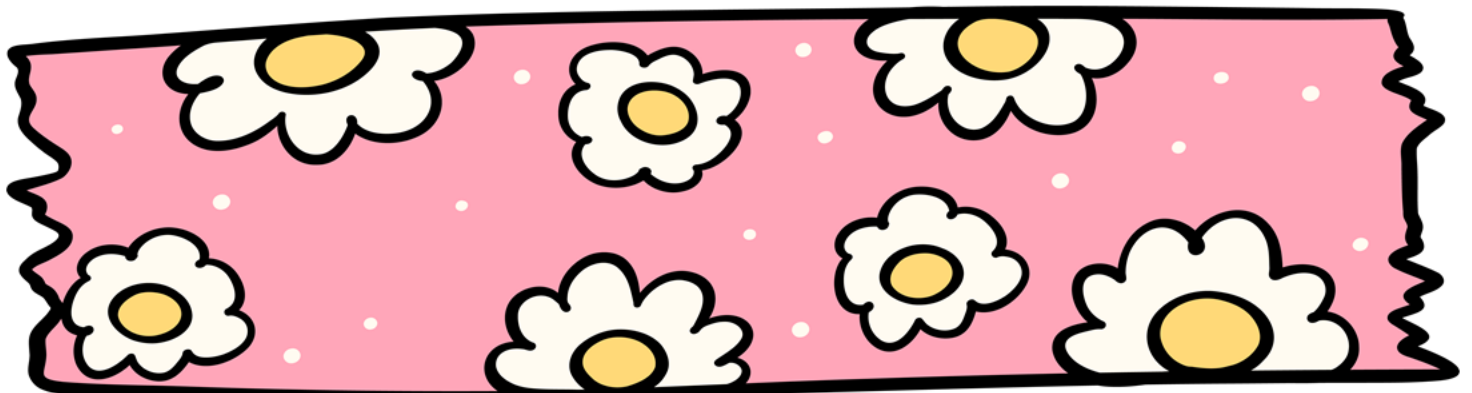
I Messages

I feel _____

when you _____

because _____

can you please _____





Every kid
deserves a
School
Counselor



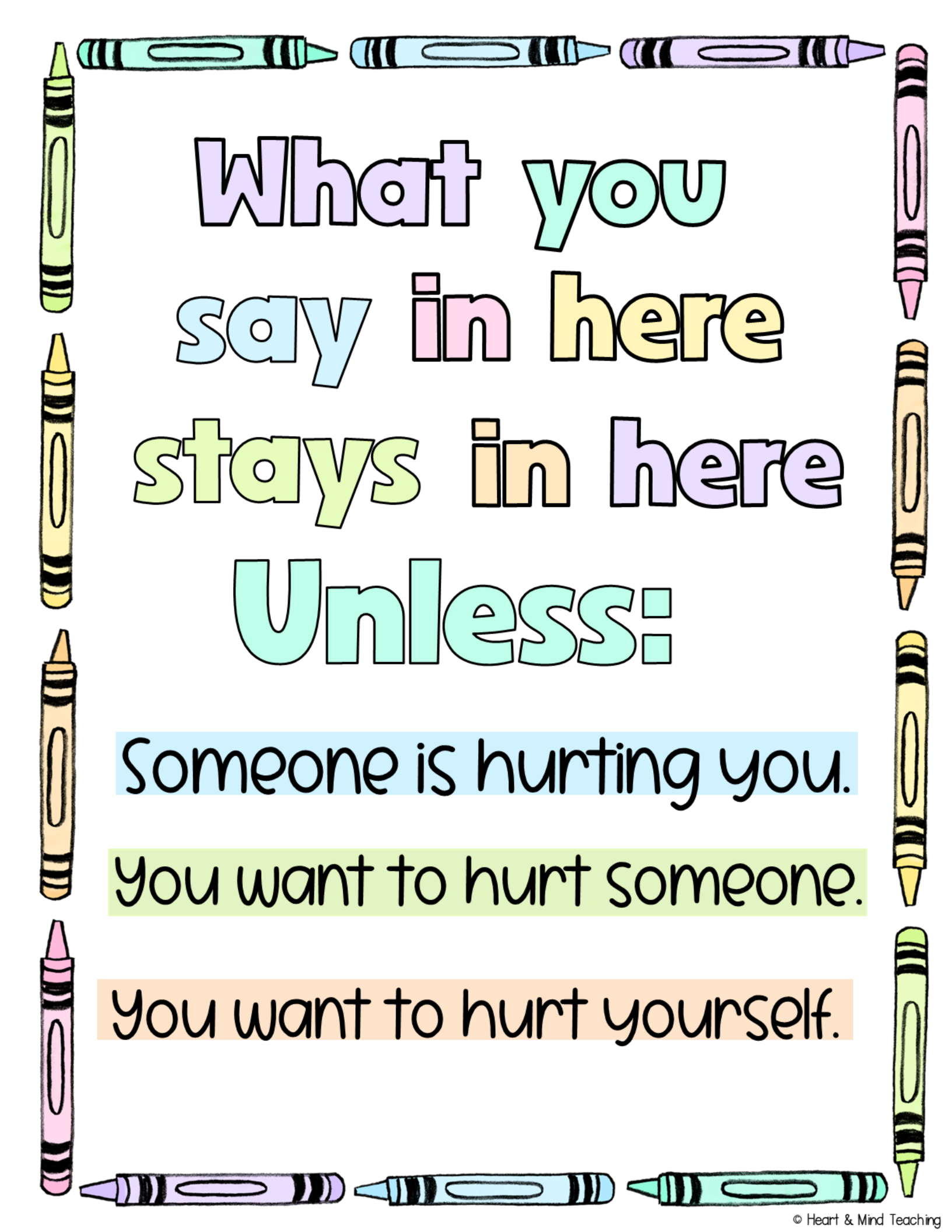
It takes

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.

