

# 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.



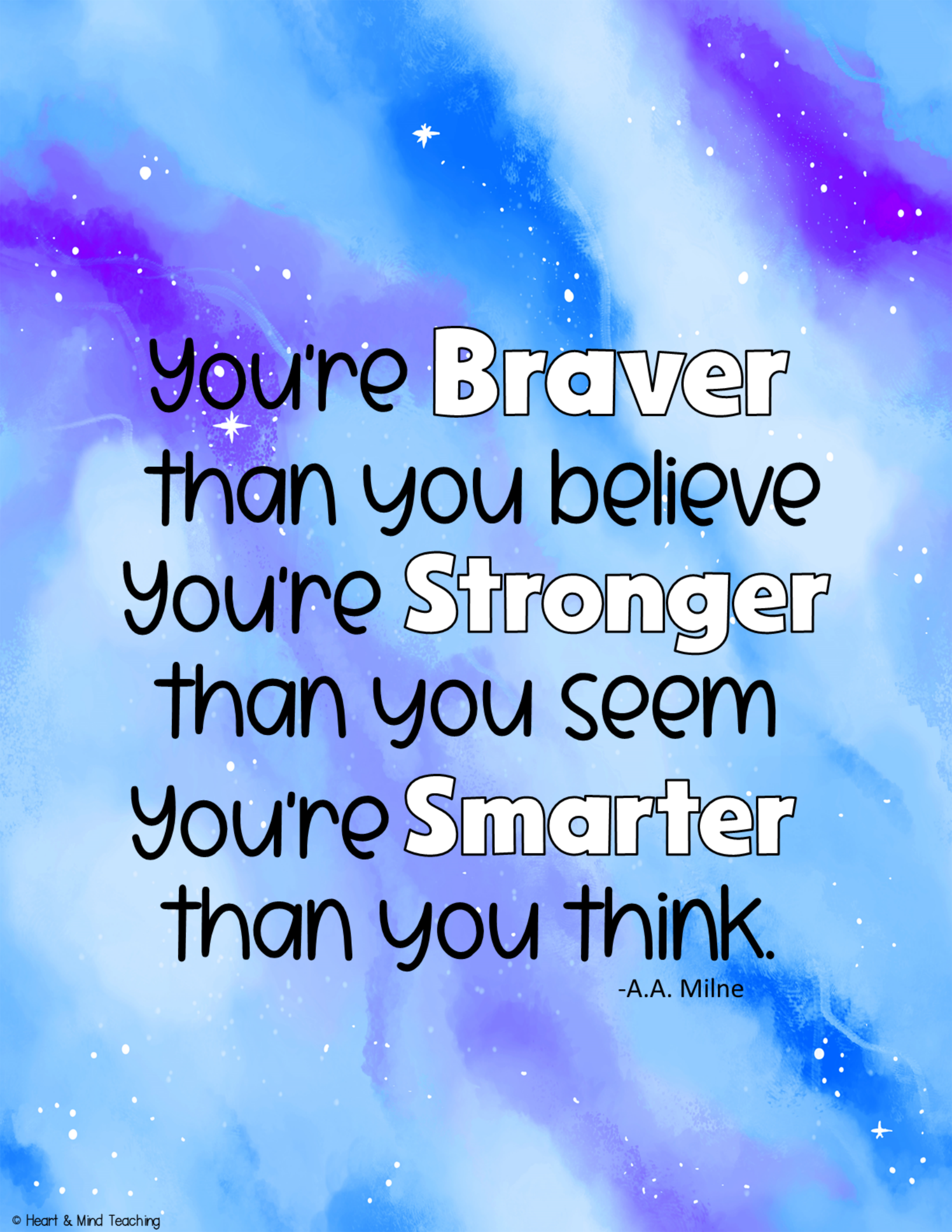
If you have any questions or concerns please email me at:

[heartandmindteaching@gmail.com](mailto: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

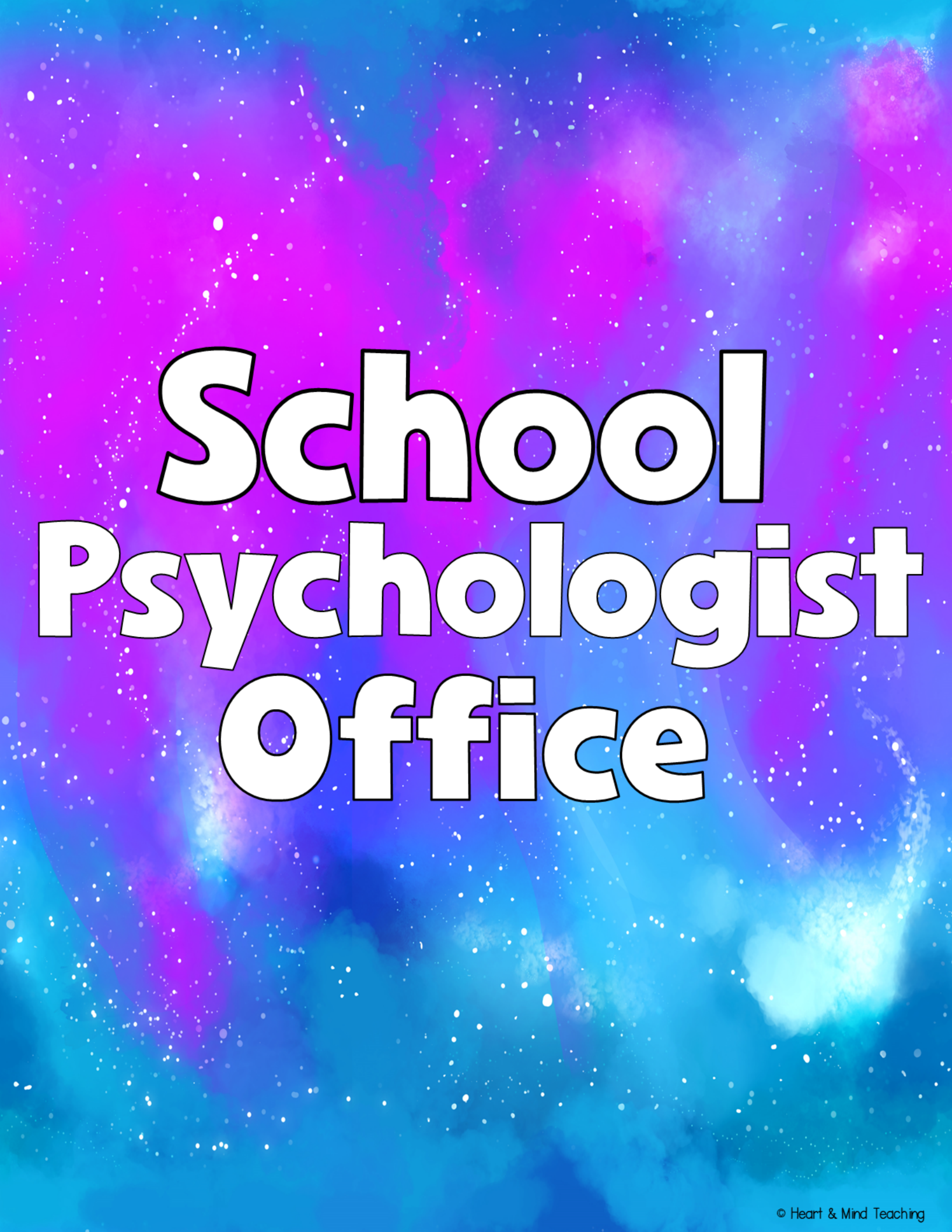
I can't  
promise to **FIX**  
all your  
**PROBLEMS**  
But I can promise you  
won't have to  
face them **ALONE.**



