

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR  
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# ASCA MINDSETS & BEHAVIORS:

## Mindsets:

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being

## Behaviors:

- B-SS 3: Positive relationships with adults to support success
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary



# DIRECTIONS PAGE 1:

This lesson will take approximately 45 minutes to teach.

## Recommended Sequence:

1. Review the PowerPoint or digital for Google Slides™ presentation.
2. Review (and display) the instructional posters with students.
3. Choose a **craft** (2 options) and complete it with students.
4. Choose a **worksheet** or **coloring page** and complete it with students.

## Materials Needed:

- Printed materials
- Pencils
- Markers or crayons
- Glue sticks
- Scissors
- 1 piece of construction paper/student

## PowerPoint Presentation:

This presentation teaches students about 3 different sizes of problems and the role of the school counselor. It has a surfing theme and the main idea is: "school counselors help students surf the waves of life." First, it teaches students that "life comes with waves" and provides 10 examples such as friendship problems, big feelings, bullying, losing a pet, feeling left out, etc. Then, it teaches that school counselors are there to support and help students through the "waves of life." Next, students learn about the 3 types of "waves:" "ripples," "waves," and "tidal waves." The presentation walks students through each type and provides examples of each one. It explains that "ripples" students can handle on their own, "waves" sometimes need support from an adult, and "tidal waves" *always* need support from an adult. The presentation also teaches students times when they may need to ask for support with waves.

Then, **slide 13 is editable** for you to add in your photo, name, and a brief description of yourself. You can type directly in the text boxes.

### TO ADD IN YOUR PHOTO:

Delete the existing photo. Click on the "Insert" tab → "Pictures" → "Picture from file" → Choose your picture → Insert. Then, you can resize the photo and drag it into the frame.

# DIRECTIONS PAGE 2:

Finally, the presentation teaches students about the 6 "surfboards" that school counselors use to help students "surf the waves of life." They are: listener, helper, solver, secret-keeper, safe person, and kindness. The presentation describes each surfboard as well as confidentiality and its limits. The last slide assures students that "no one surfs alone" and that their school counselor is there to help. Then, it asks students to share how their school counselor can help them. Feel free to generate a discussion around this.

## Referral Form:

A half-page referral form is provided in full color and black/white. Students can use these to refer themselves for counseling services.

## Posters:

5 posters are provided that summarize the content from the presentation. These are beautiful to display in your space and for review!

## Crafts

2 different crafts are provided in full color and black/white. Please choose the one that best fits the needs and abilities of your students. For each craft, 10 different options for the school counselor clipart are included. Please choose the counselor that looks the most like you. Samples of both crafts are provided on the next pages.

**Craft #1:** The first craft asks students to draw or write one way their school counselor helps them in each section of the surfboard. Then, they can color the surfboard and school counselor, cut them out, and glue them onto a piece of construction paper.

**Craft #2:** The second craft includes 3 surf boards, a palm tree, and sand. First, students can draw or write one way their school counselor helps them on each surfboard. Then, they can color and cut out all 5 pieces. Next, they can glue the palm tree and the 3 surf boards onto the sand as shown in the sample. Finally, they can glue it onto a piece of construction paper.

## Worksheets:

2 worksheets and 1 coloring page are included. For each page, multiple different options for the school counselor clipart are provided. Please choose the one that looks the most like you. Directions are provided at the top of the page.

