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★★★★★ Extremely satisfied

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Freebie
Library



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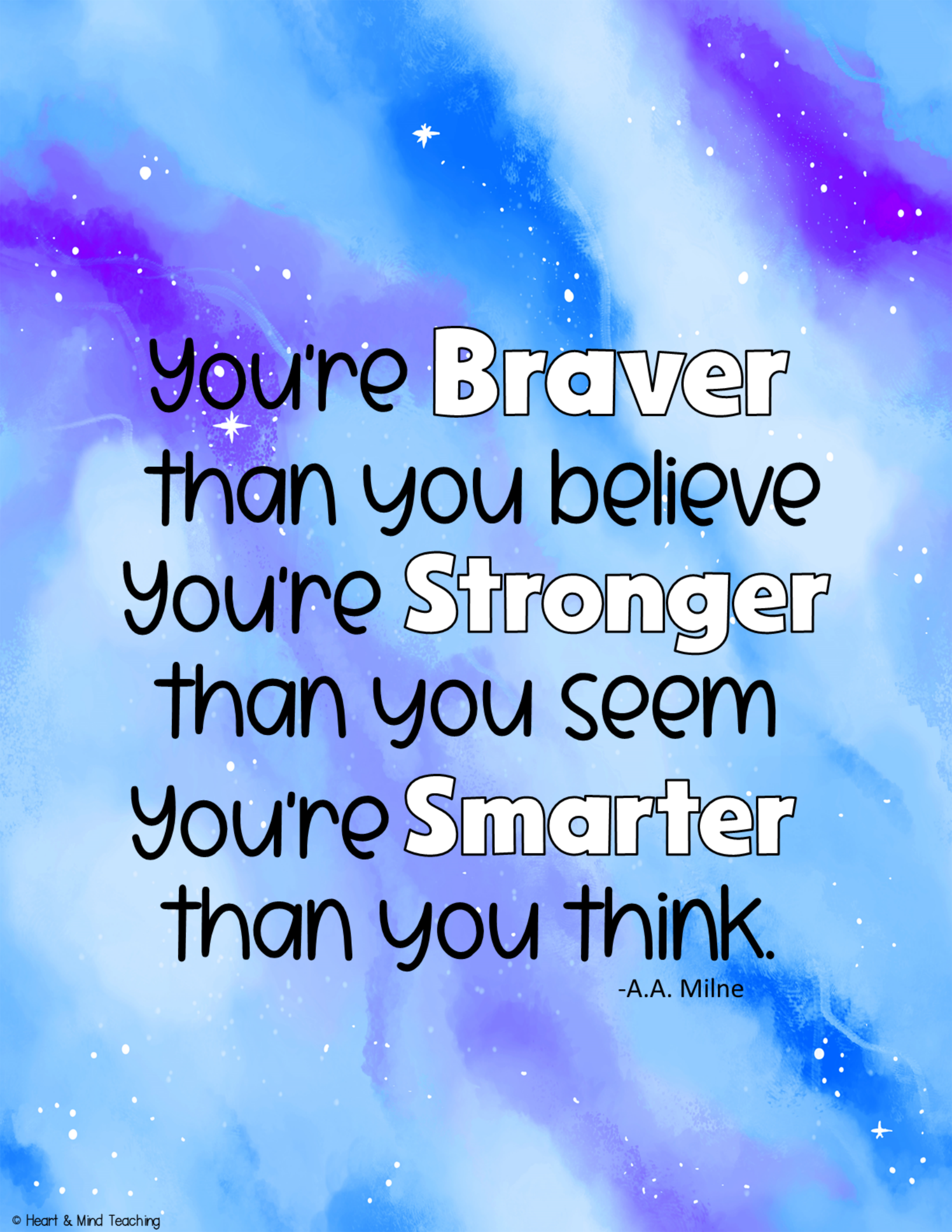
If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

♥
Ashley

STRONG
People
don't put others
down
they lift them **UP.**

-Michael P. Watson



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

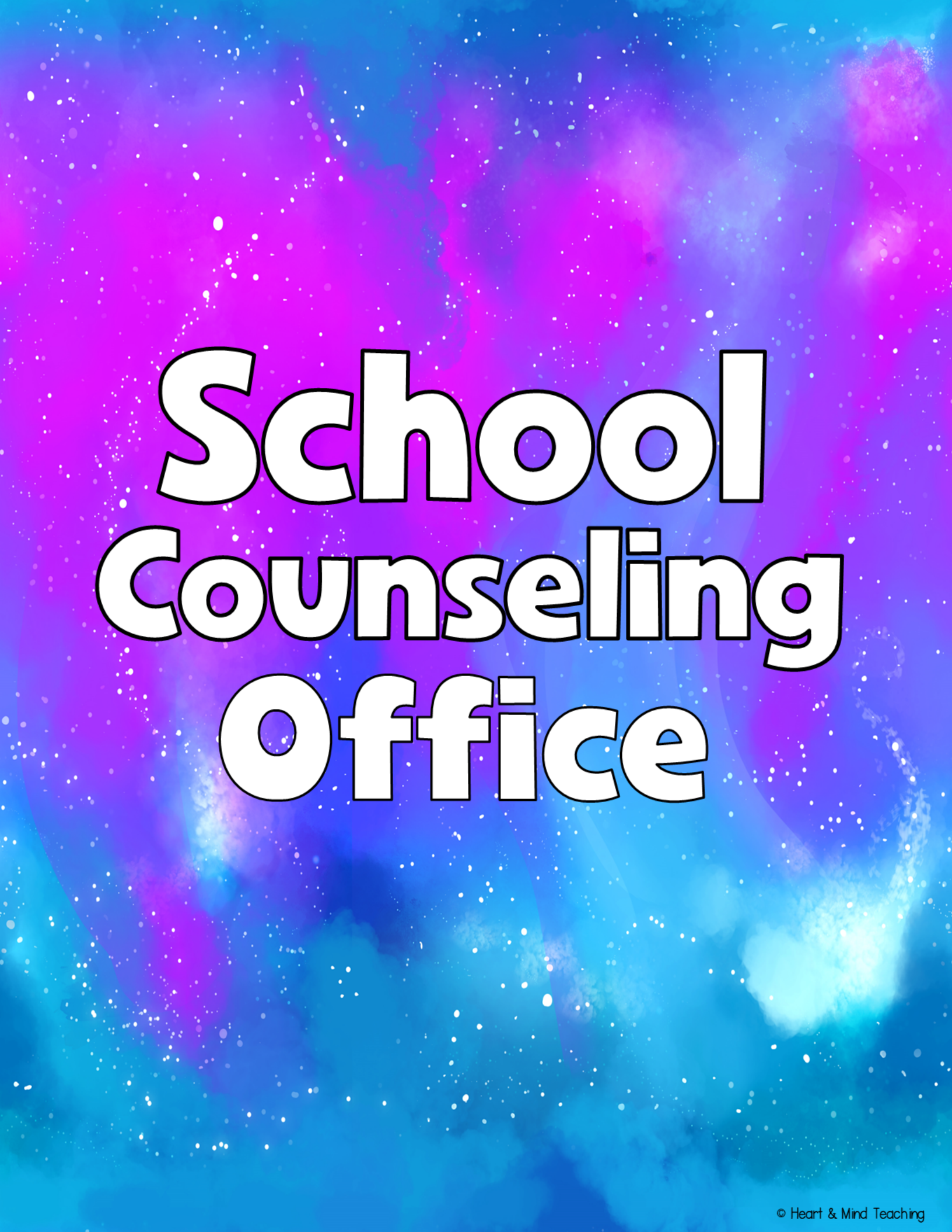
I can't
promise to **FIX**
all your
PROBLEMS
But I can promise you
won't have to
face them **ALONE.**