I can not
control
other People.

But I can
control
my words
my Thoughts
my Actions.



Before you say it,

THINK

T Is it true?

H Is it helpful?

I Is it inspiring?

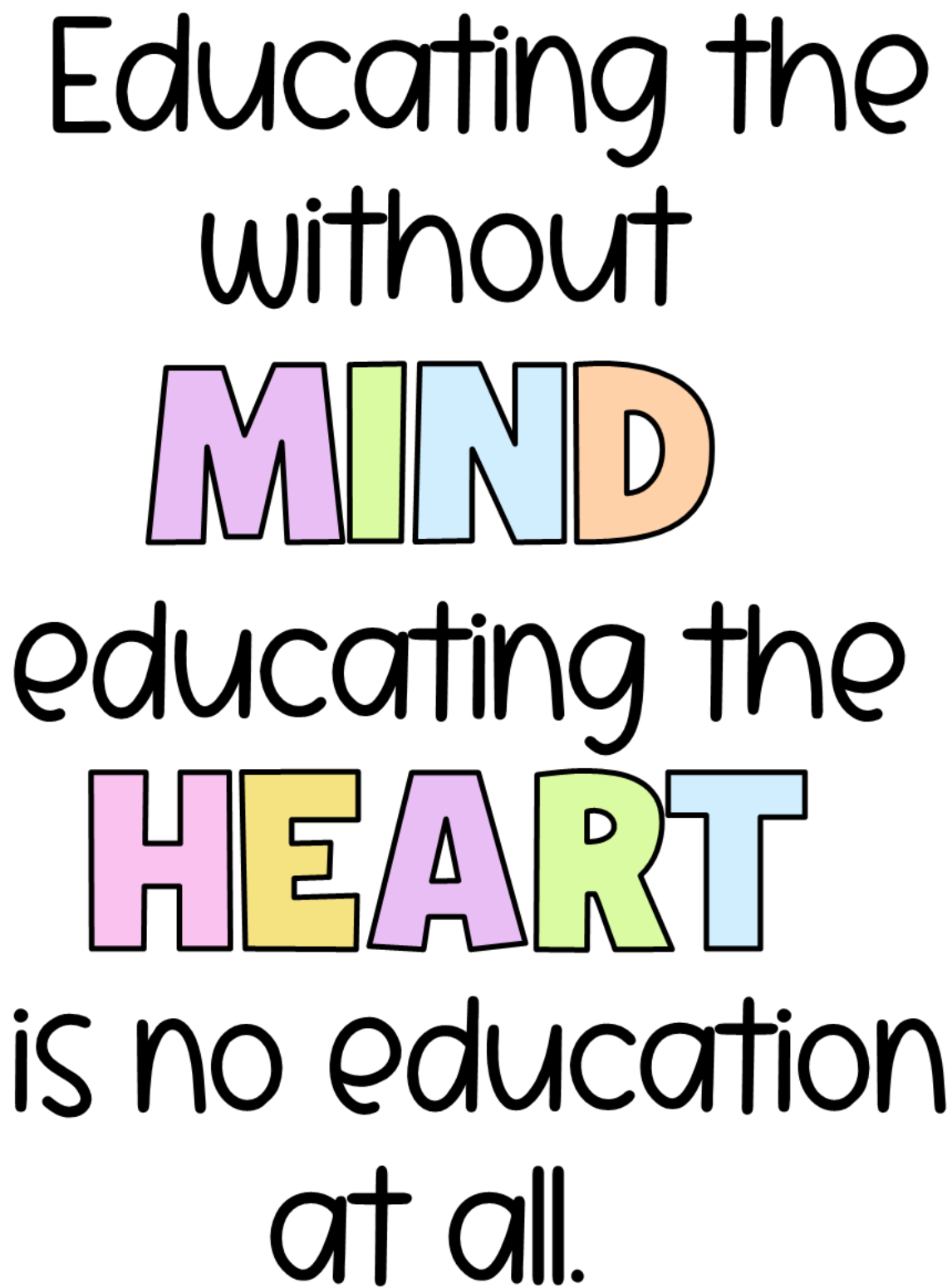
N Is it necessary?