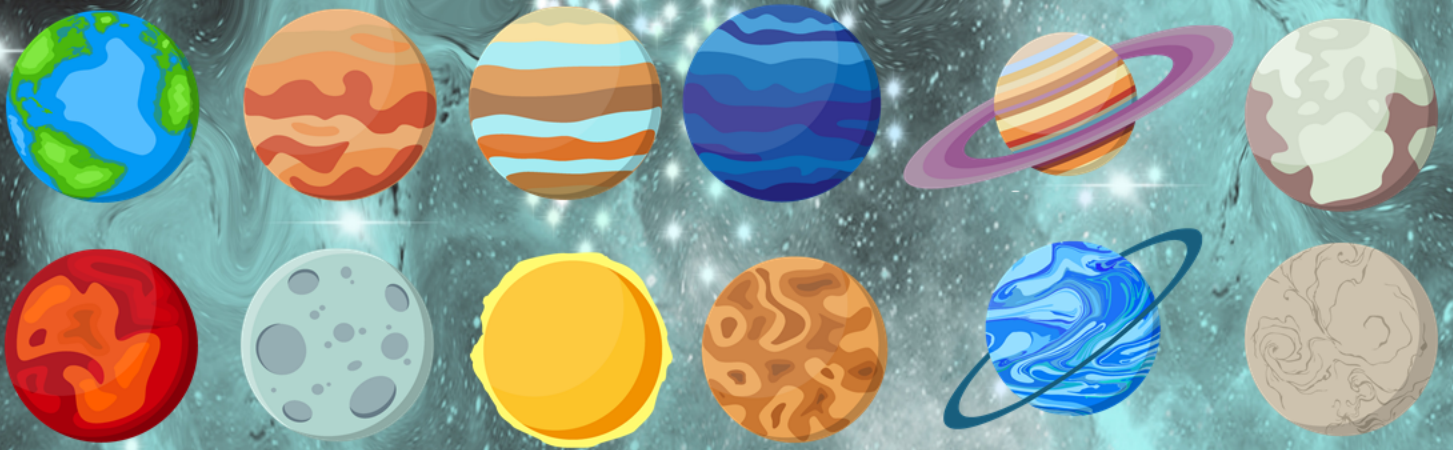
You are  
**SAFE**  
in this  
**SPACE.**

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

Welcome  
to the  
**School**  
**Psychologist**  
**Office**

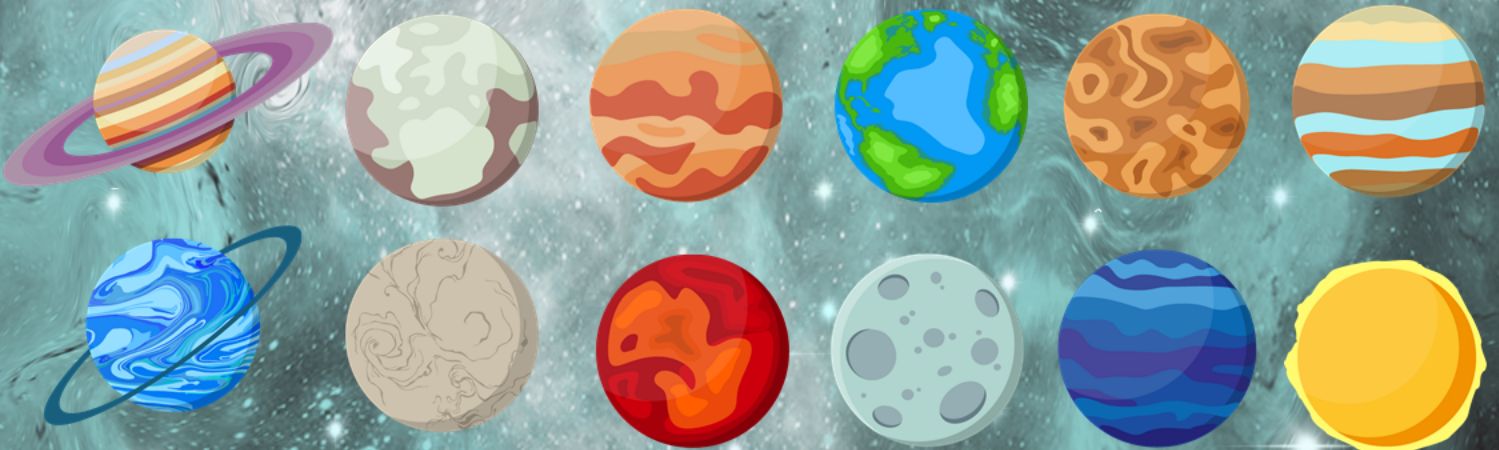


# School Psychologist Office



©

# School Psychologist Office



©

# Where is the Psychologist?


Come on in!

With a student.

In a meeting.

In a classroom.

Out of the building.



Every kid  
deserves a  
**School**  
**Psychologist**

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.

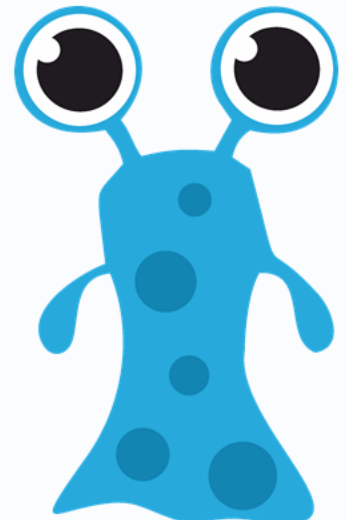
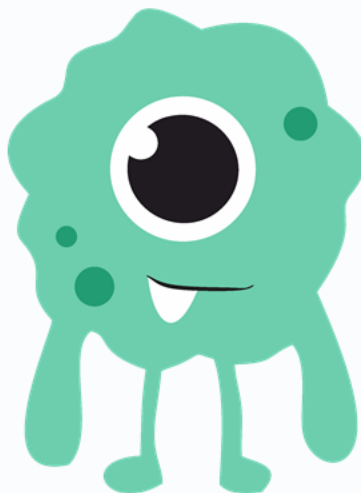


**You  
can do  
HARD  
THINGS.**



EMPATHY

is a  
superpower.



Educating the

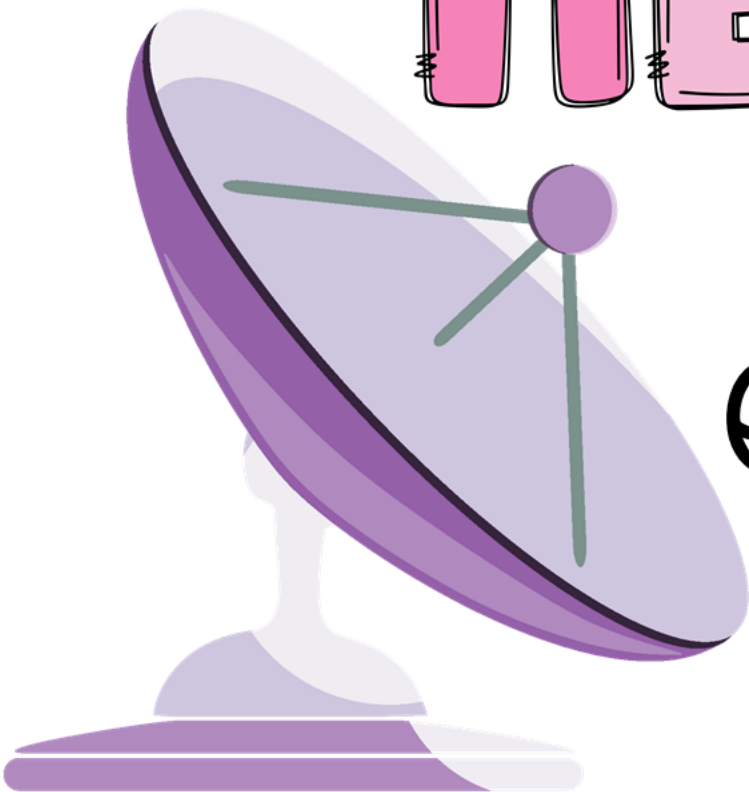
**MIND**

without

educating the

**HEART**

is no  
education  
at all.