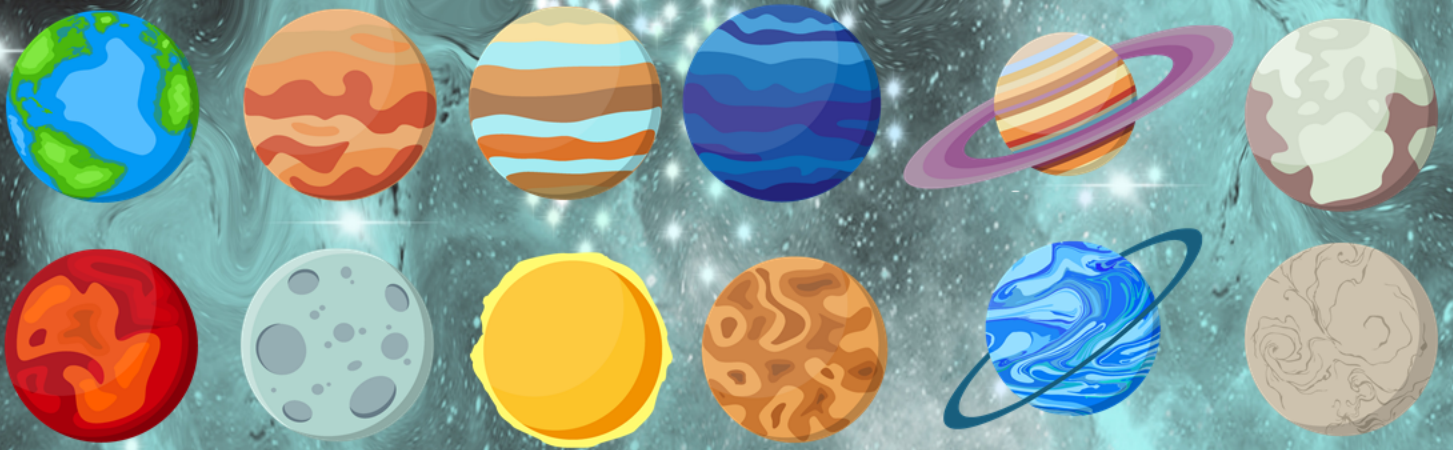
You are
SAFE
in this
SPACE.

It's nice to be
important
but it's more
important to be
Nice.

Welcome
to the
School
Counseling
Office

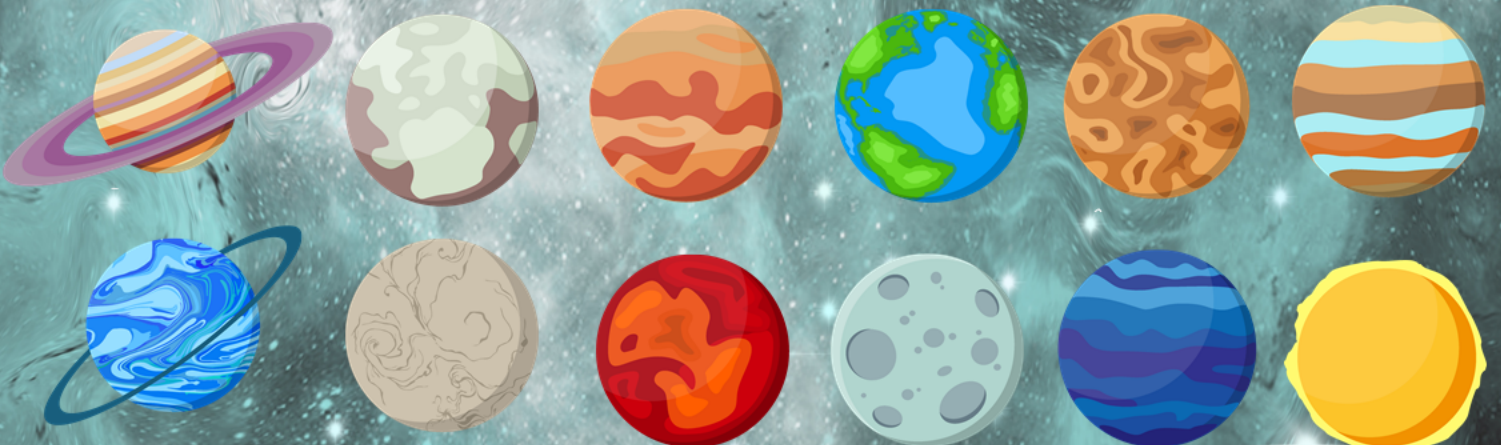


School Counseling Office



©

School Counselor Office



©

Where is the Counselor?

Come on in!

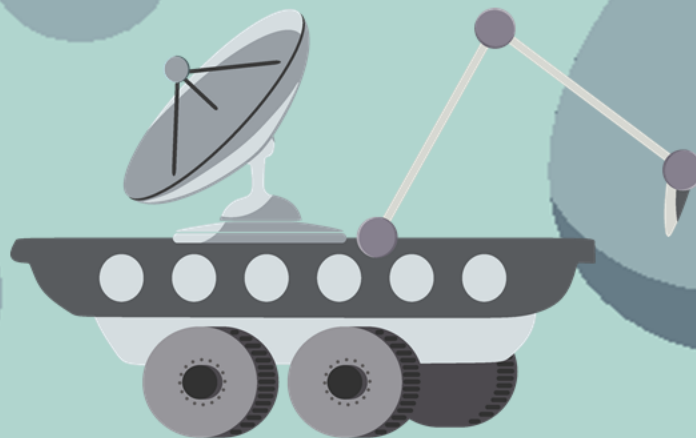
With a student.

In a meeting.

In a classroom.

Out of the building.

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?

You have survived

100%

of your
worst days.

You can
survive
this one.

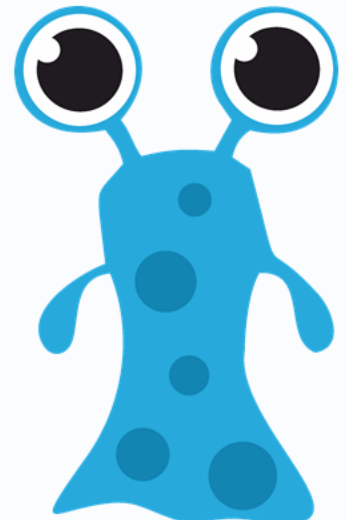
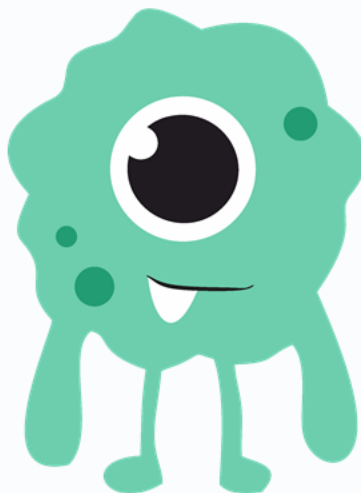


**You
can do
HARD
THINGS.**



EMPATHY

is a
superpower.