K Is it kind?

EMPATHY

is a
superpower.

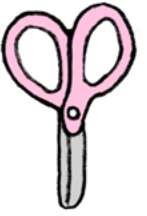
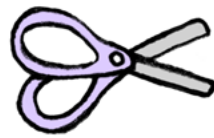




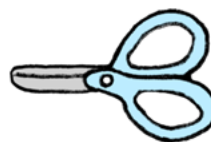
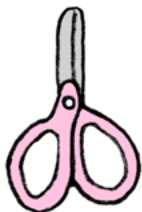
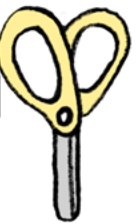
Educating the
without
MIND
educating the
HEART
is no education
at all.



**You
can do
HARD
THINGS.**



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



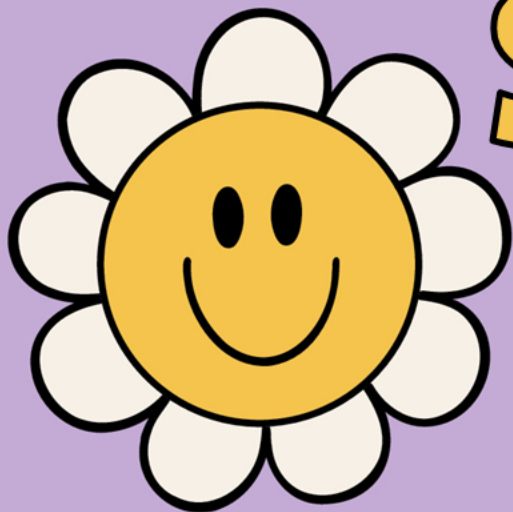
Children are
great imitators,
so give them
something
Great
to imitate.

You have survived

100%

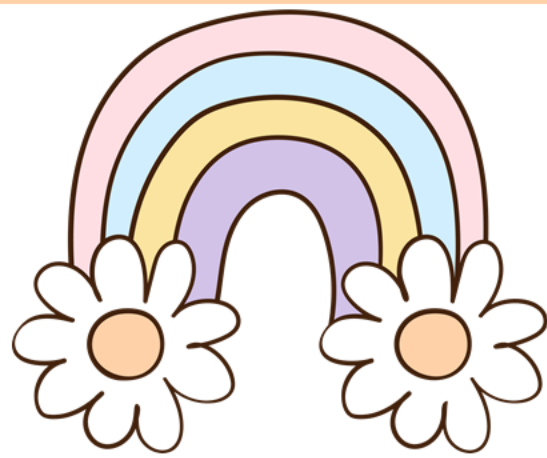
of your
worst days.

You can

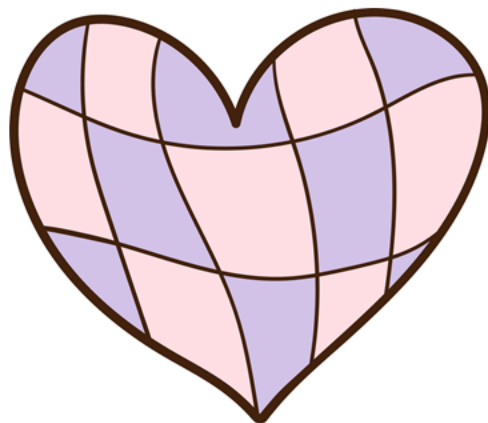



survive

this one.



I'm a School
Counselor
If you think my
hands are full
you should see my
Heart.





The kids who
need the most

LOVE

will ask for it in the
most unloving ways.



WORRYING

does not take away
tomorrow's troubles,
it takes away today's

PEACE.



Don't let people
pull you into their

S T O R M

Pull them into your

P E A C E





Your
words

MATTER

Choose Wisely.