You can do

**ANYTHING**

But you can't do

**EVERYTHING**

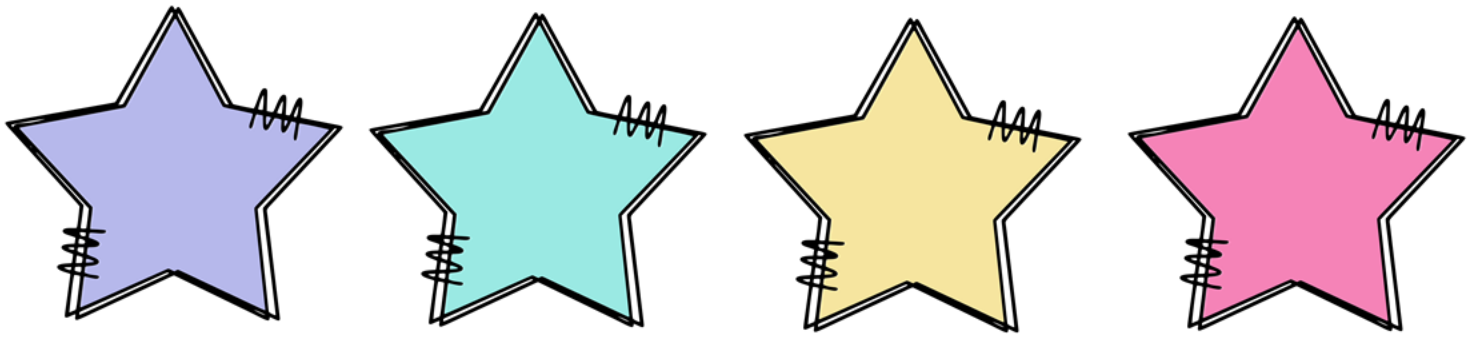
DREAMS

don't work



Unless you do.

-John C. Maxwell

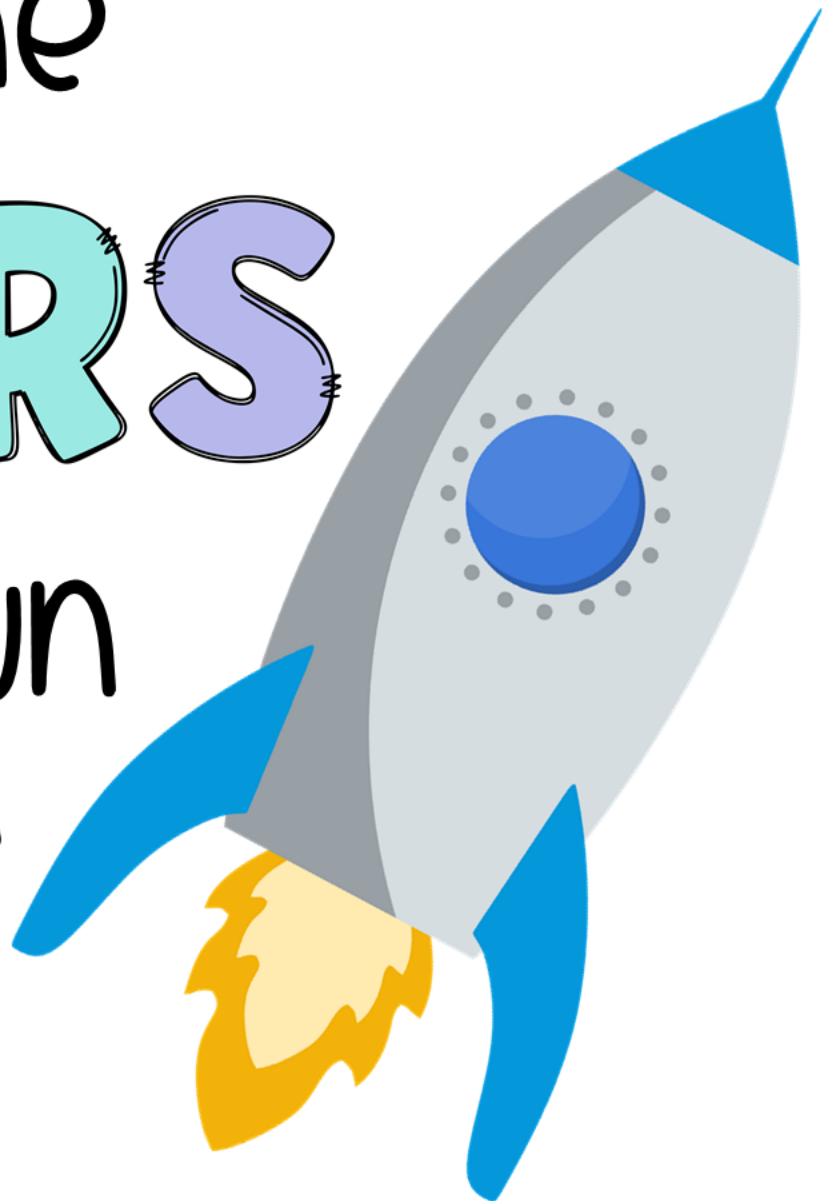


Remember to look  
up at the

**STARS**

Not down  
at your  
feet.