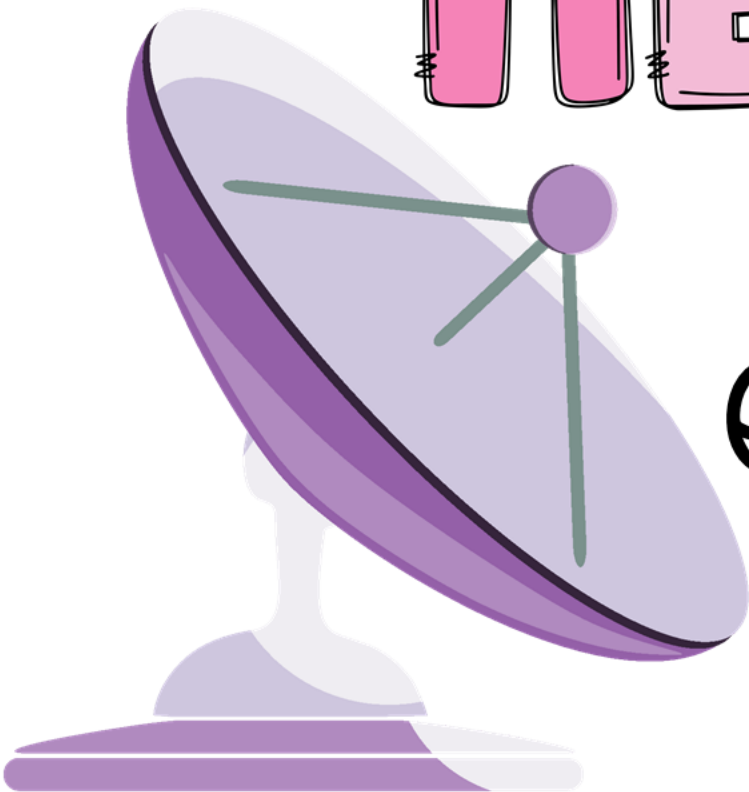
Educating the

MIND

without
educating the

HEART

is no
education
at all.





You can do

ANYTHING

But you can't do

EVERYTHING

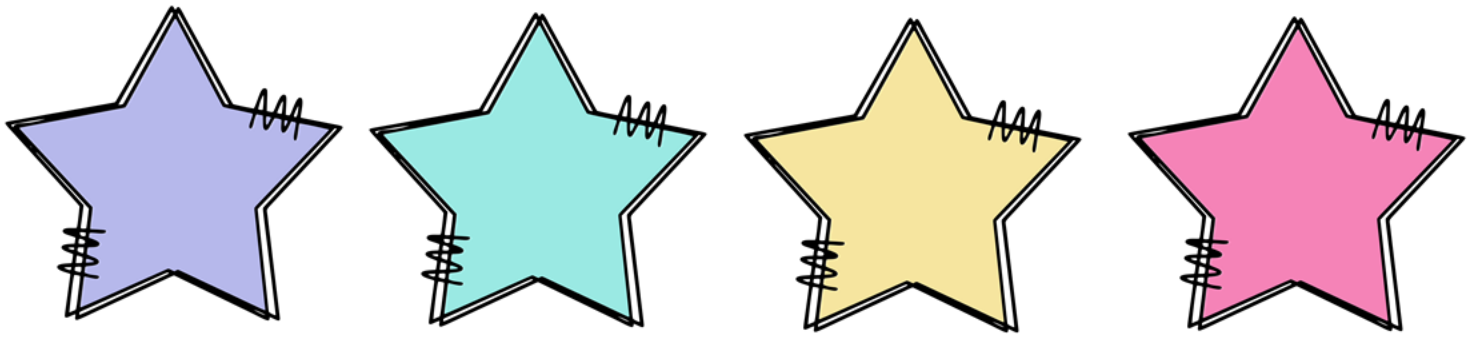
DREAMS

don't work



Unless you do.

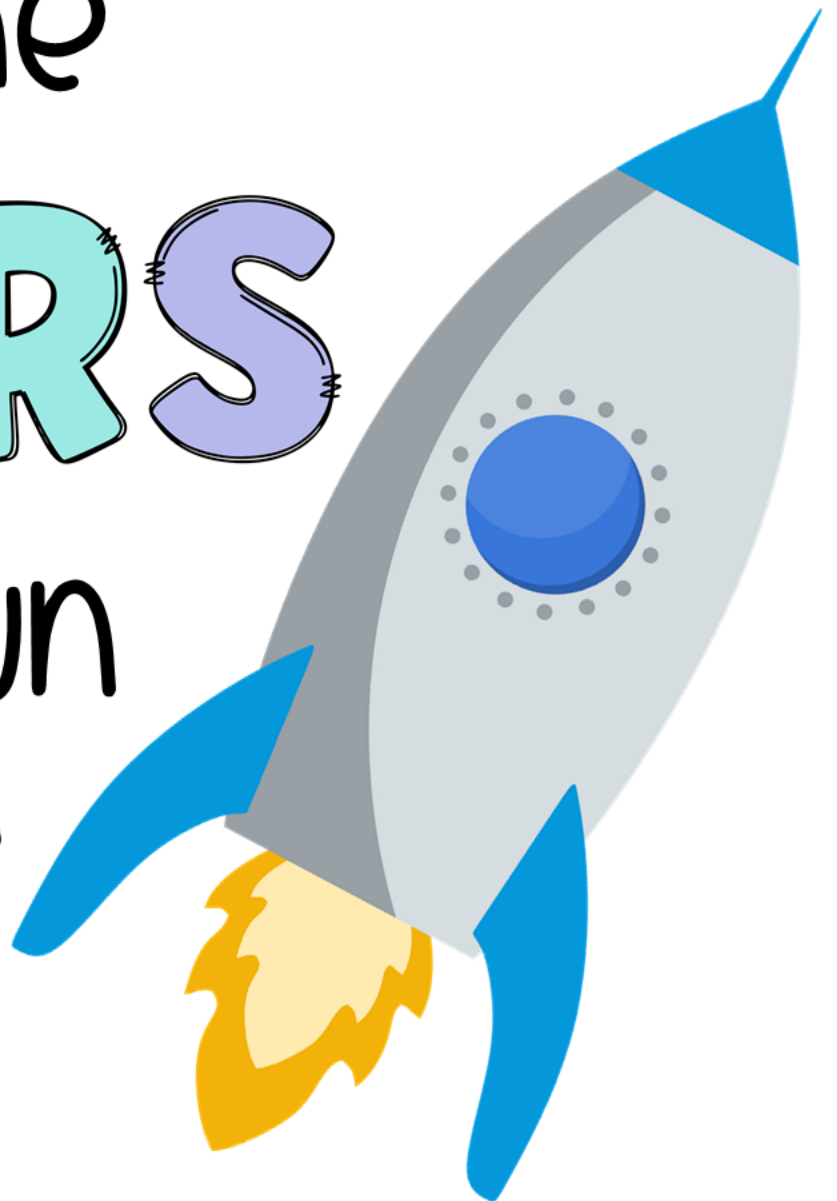
-John C. Maxwell



Remember to look
up at the

STARS

Not down
at your
feet.