When little people are
overwhelmed by

BIG

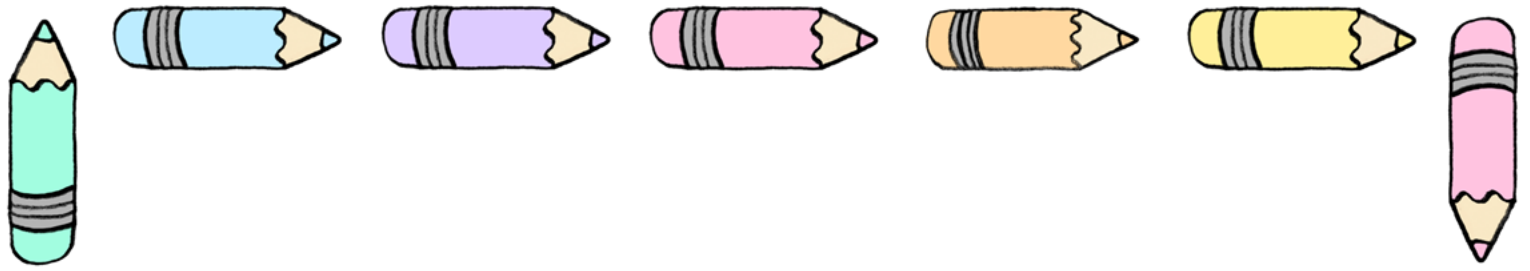
EMOTIONS

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

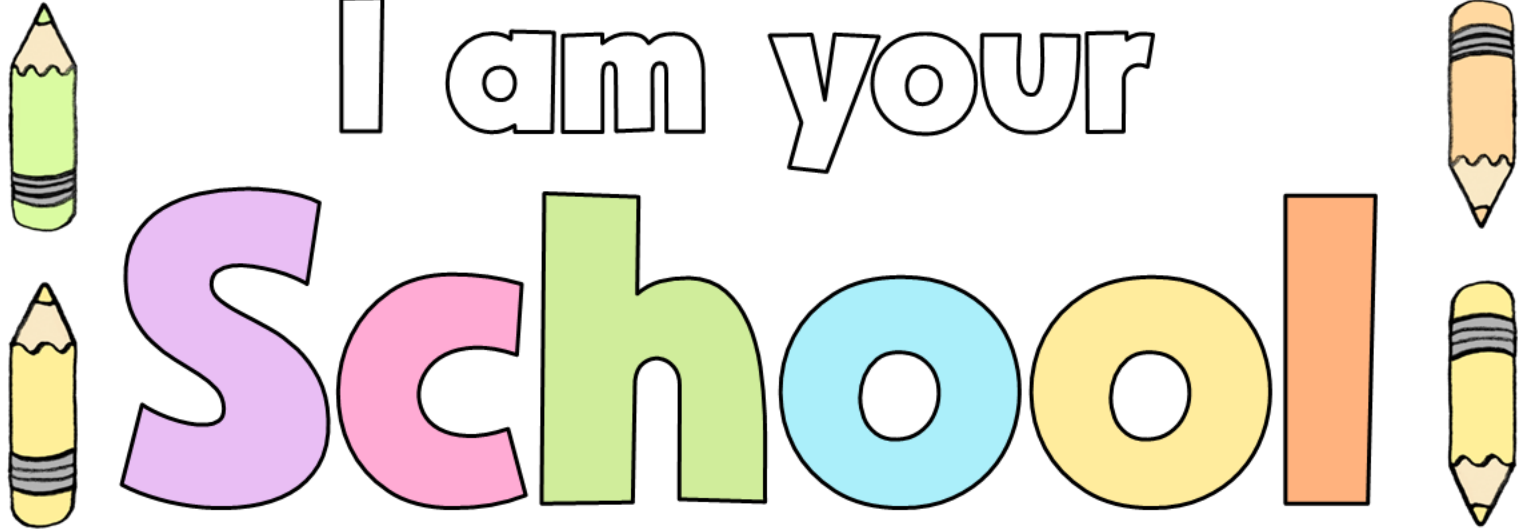
• -L.R. Knost

© Heart & Mind Teaching





I am your



School



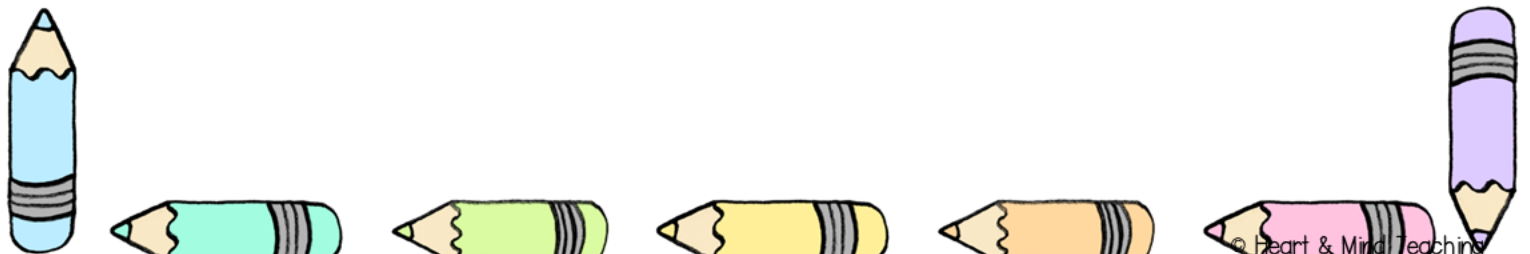
Counselor



I can't solve all your
problems,



but I can listen with an
open mind and heart.





A friend is one of the
best things you can be
and the greatest things
you can have.



BETTER

TOGETHER





I N O U R

K I N D N E S S

E R A





F E E L I N G

A L L T H E

F E E L I N G S





LOVE

KINDNESS

PEACE

A rectangular card with a pink and white checkerboard background and a pattern of white daisies with purple, orange, and yellow centers. The text "Social Skills" is written in a large, white, outlined font.

**Social
Skills**

A rectangular card with a pink and white checkerboard background and a pattern of white daisies with purple, orange, and yellow centers. The text "Family Dynamics" is written in a large, white, outlined font.

**Family
Dynamics**

A rectangular card with a pink and white checkerboard background and a pattern of white daisies with purple, orange, and yellow centers. The text "Self Esteem" is written in a large, white, outlined font.

**Self
Esteem**

A rectangular card with a pink and white checkerboard background and a pattern of white daisies with purple, orange, and yellow centers. The text "Character Education" is written in a large, white, outlined font.

**Character
Education**

A rectangular card with a pink and white checkerboard background and a pattern of white daisies with purple, orange, and yellow centers. The text "Stress/Anxiety" is written in a large, white, outlined font.

**Stress/
Anxiety**

A rectangular card with a pink and white checkerboard background and a pattern of white daisies with purple, orange, and yellow centers. The text "Bullying" is written in a large, white, outlined font.