-Stephen Hawking





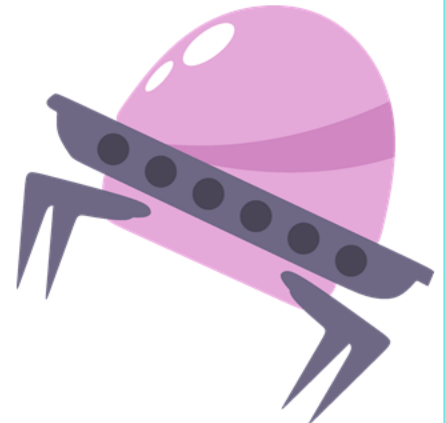
# I MESSAGE

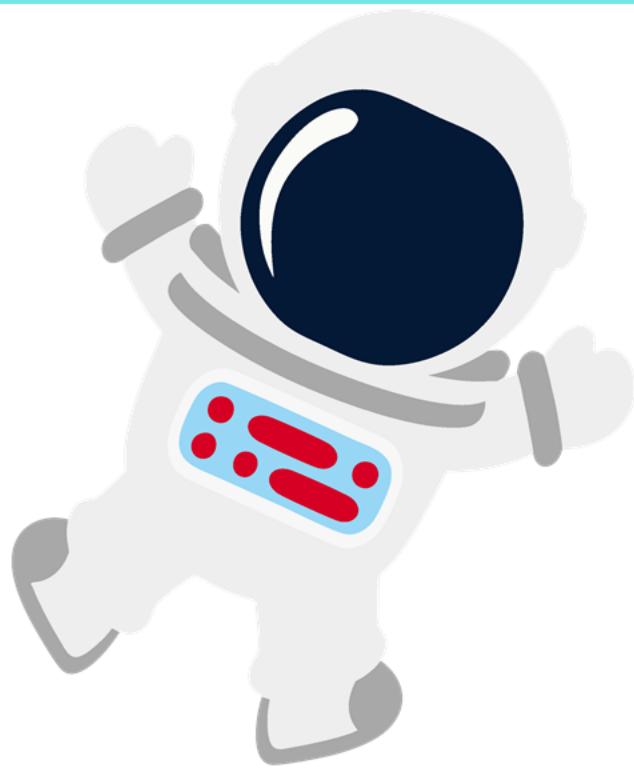
I feel \_\_\_\_\_

when you \_\_\_\_\_

because \_\_\_\_\_

can you please \_\_\_\_\_



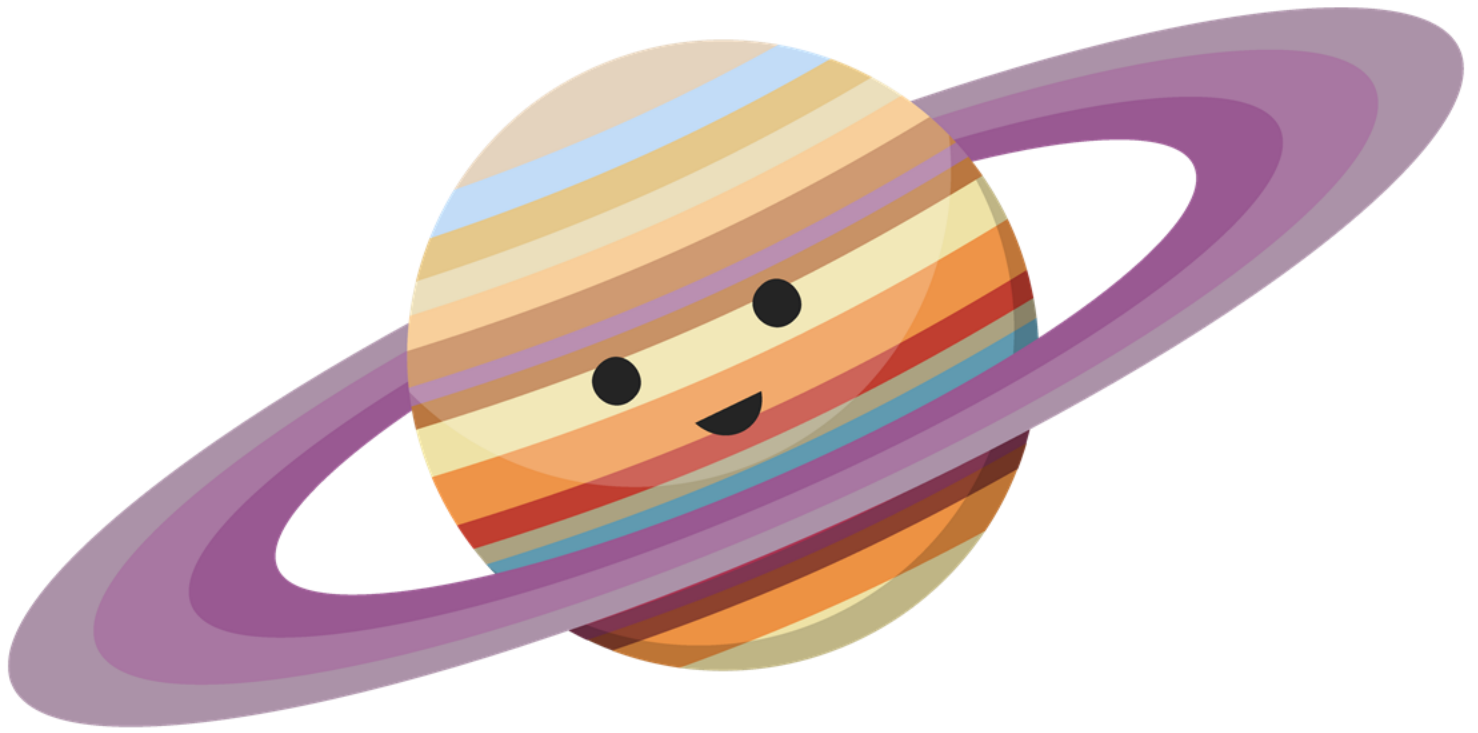


I'm a School

PSYCHOLOGIST

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**

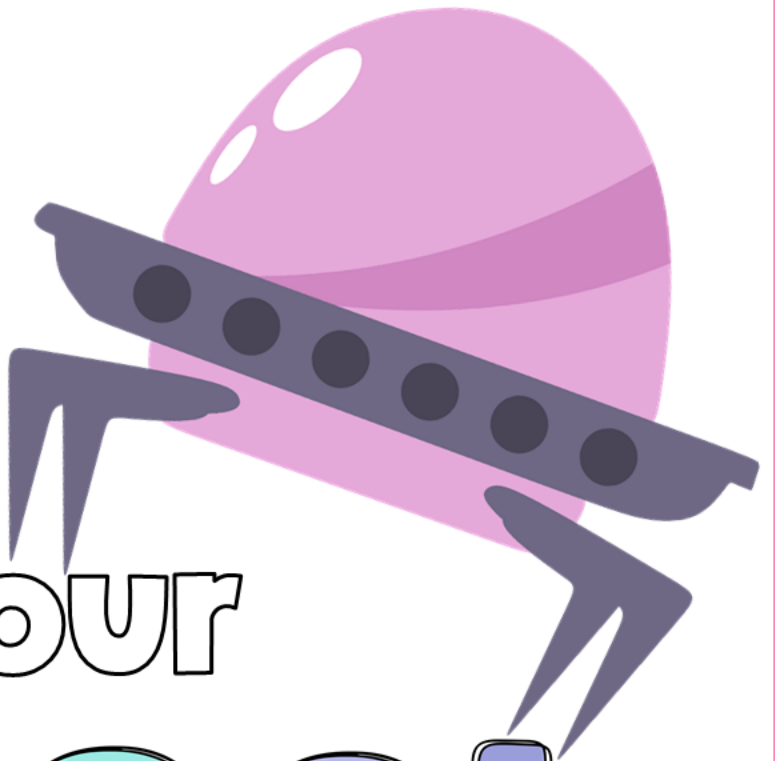


**EMOTIONS**

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

-L.R. Knost

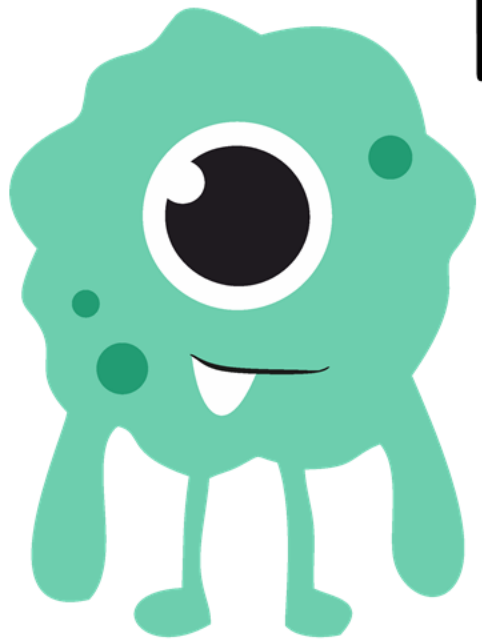