-Stephen Hawking



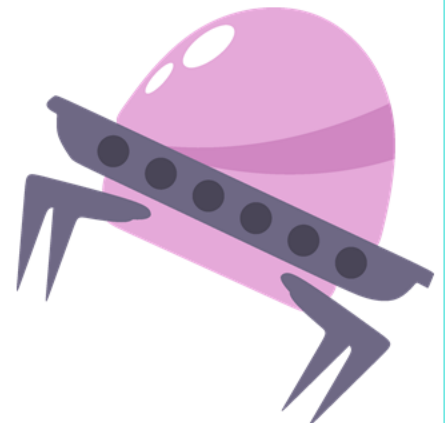
I MESSAGE

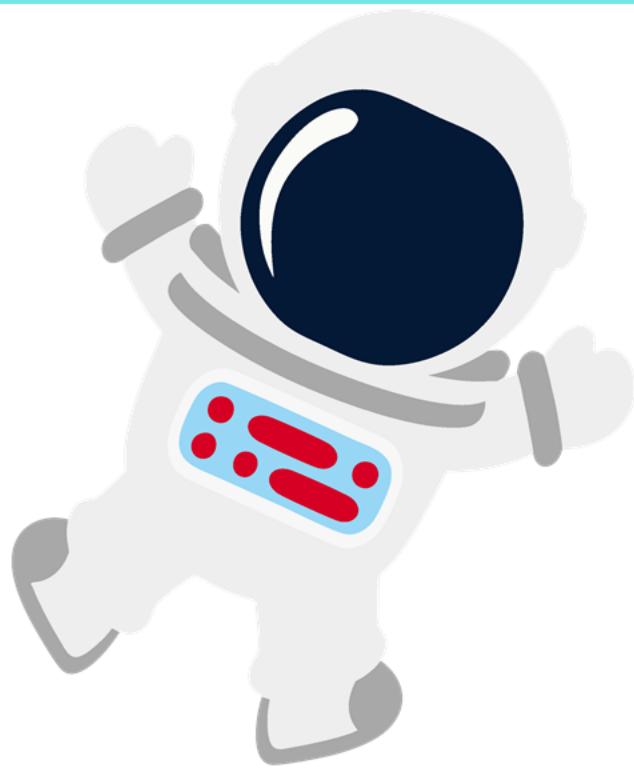
I feel _____

when you _____

because _____

can you please _____



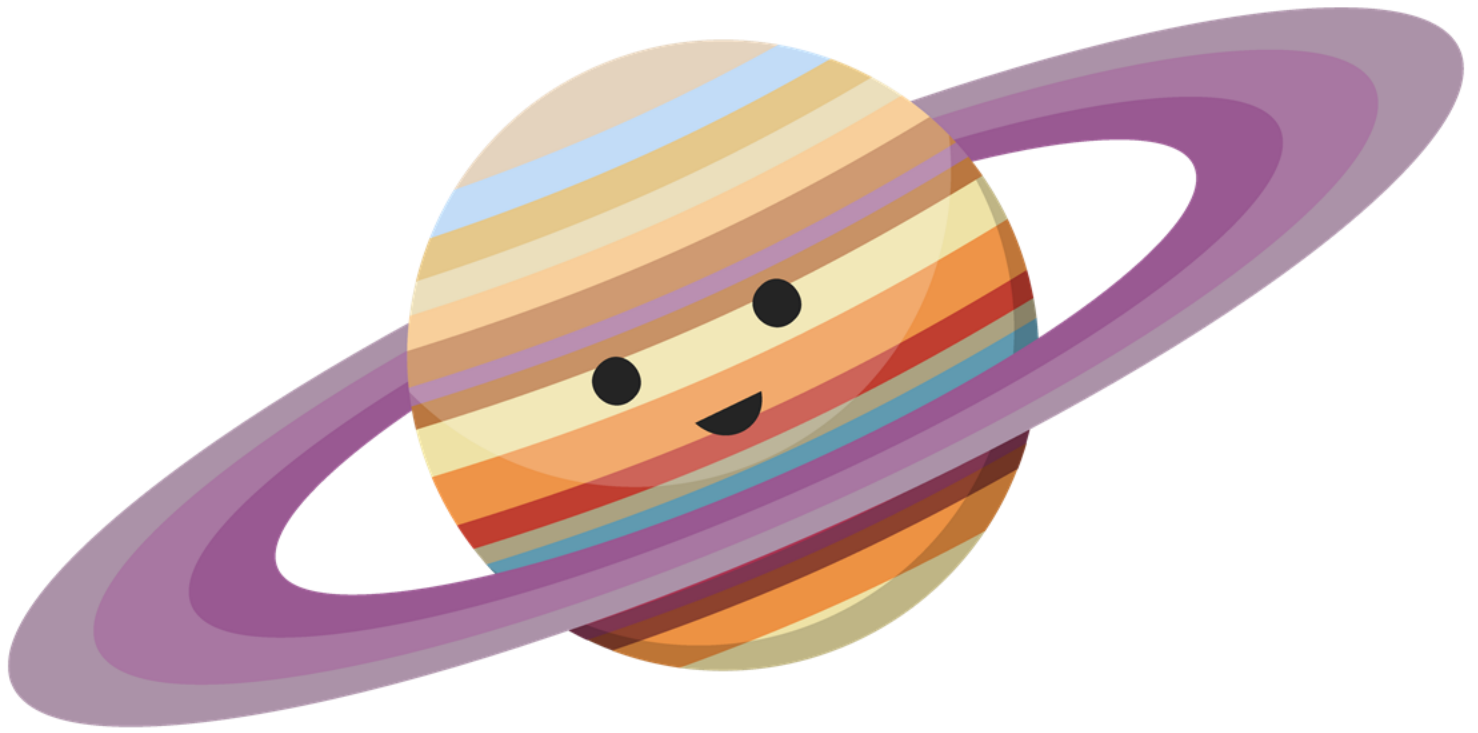


I'm a School

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

STORM



Pull them into your

PEACE



Your words

MATTER

Choose Wisely.

When little people are
overwhelmed by

BIG

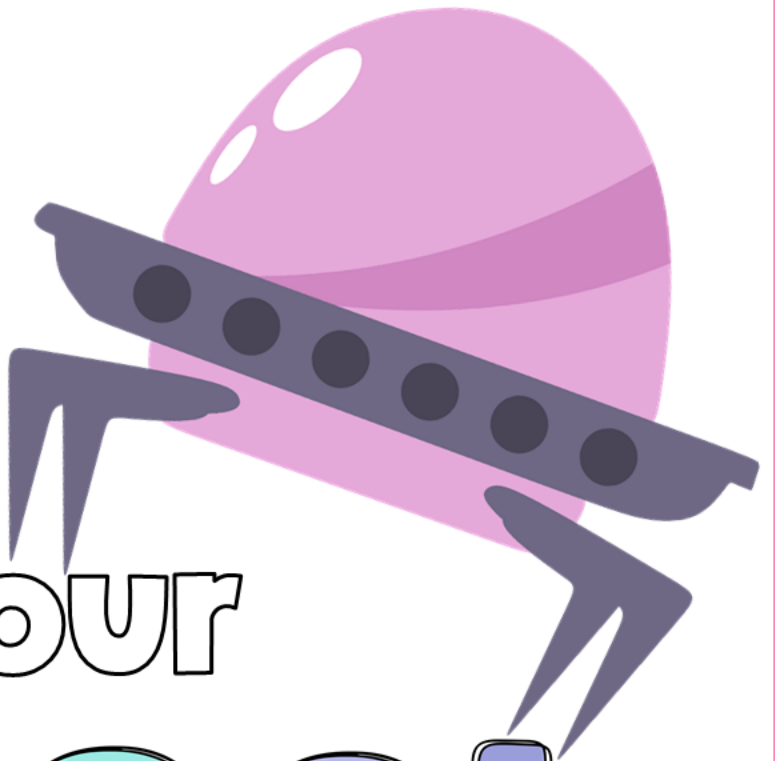


EMOTIONS

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

-L.R. Knost

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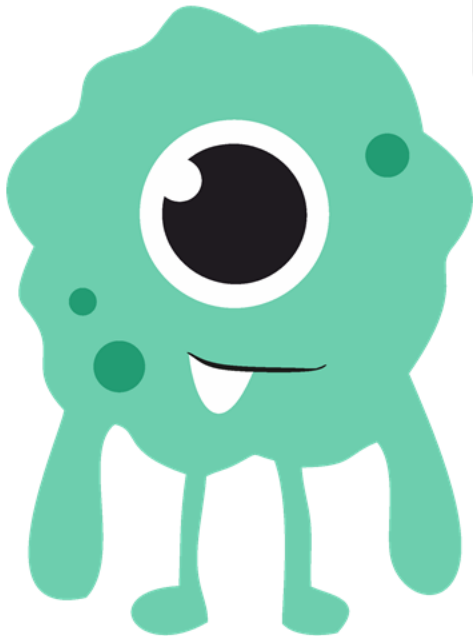