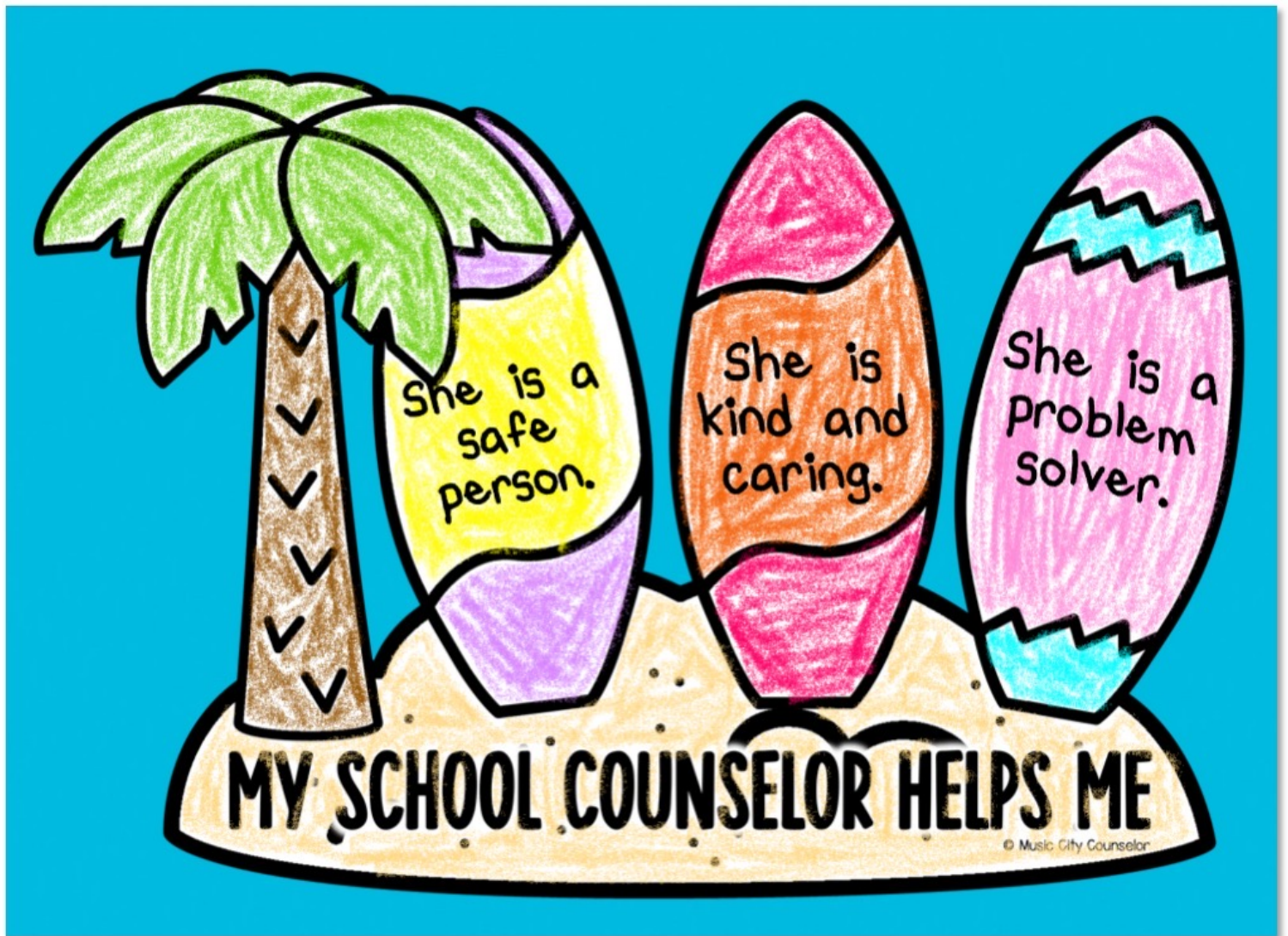


# CRAFT #1 SAMPLE:





# CRAFT #2 SAMPLE:





# REFERRAL FORM

# CHAT WITH MY SCHOOL COUNSELOR

My Name: \_\_\_\_\_

My Teacher's Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_



**MY PROBLEM IS A:**



**I NEED HELP WITH:**

- ☐ Home & Family
- ☐ School
- ☐ Friends
- ☐ Choices
- ☐ Other

**NOTES:**

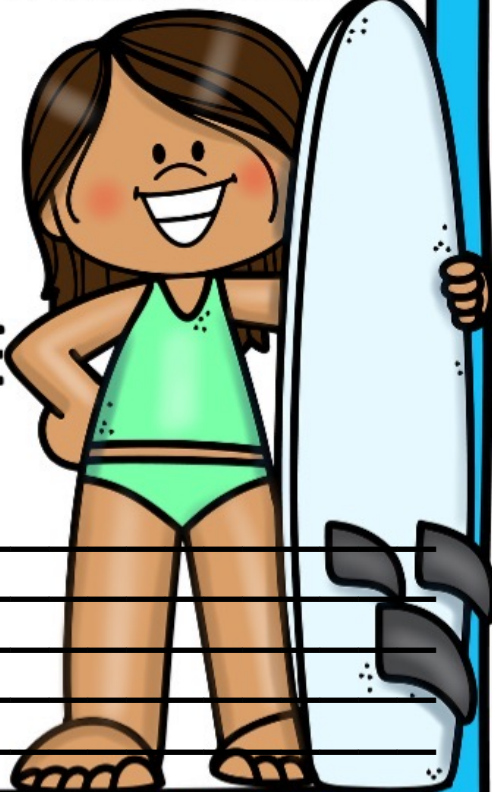
---

---

---

---

---



© Music City Counselor

# CHAT WITH MY SCHOOL COUNSELOR

My Name: \_\_\_\_\_

My Teacher's Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_



**MY PROBLEM IS A:**



**I NEED HELP WITH:**

- ☐ Home & Family
- ☐ School
- ☐ Friends
- ☐ Choices
- ☐ Other

**NOTES:**

---

---

---

---

---



© Music City Counselor



# CHAT WITH MY SCHOOL COUNSELOR

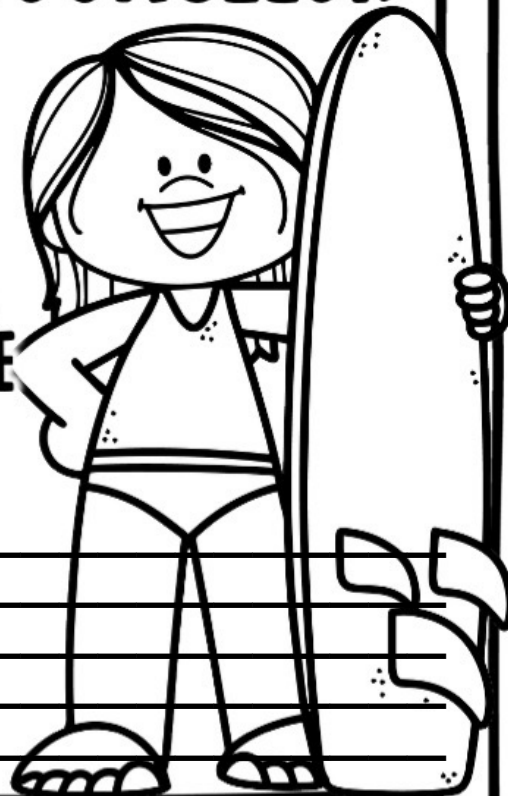
My Name: \_\_\_\_\_