© Heart & Mind Teaching



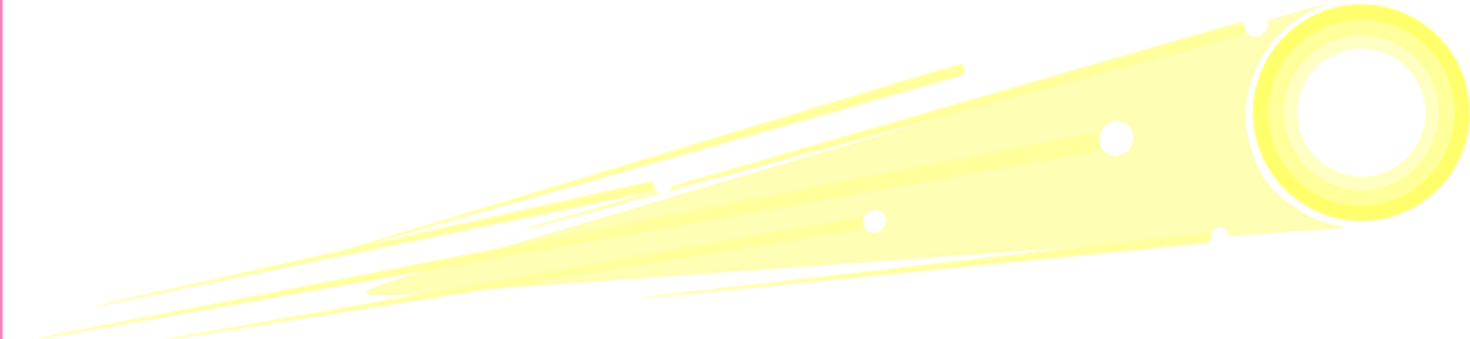
I am your

SCHOOL

PSYCHOLOGIST



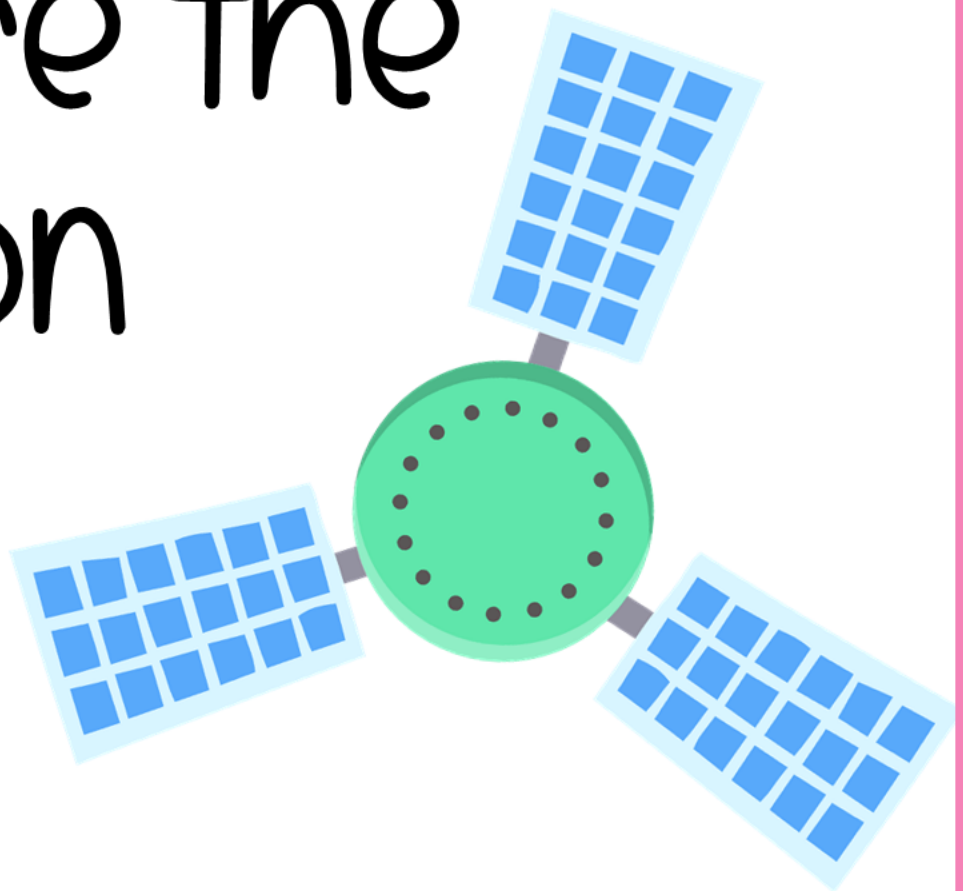
I can't solve all your  
problems,  
but I can listen  
with an open  
mind and heart.



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 blue is on the left side.

**Family  
Dynamics**

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

**Self  
Esteem**

A stylized planet with grey and brown colors. The grey is on the top side, and brown is on the bottom side.