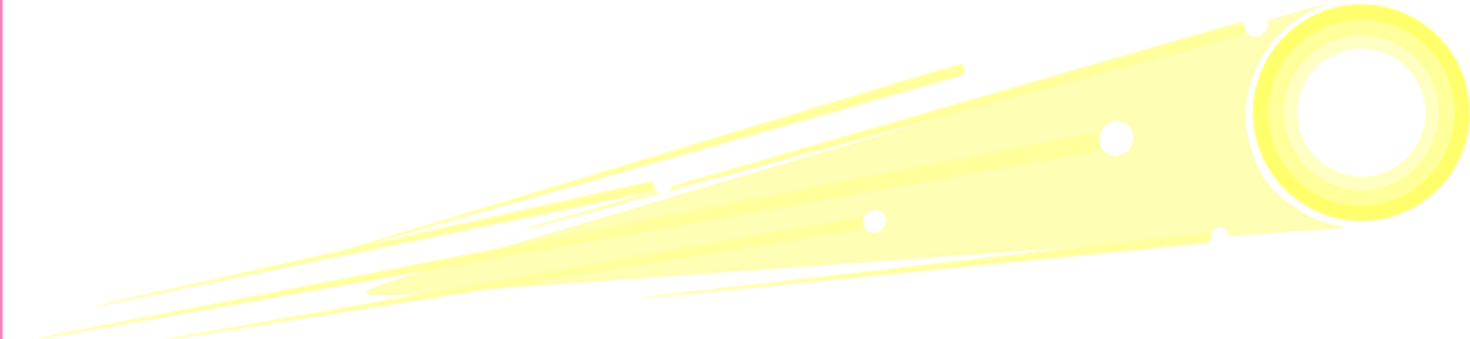
I am your

SCHOOL

COUNSELOR

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

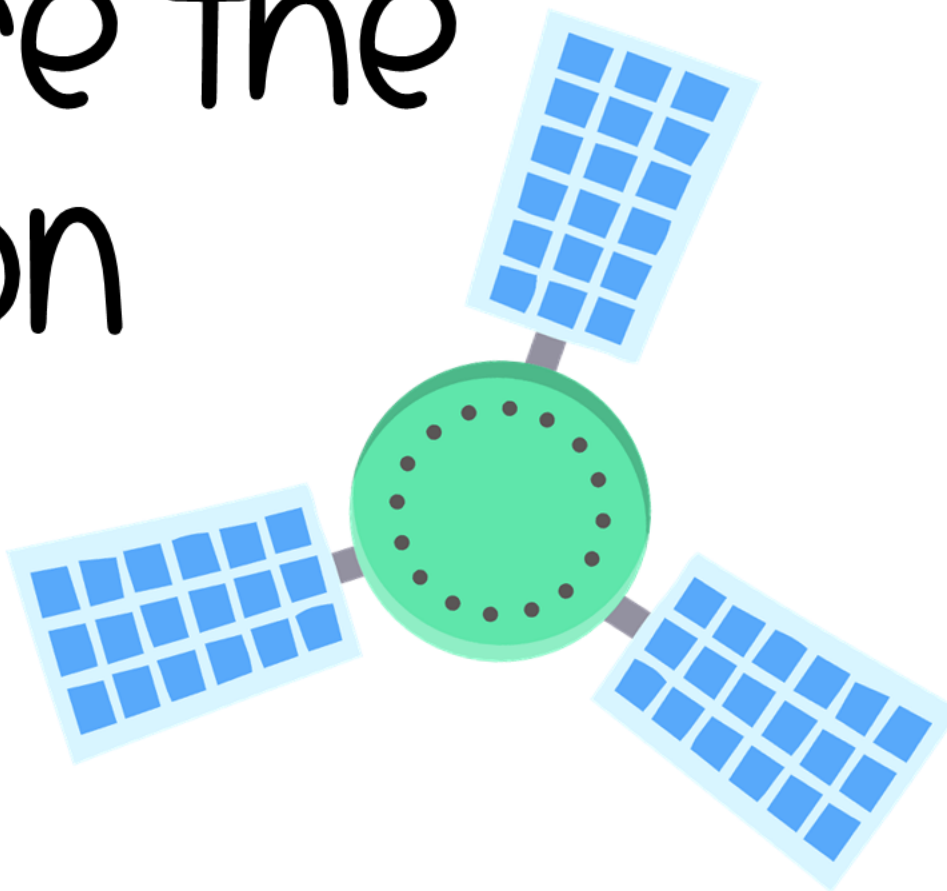




WELCOME


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 stylized blue planet with white text. The planet has a gradient from light blue at the top to dark blue at the bottom.

**Social
Skills**

A stylized planet with green and blue colors. The green is on the right side, and the blue is on the left side.

**Family
Dynamics**

A stylized planet with red and orange colors. The red is on the left side, and the orange is on the right side.

**Self
Esteem**

A stylized planet with light green and grey colors. The light green is on the top half, and the grey is on the bottom half.