My Teacher's Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_



**MY PROBLEM IS A:**



**I NEED HELP WITH:**

- ☐ Home & Family
- ☐ School
- ☐ Friends
- ☐ Choices
- ☐ Other

**NOTES:**

---

---

---

---

---

© Music City Counselor

# CHAT WITH MY SCHOOL COUNSELOR

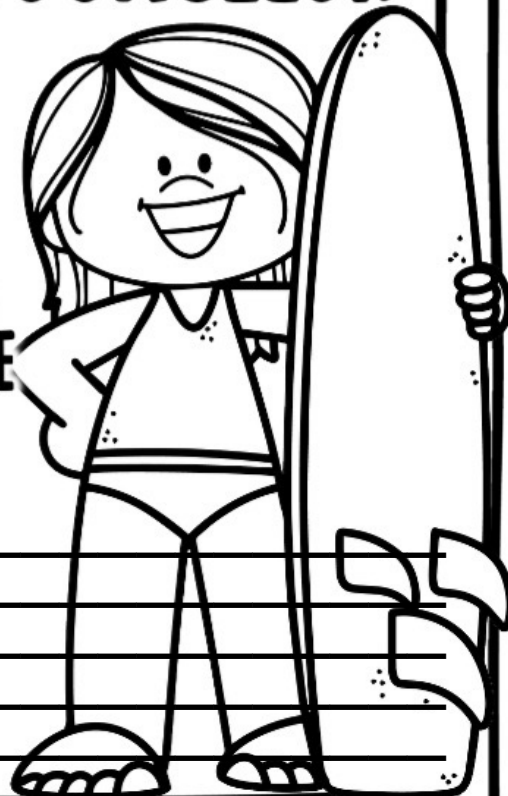
My Name: \_\_\_\_\_

My Teacher's Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_



**MY PROBLEM IS A:**



**I NEED HELP WITH:**

- ☐ Home & Family
- ☐ School
- ☐ Friends
- ☐ Choices
- ☐ Other

**NOTES:**

---

---

---

---

---

© Music City Counselor

# POSTERS





# LIFE COMES WITH WAVES!



# 3 TYPES OF WAVES:

## RIPPLES:



- May bug you, but they're **no big deal**
- Can make you feel annoyed, frustrated, or upset
- You can **ride them on your own**, without support from a grown-up you trust