Bullying



**Growth
Mindset**



Grief



Behavior



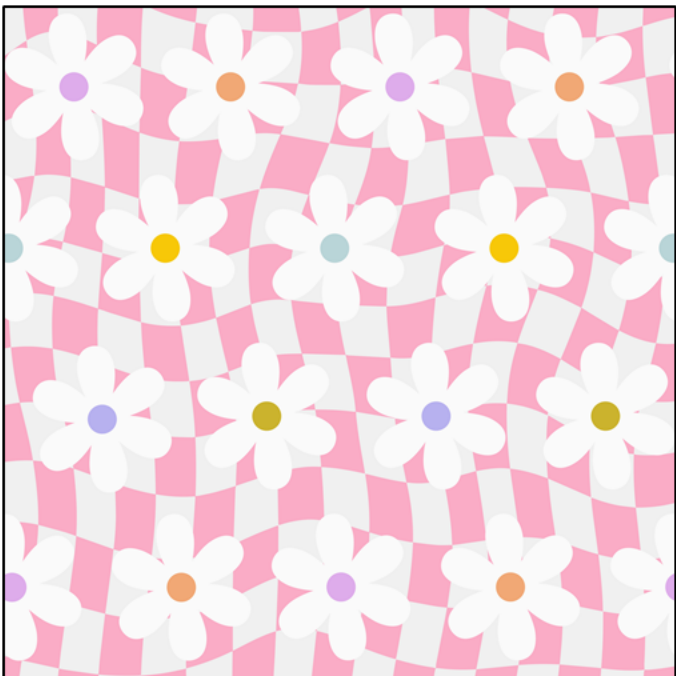
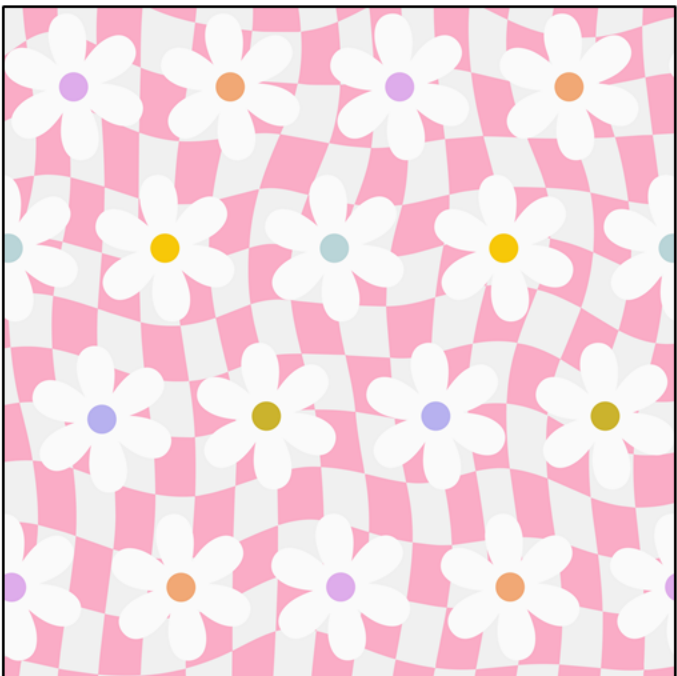