**Character
Education**

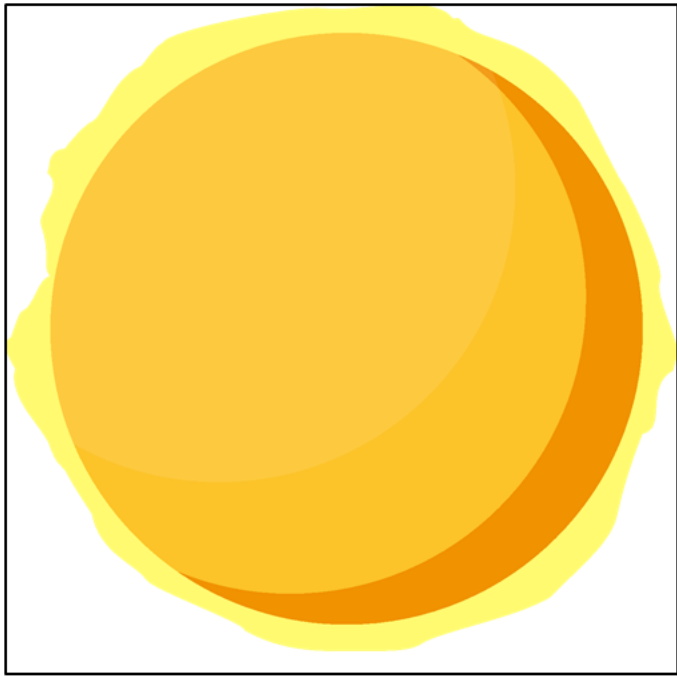
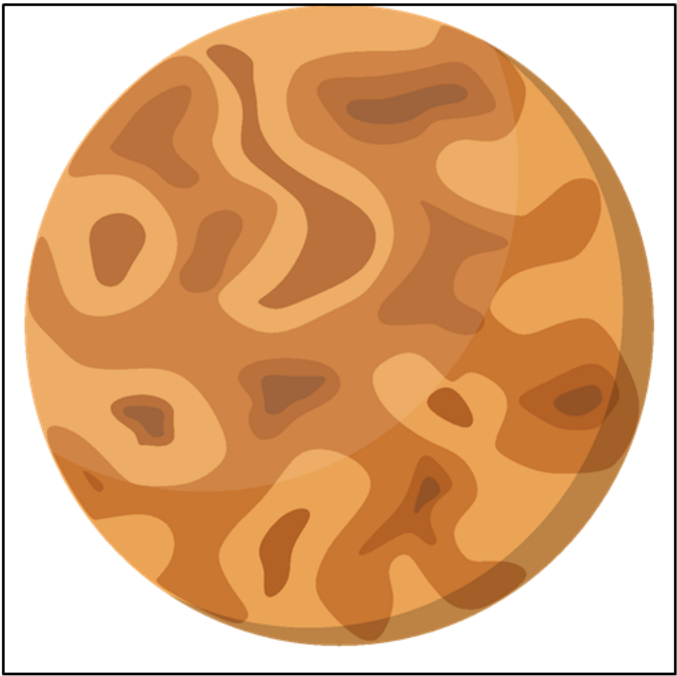
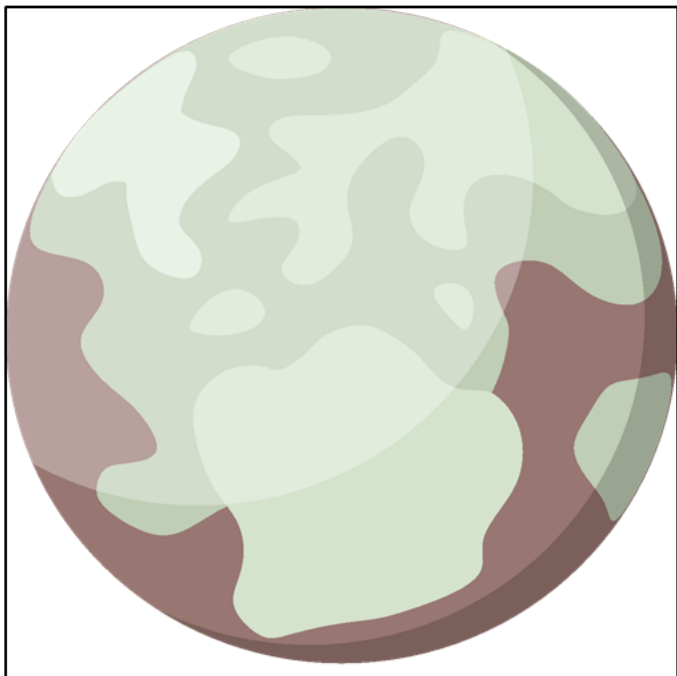
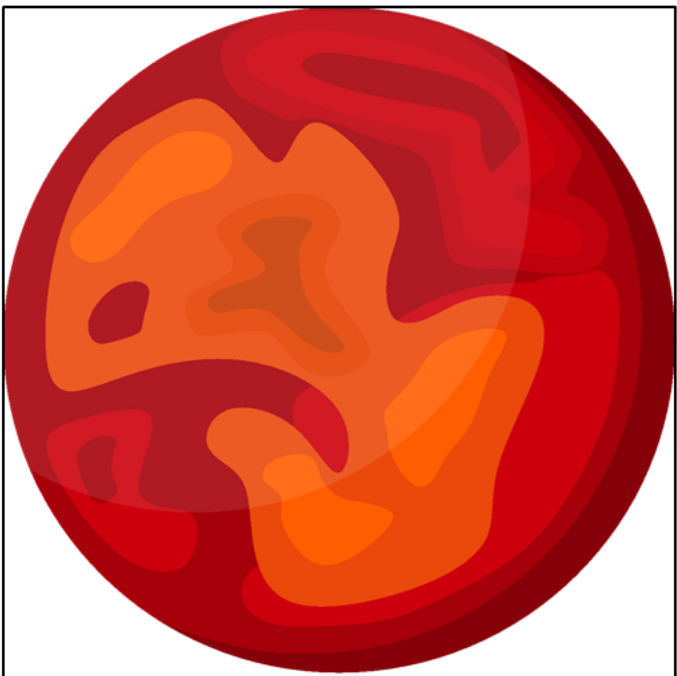
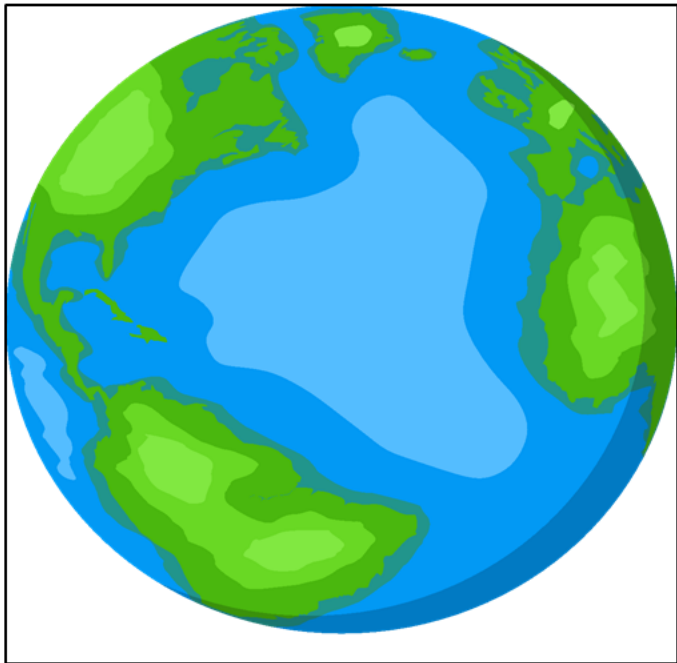
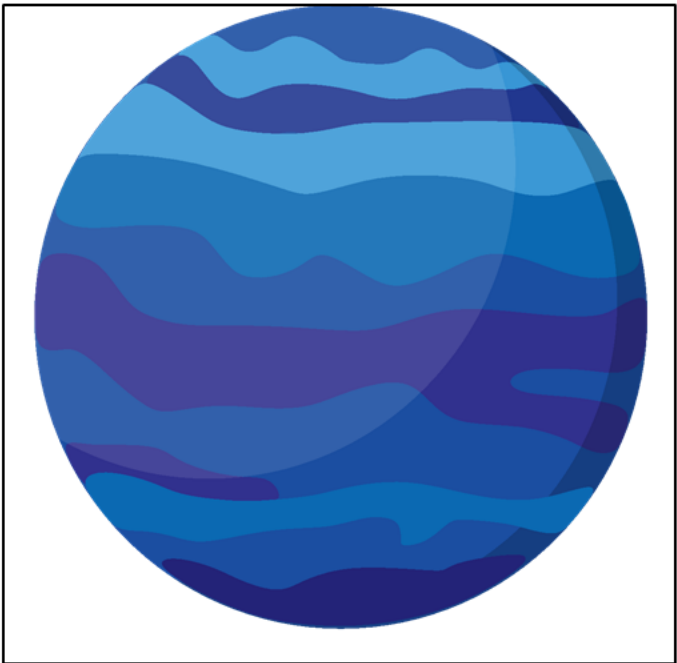
A stylized planet with brown colors. The brown is on the left side, and the lighter brown is on the right side.