## WAVES:



- Feel **heavier, last longer**
- Can affect your learning, friendships, choices, and feelings
- **Some you can ride alone, but others need help** from a grown-up you trust

## TIDAL WAVES:



- **SO BIG** that you need **help RIGHT AWAY** from a grown-up
- Make you feel scared, hopeless, overwhelmed, trapped, stressed, or unsafe
- **Emergencies, crises, dangerous** situations





**COUNSELORS TEACH STUDENTS  
HOW TO SURF THE WAVES OF LIFE!**



# CONFIDENTIALITY:

School counselors keep students' secrets confidential or private. We don't share your story with your friends, families, or teachers.

## EXCEPTIONS:

- You're hurting yourself
- You're hurting others
- Someone is hurting you



# NO ONE SURFS ALONE





**CRAFT #1**

Write one way school counselors help students in each section of the surfboard. Then, cut it out.





Write one way school counselors help students in each section of the surfboard. Then, cut it out.

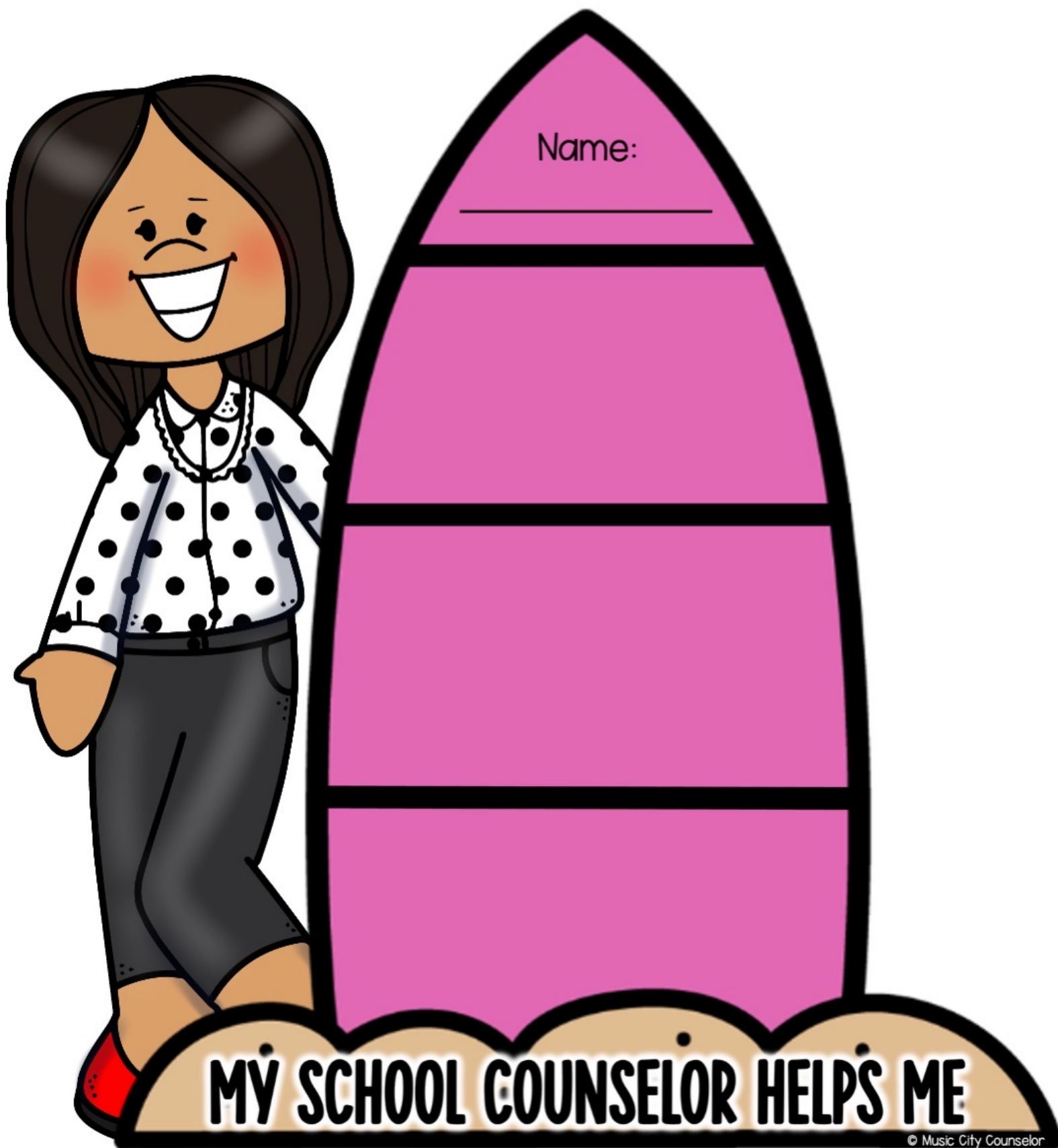


Write one way school counselors help students in each section of the surfboard. Then, cut it out.