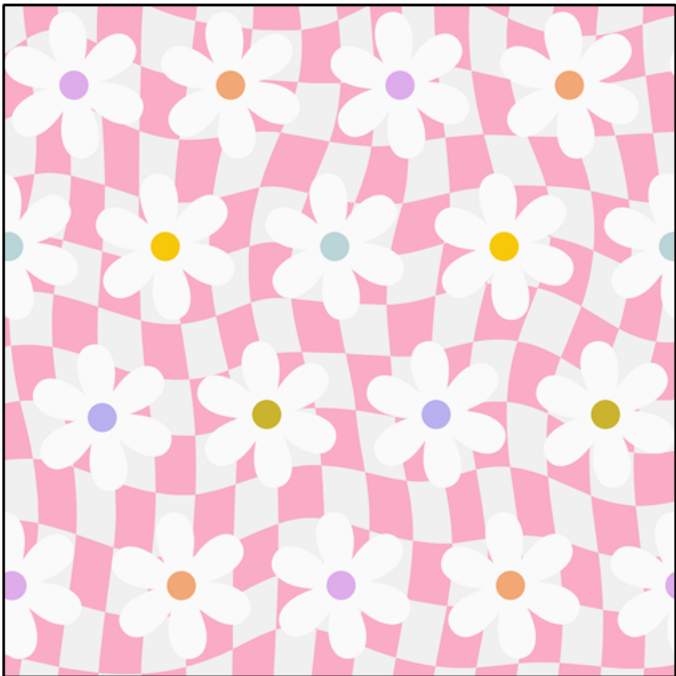
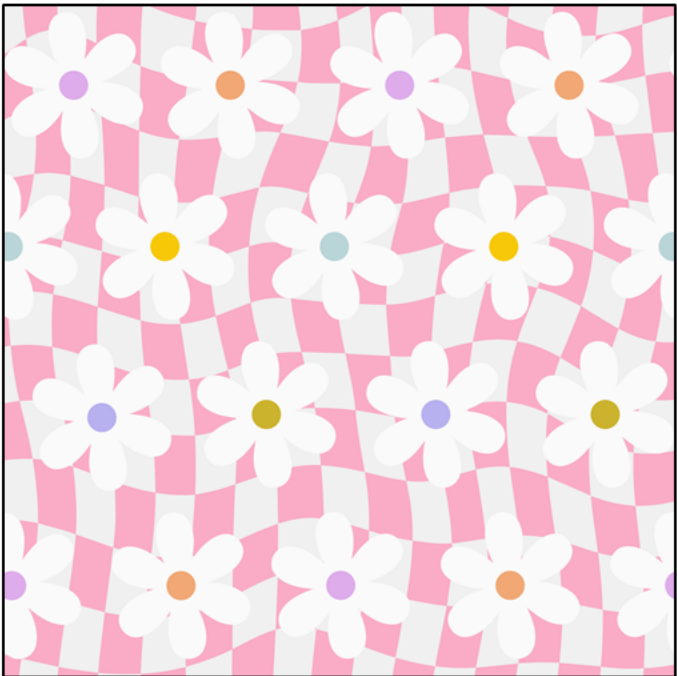
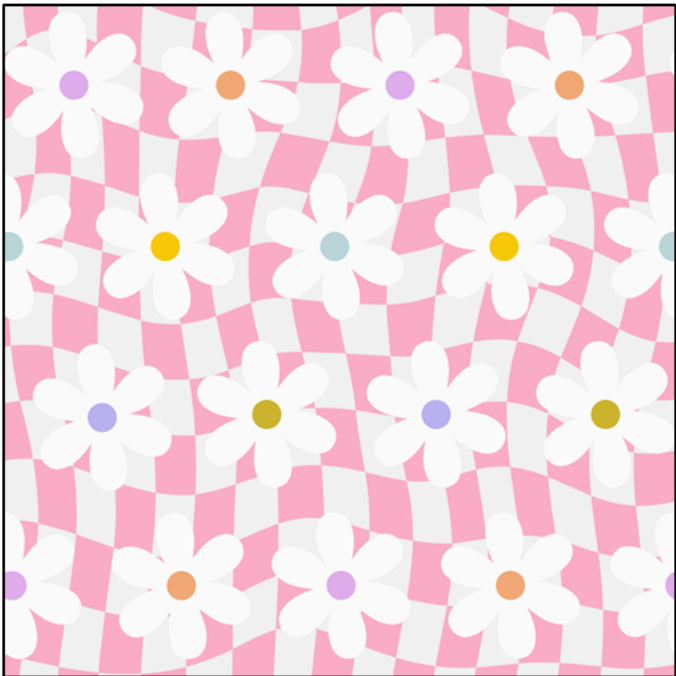
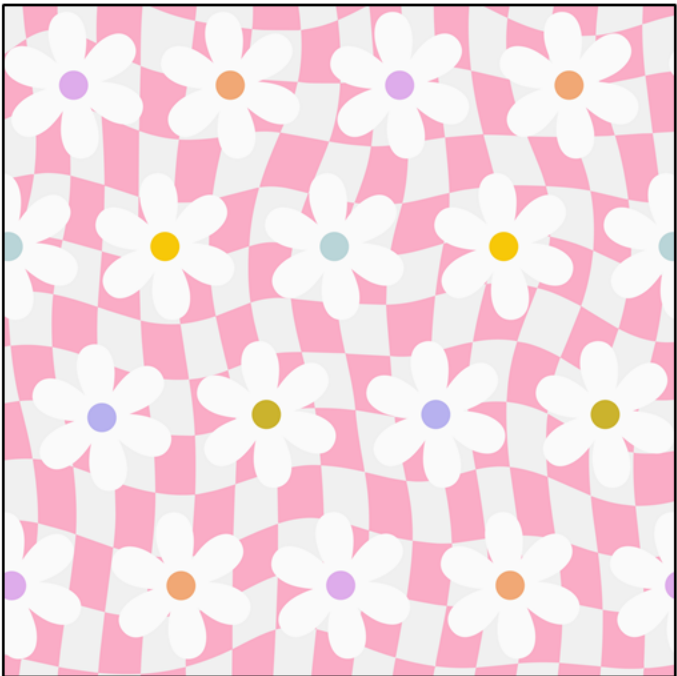
Anger