**Stress /
Anxiety**

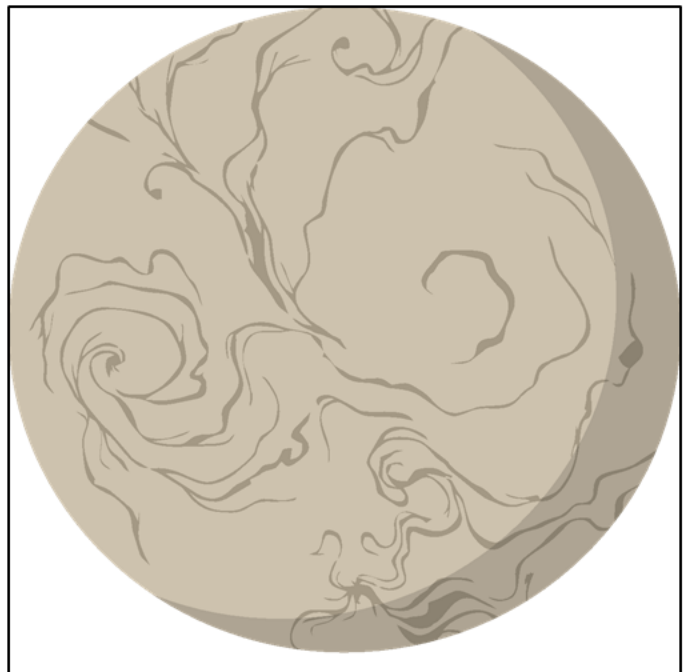
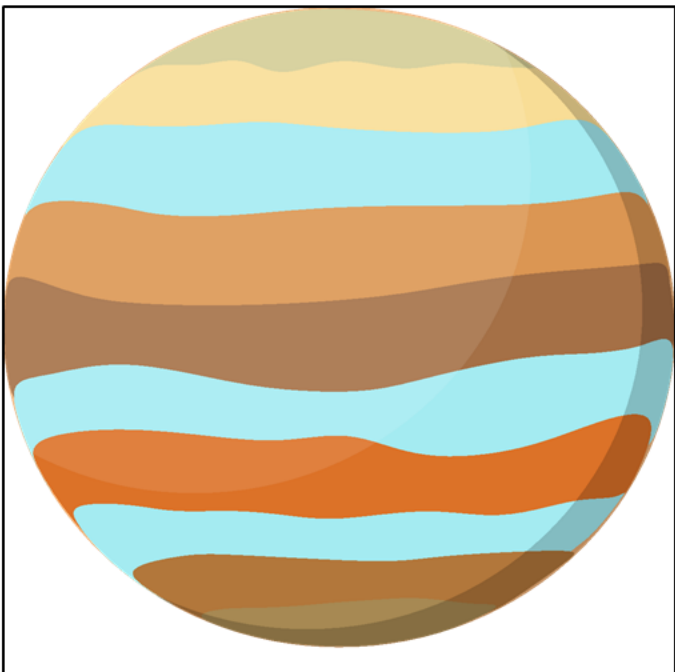
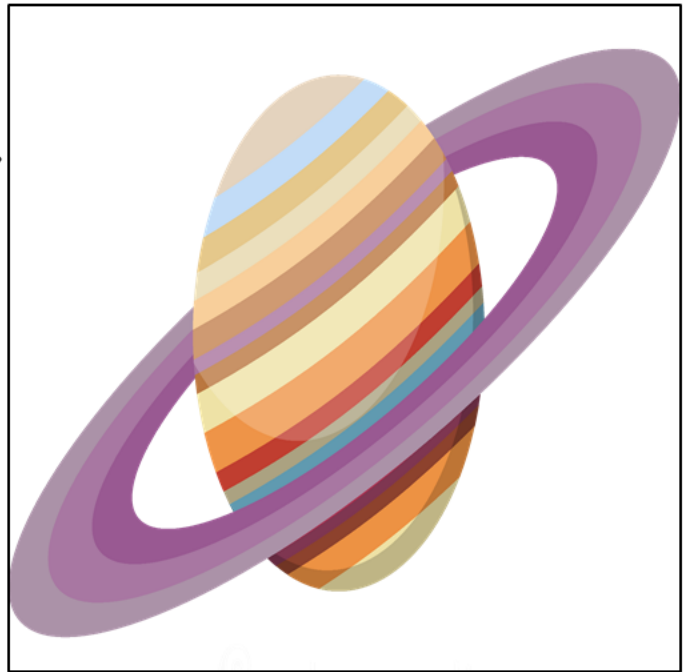
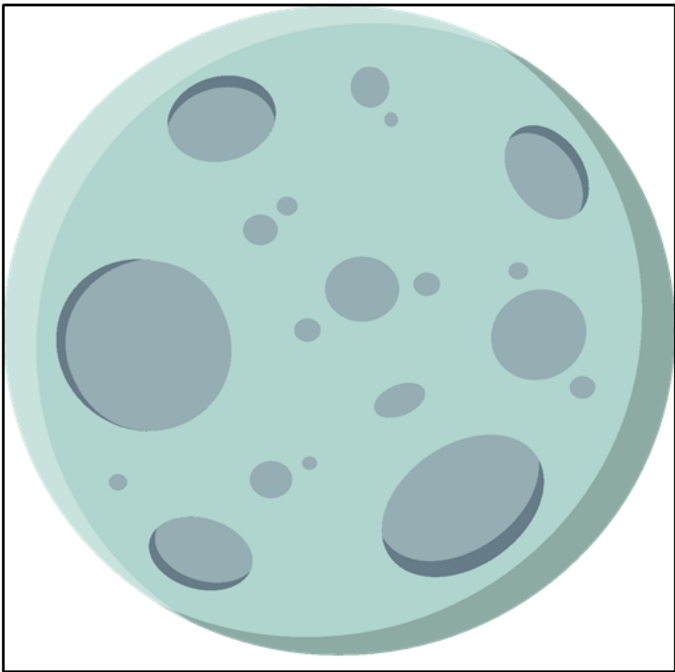
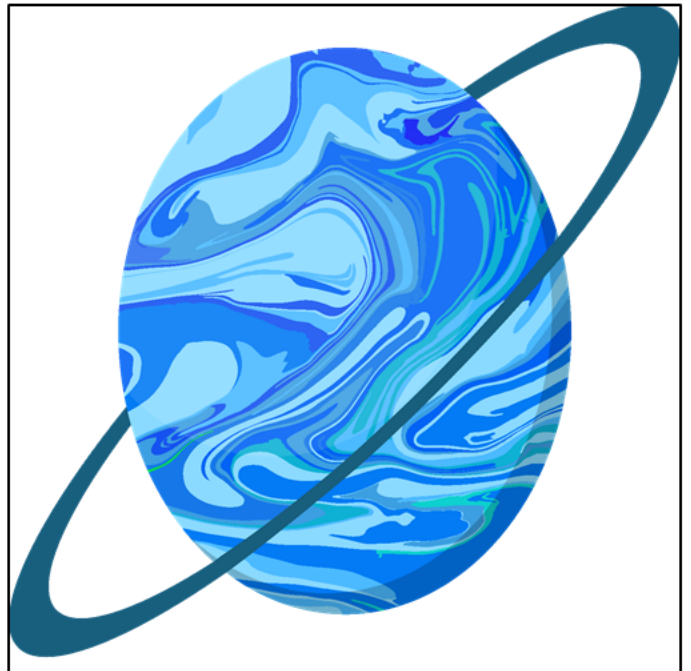
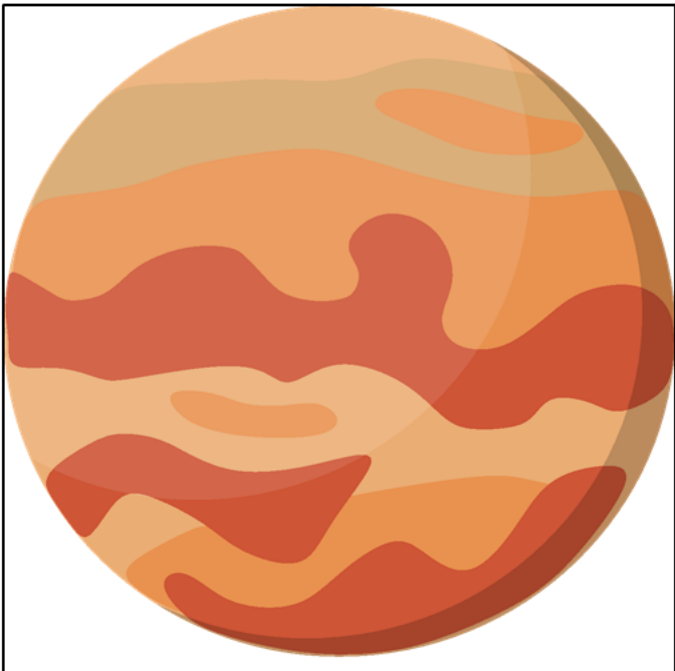
A stylized planet with yellow colors. The yellow is on the left side, and the lighter yellow is on the right side.