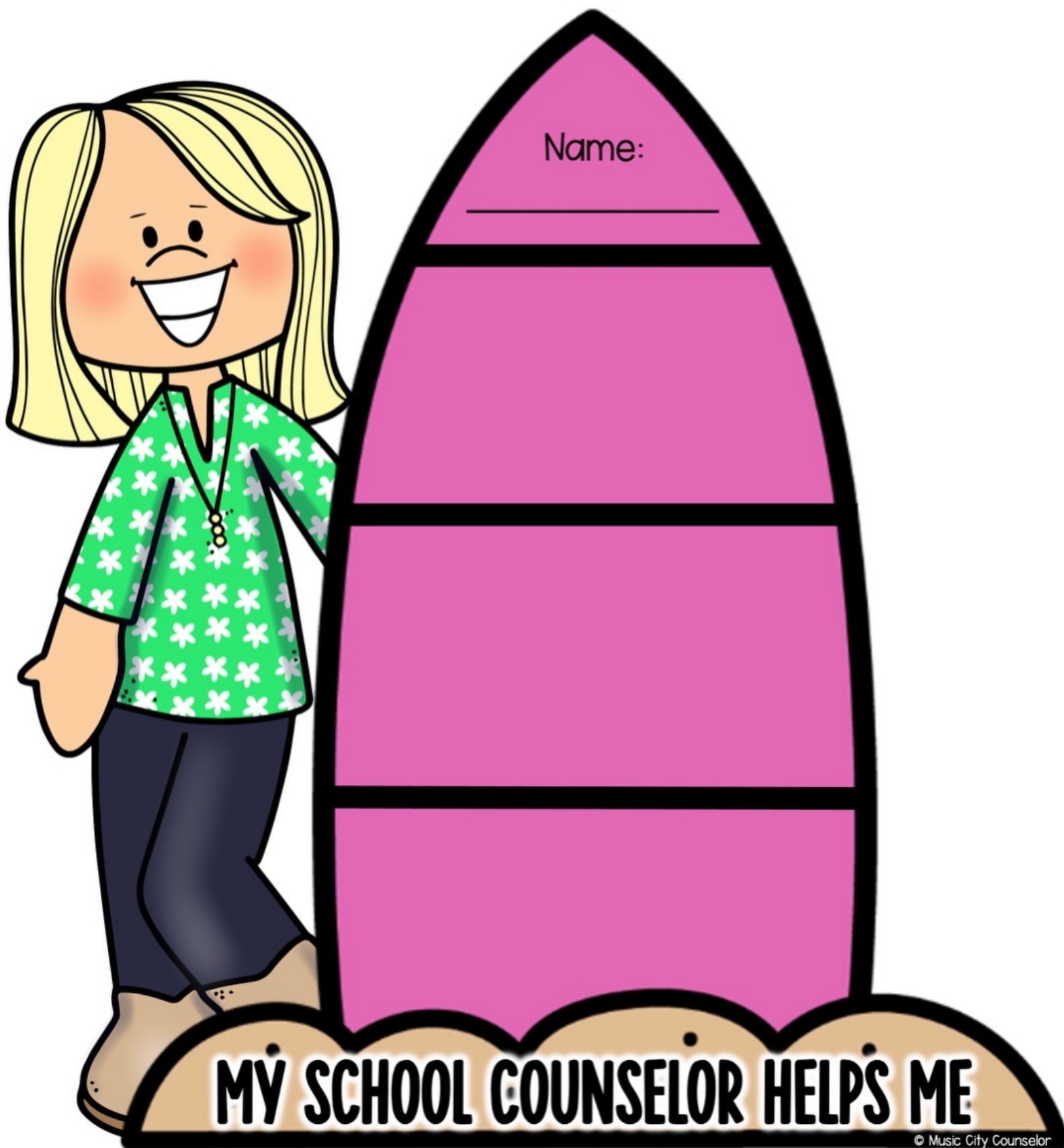




Write one way school counselors help students in each section of the surfboard. Then, cut it out.



Write one way school counselors help students in each section of the surfboard. Then, cut it out.





Write one way school counselors help students in each section of the surfboard. Then, cut it out.



Write one way school counselors help students in each section of the surfboard. Then, cut it out.





Write one way school counselors help students in each section of the surfboard. Then, cut it out.



Write one way school counselors help students in each section of the surfboard. Then, cut it out.