Mindfulness

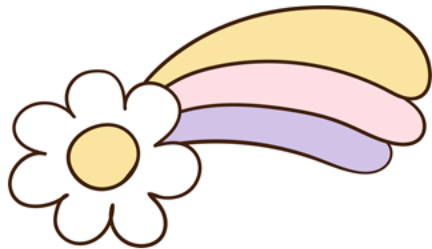


**Success
Skills**



make your own

Pass to see the
Counselor



Student Name: _____

Teacher: _____

Date: _____ Time: _____

Signed: _____



Pass to see the
Counselor



Student Name: _____

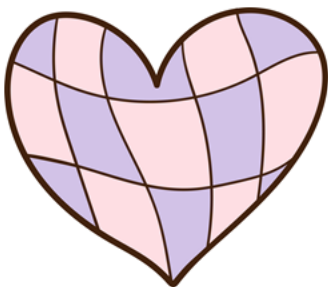
Teacher: _____

Date: _____ Time: _____

Signed: _____



Pass to see the
Counselor



Student Name: _____

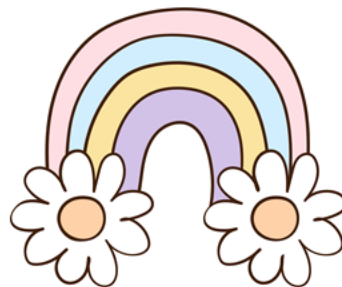
Teacher: _____

Date: _____ Time: _____

Signed: _____



Pass to see the
Counselor



Student Name: _____

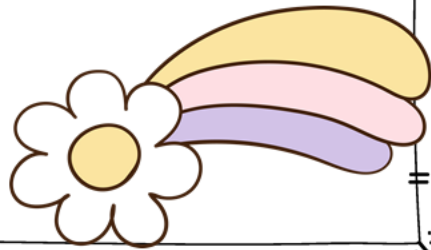
Teacher: _____

Date: _____ Time: _____

Signed: _____



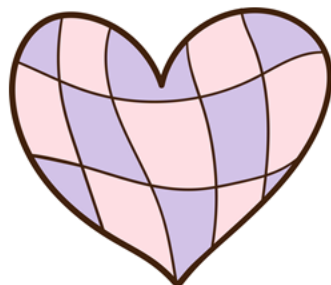
Note from the
Counselor



Note from the
Counselor



Note from the
Counselor

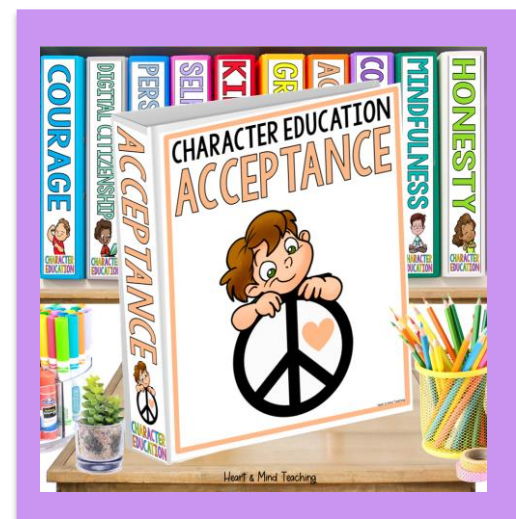
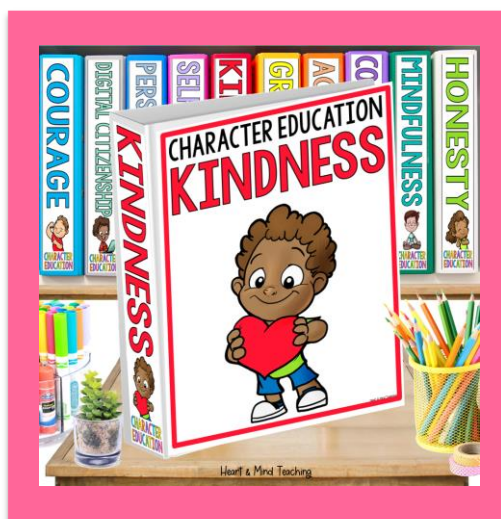
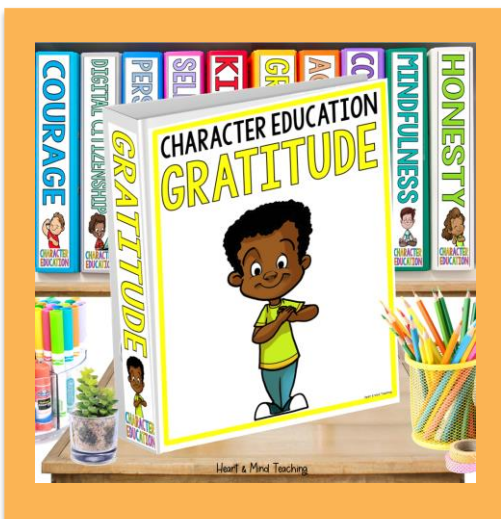
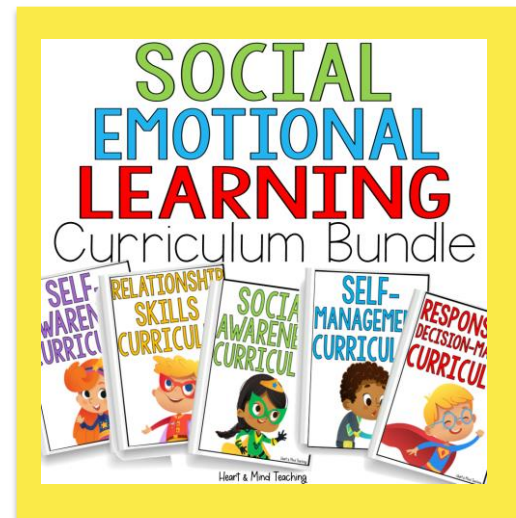
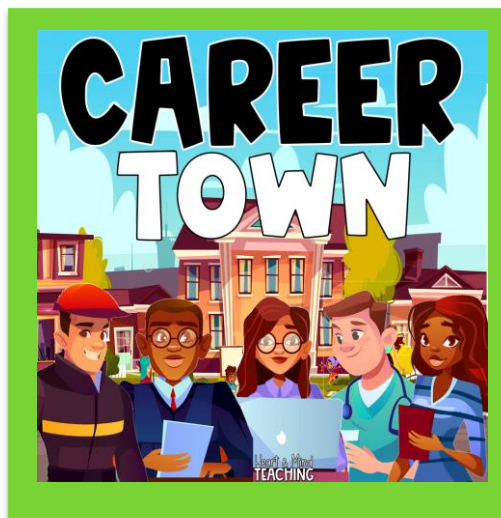


Note from the
Counselor



CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART + MIND
TEACHING



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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heartandmindteaching@gmail.com

CREDITS