Bullying



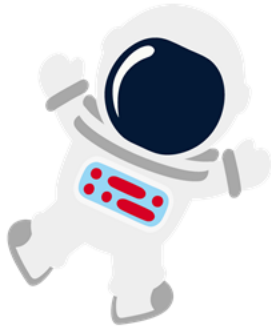


make your own



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: _____

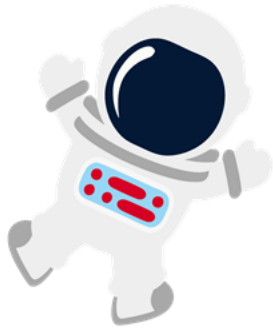
Teacher: _____

Date: _____ Time: _____

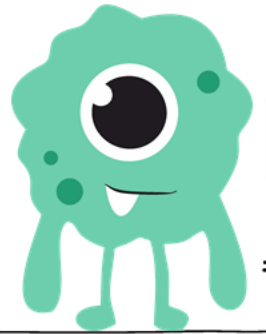
Signed: _____



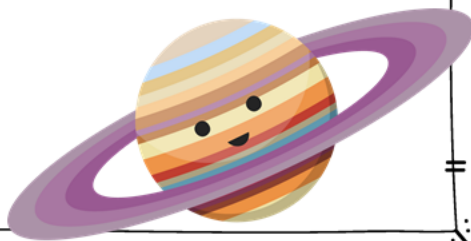
Note from the
Counselor



Note from the
Counselor



Note from the
Counselor

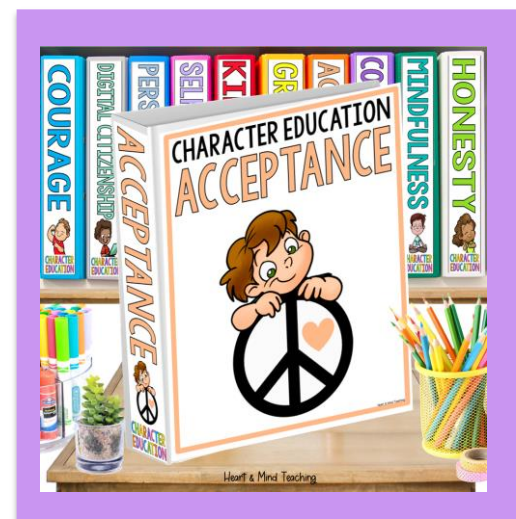
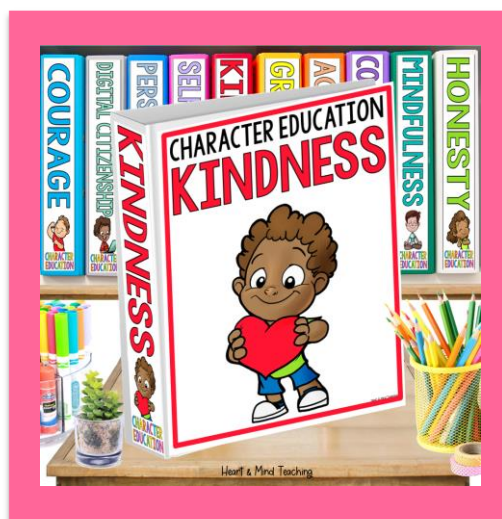
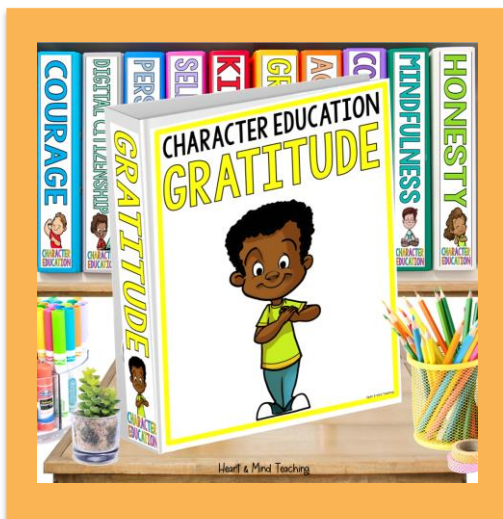
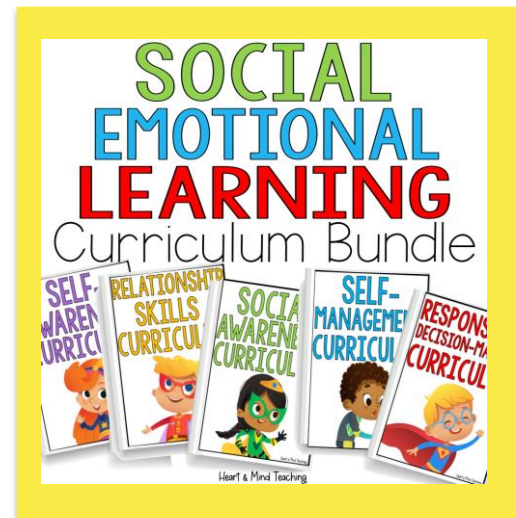
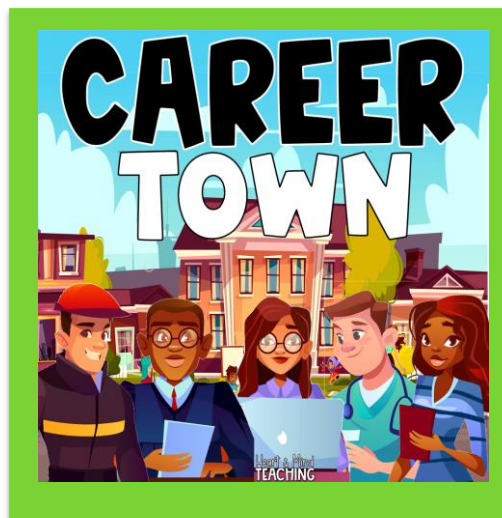


Note from the
Counselor



CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR Collab

with Laura & Ashley



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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