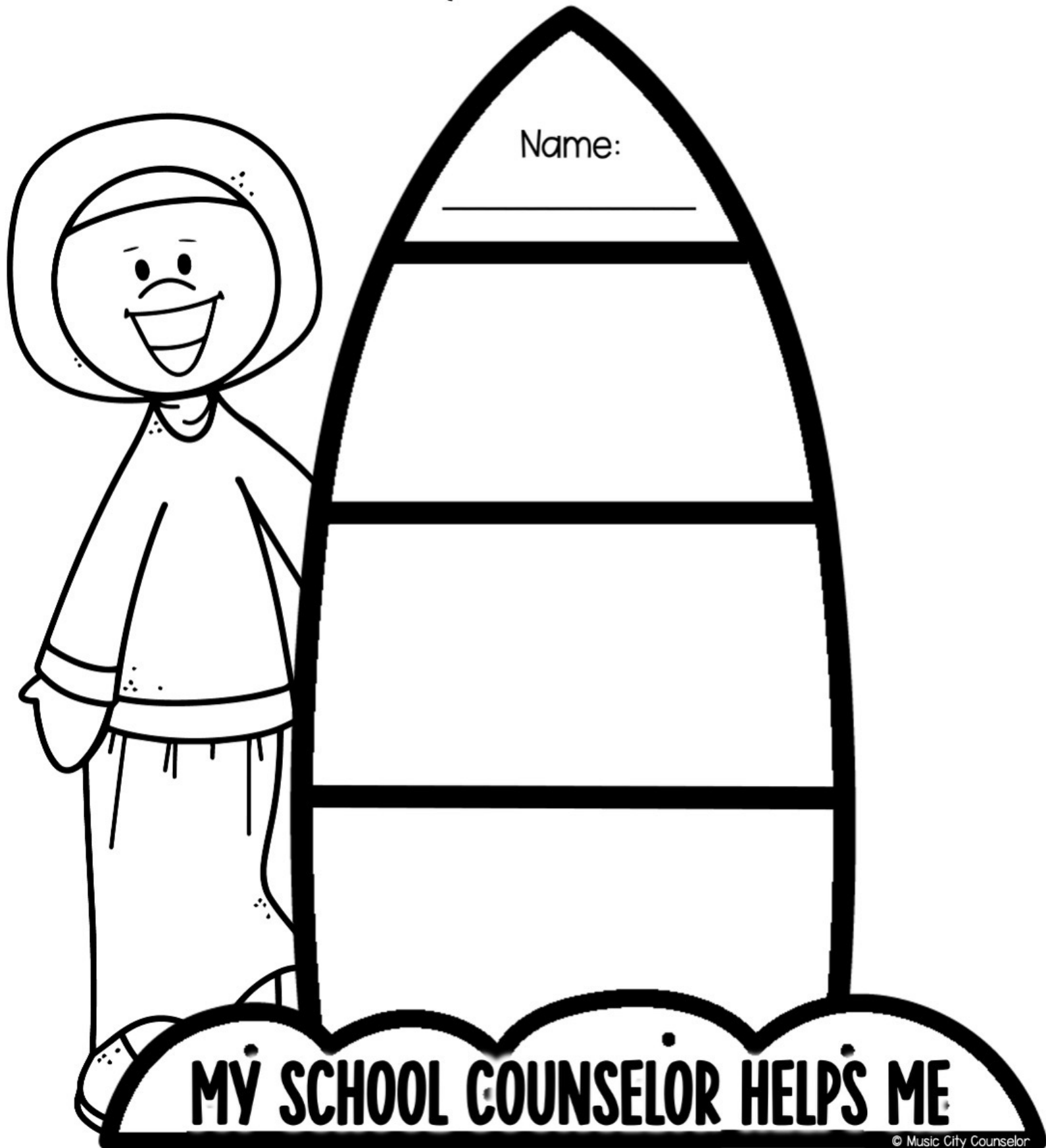




Write one way school counselors help students in each section of the