**Character  
Education**

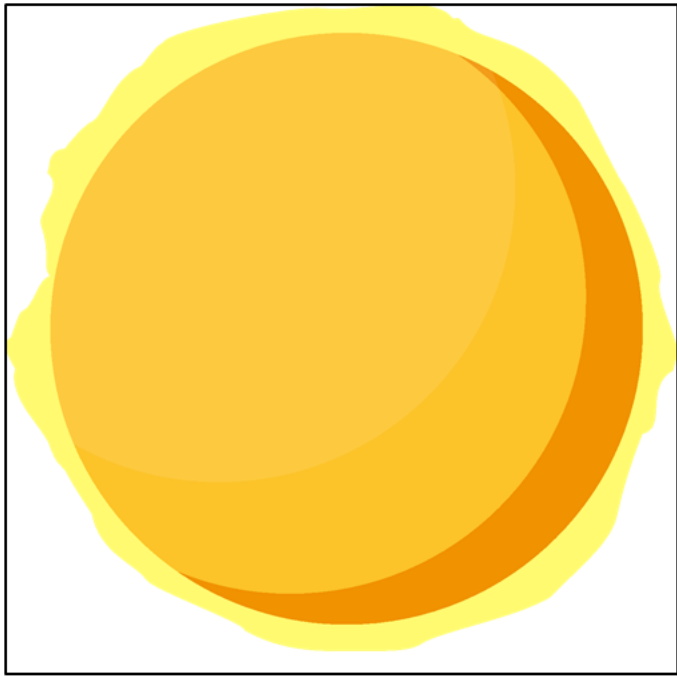
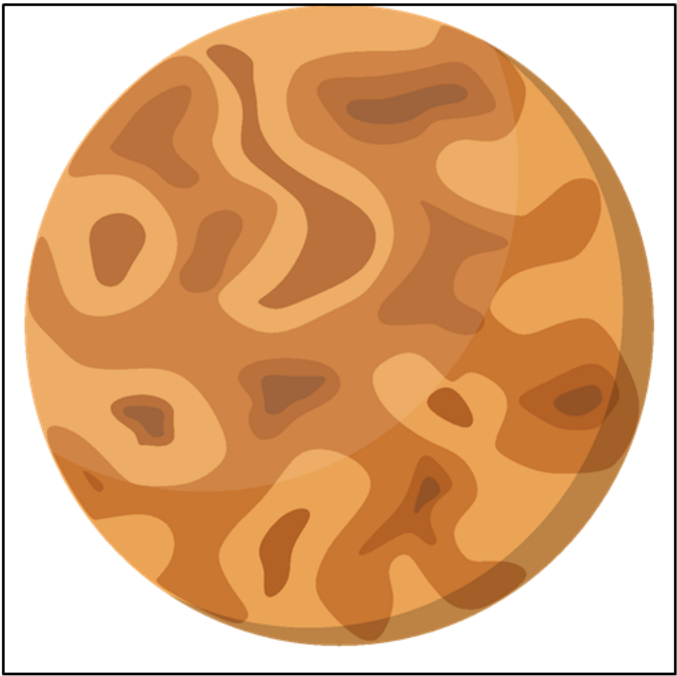
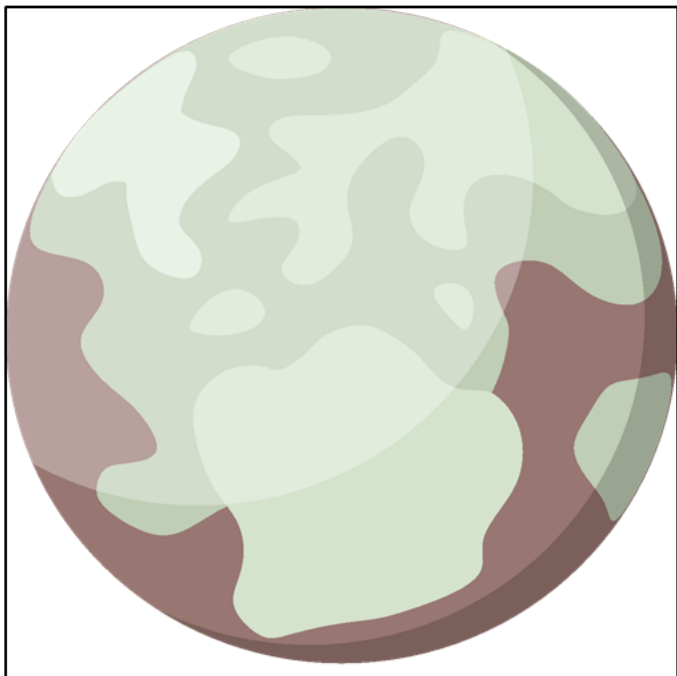
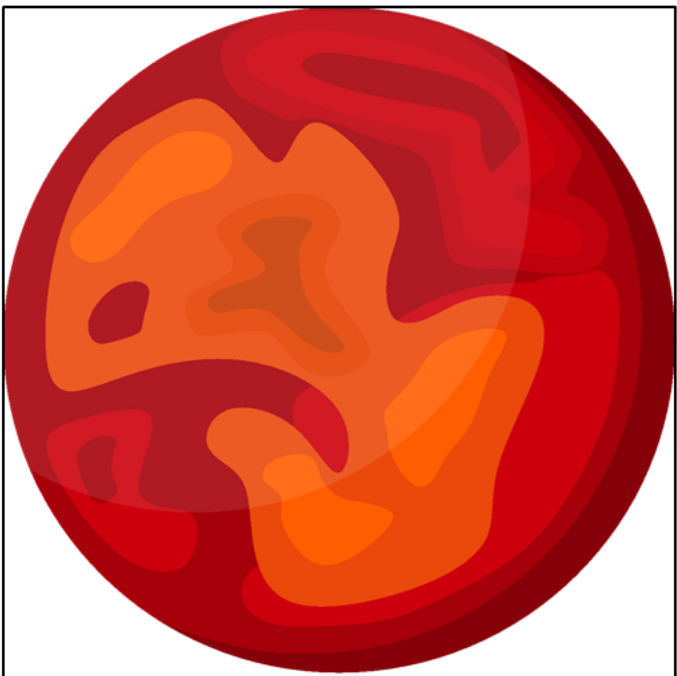
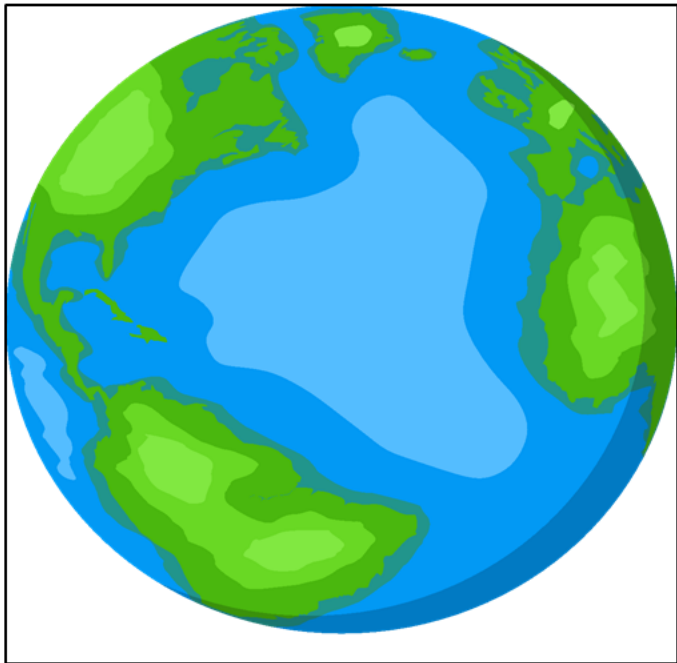
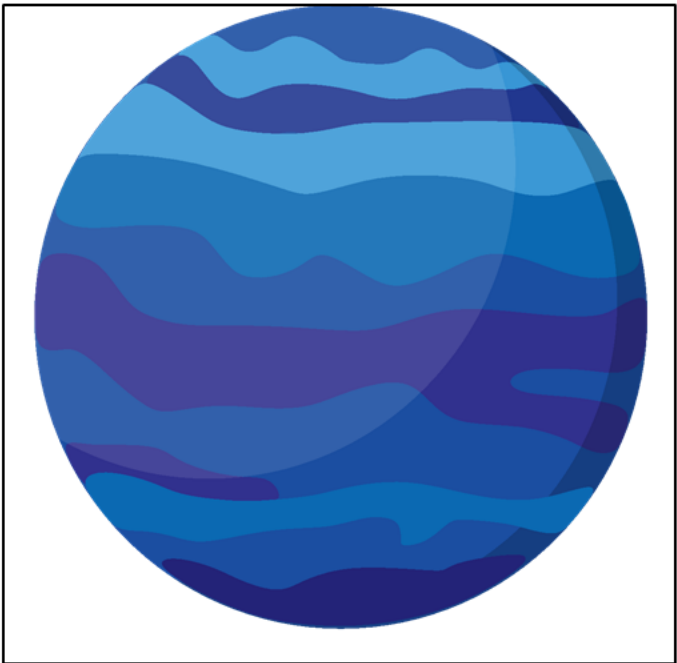
A stylized brown planet with a mottled texture.