surfboard. Then, cut it out.

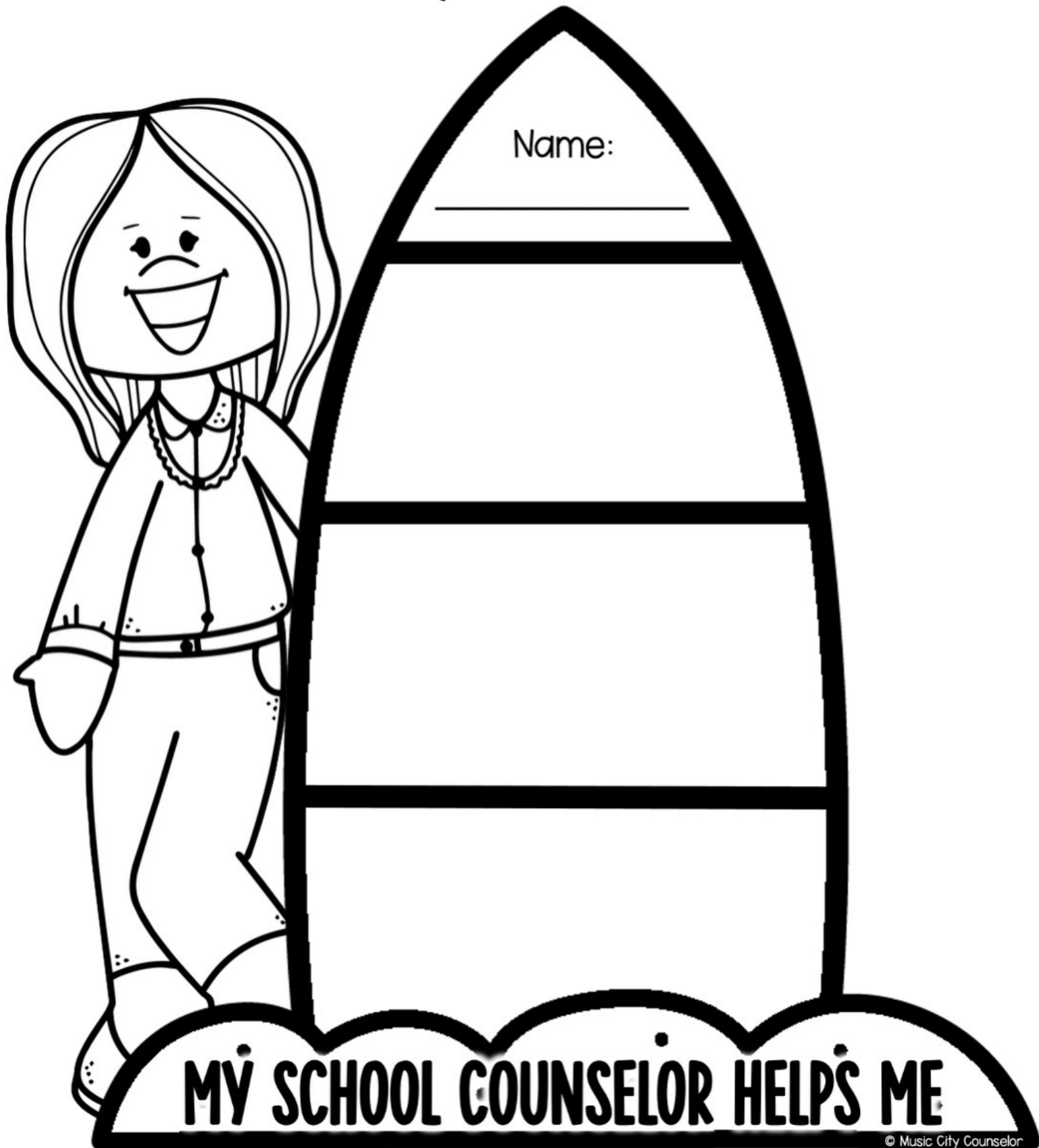


Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.