**Stress /  
Anxiety**

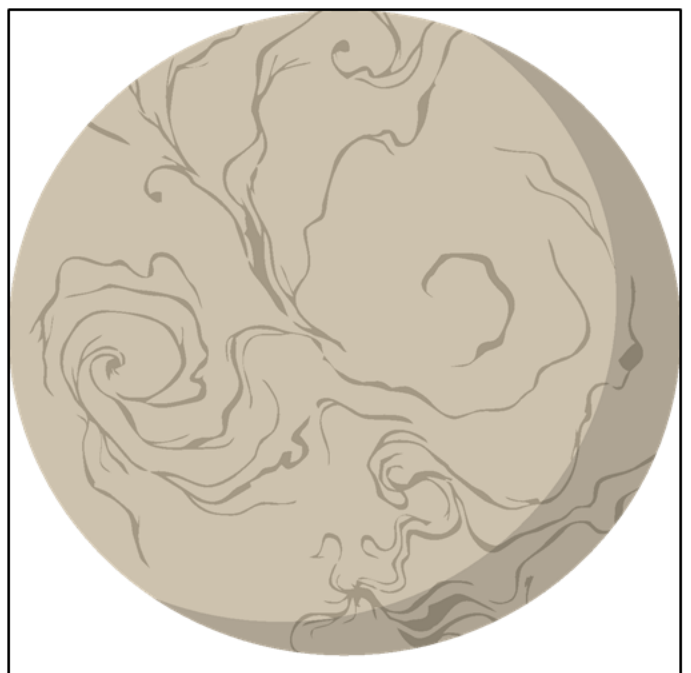
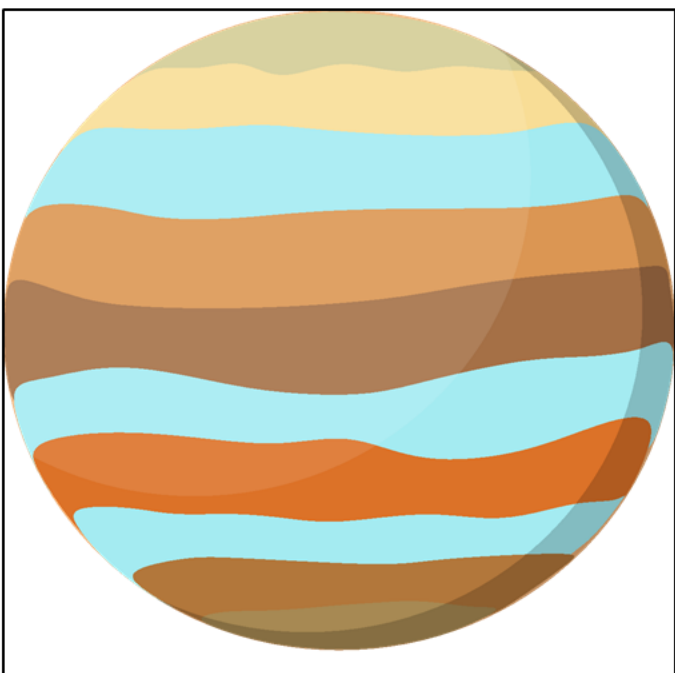
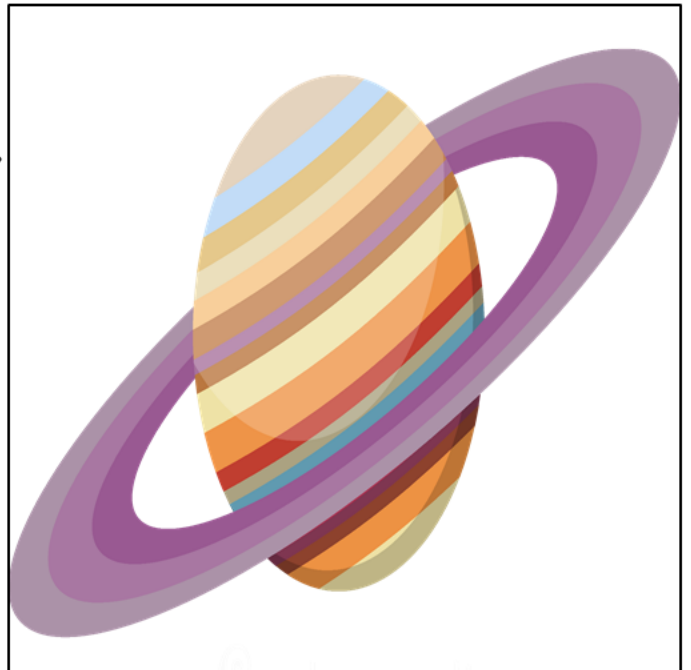
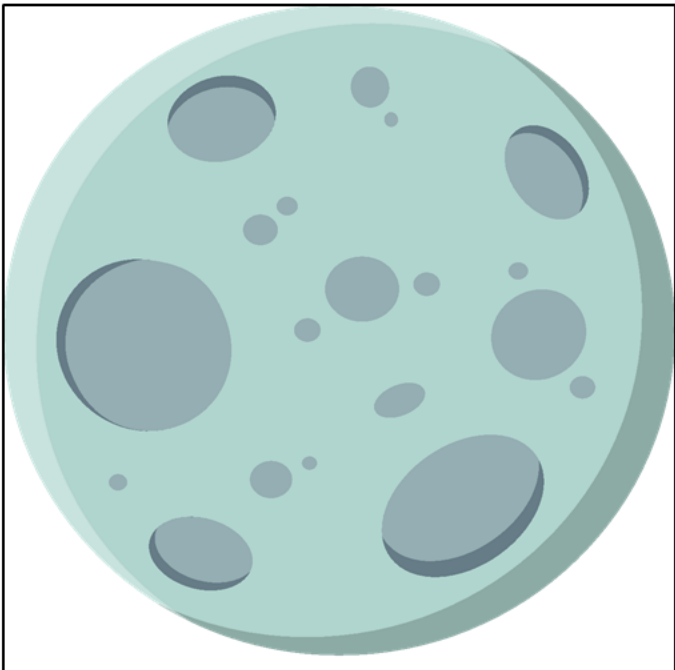
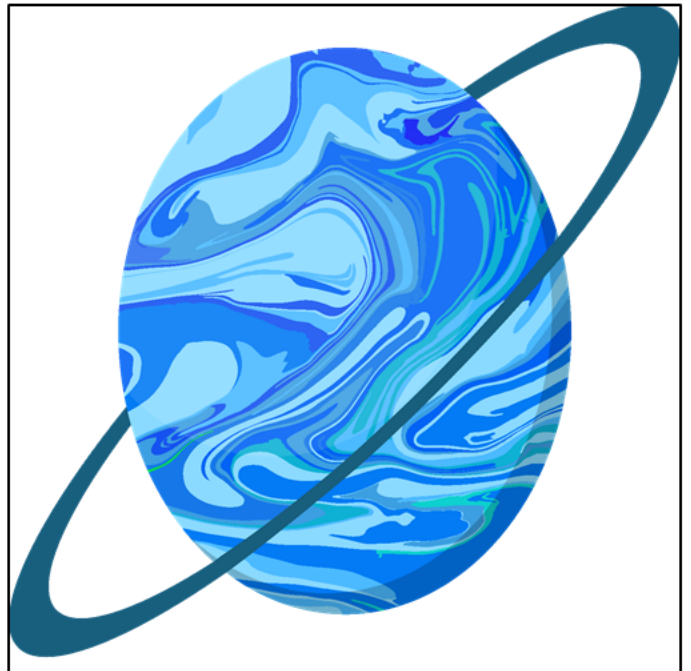
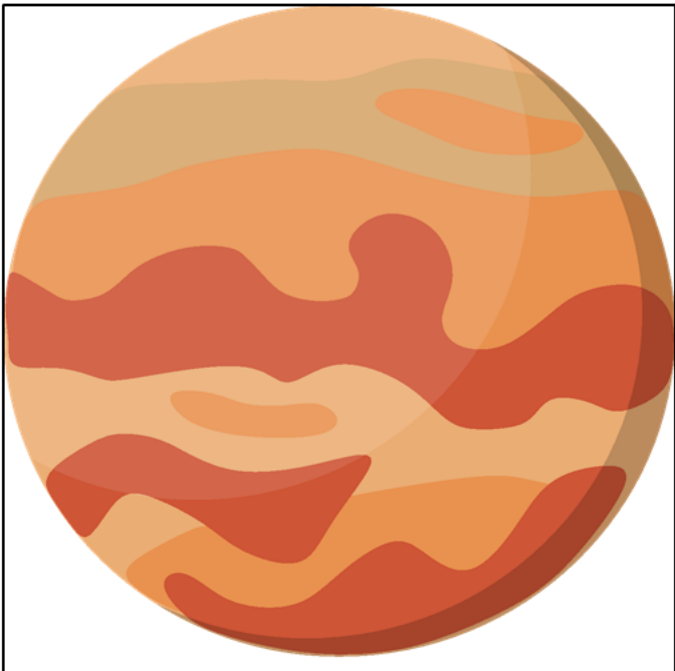
A stylized yellow planet with a gradient from light yellow to dark yellow.

**Bullying**



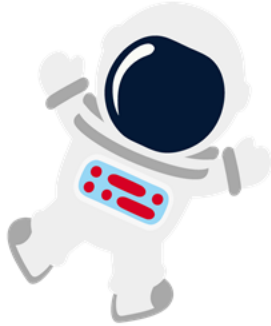


make your own



make your own

Pass to see the  
**Psychologist**



Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Signed: \_\_\_\_\_



Pass to see the  
**Psychologist**



Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Signed: \_\_\_\_\_



Pass to see the  
**Psychologist**



Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Signed: \_\_\_\_\_



Pass to see the  
**Psychologist**



Student Name: \_\_\_\_\_

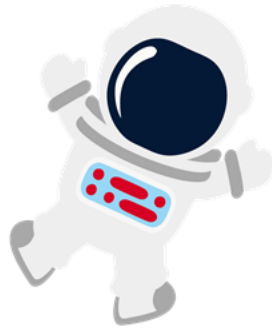
Teacher: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

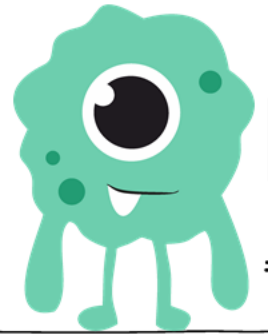
Signed: \_\_\_\_\_



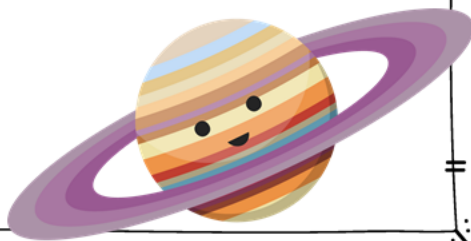
Note from the  
**Psychologist**



Note from the  
**Psychologist**



Note from the  
**Psychologist**

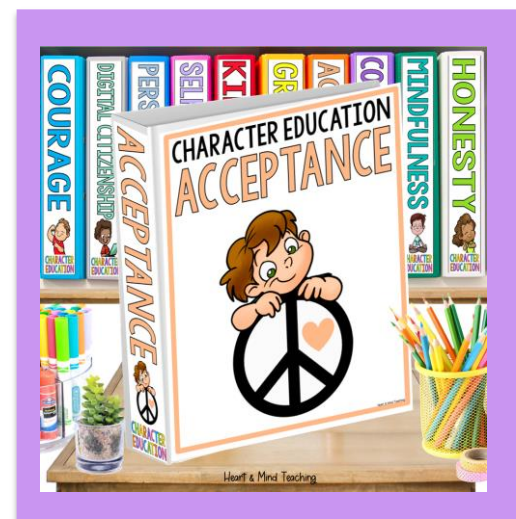
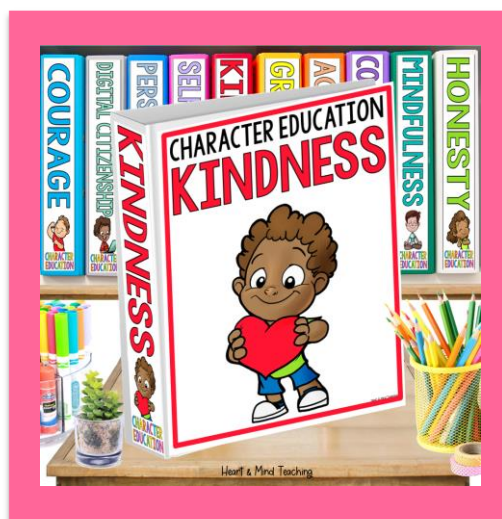
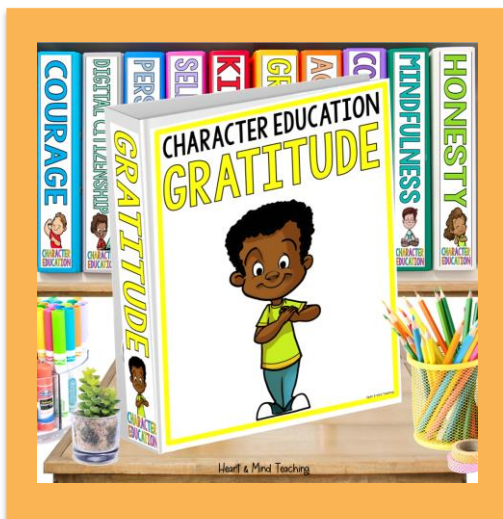
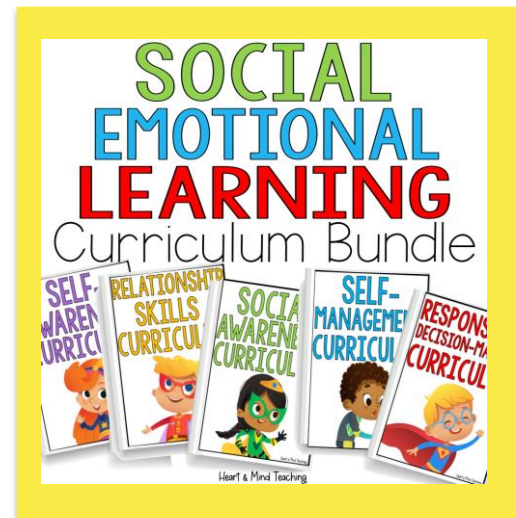
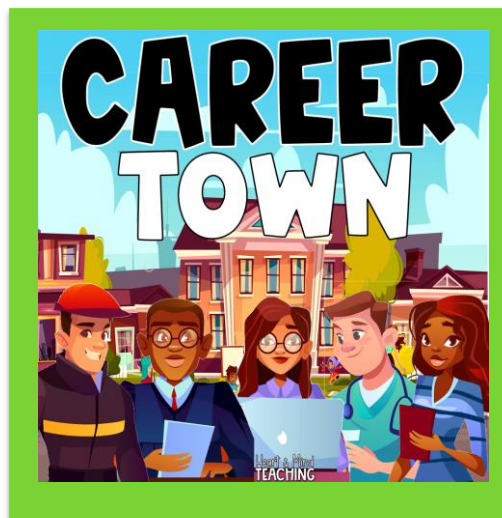


Note from the  
**Psychologist**



# 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.

## LET'S BE FRIENDS

*Ashley*

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Library



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# CREDITS