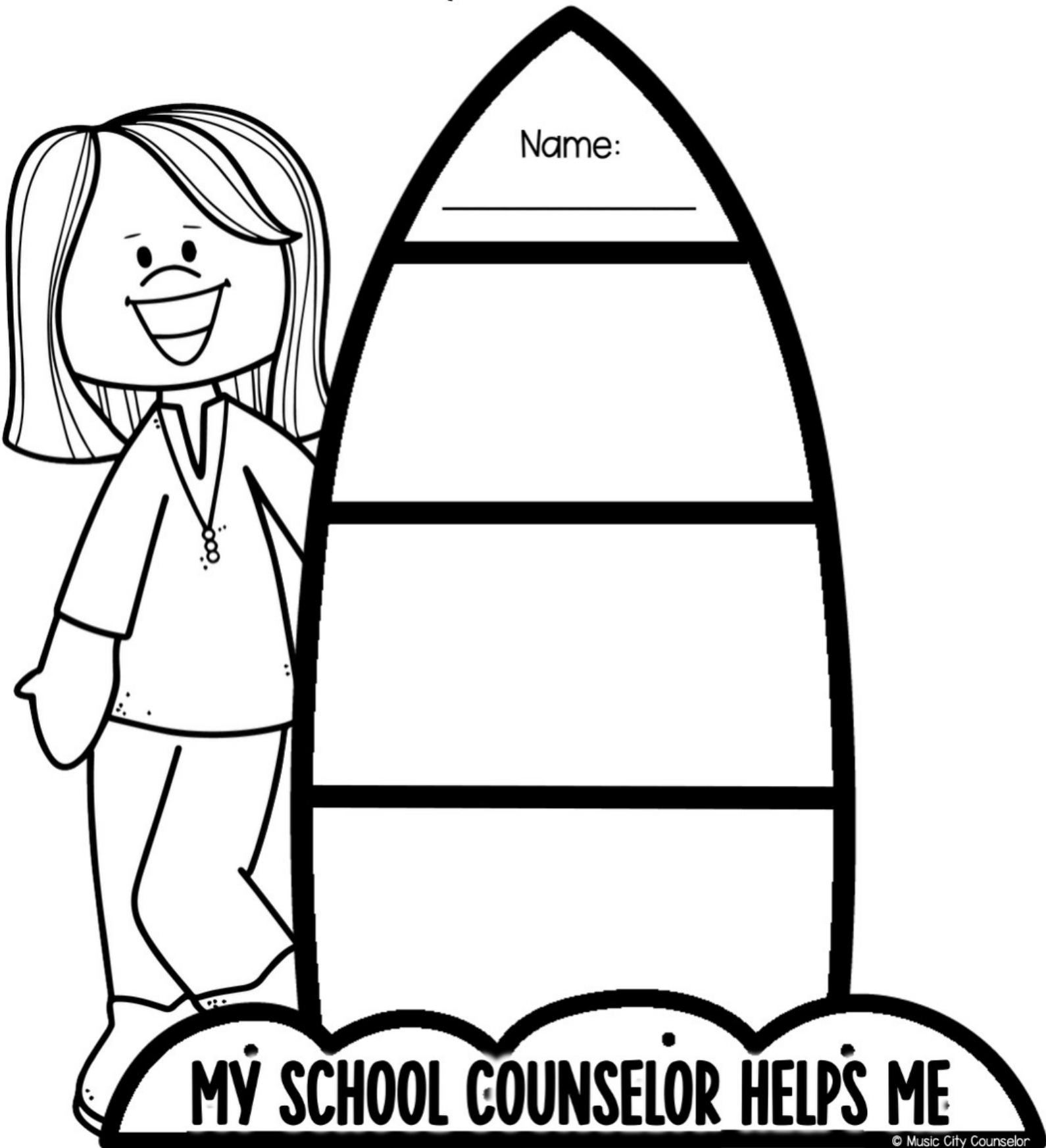




Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.

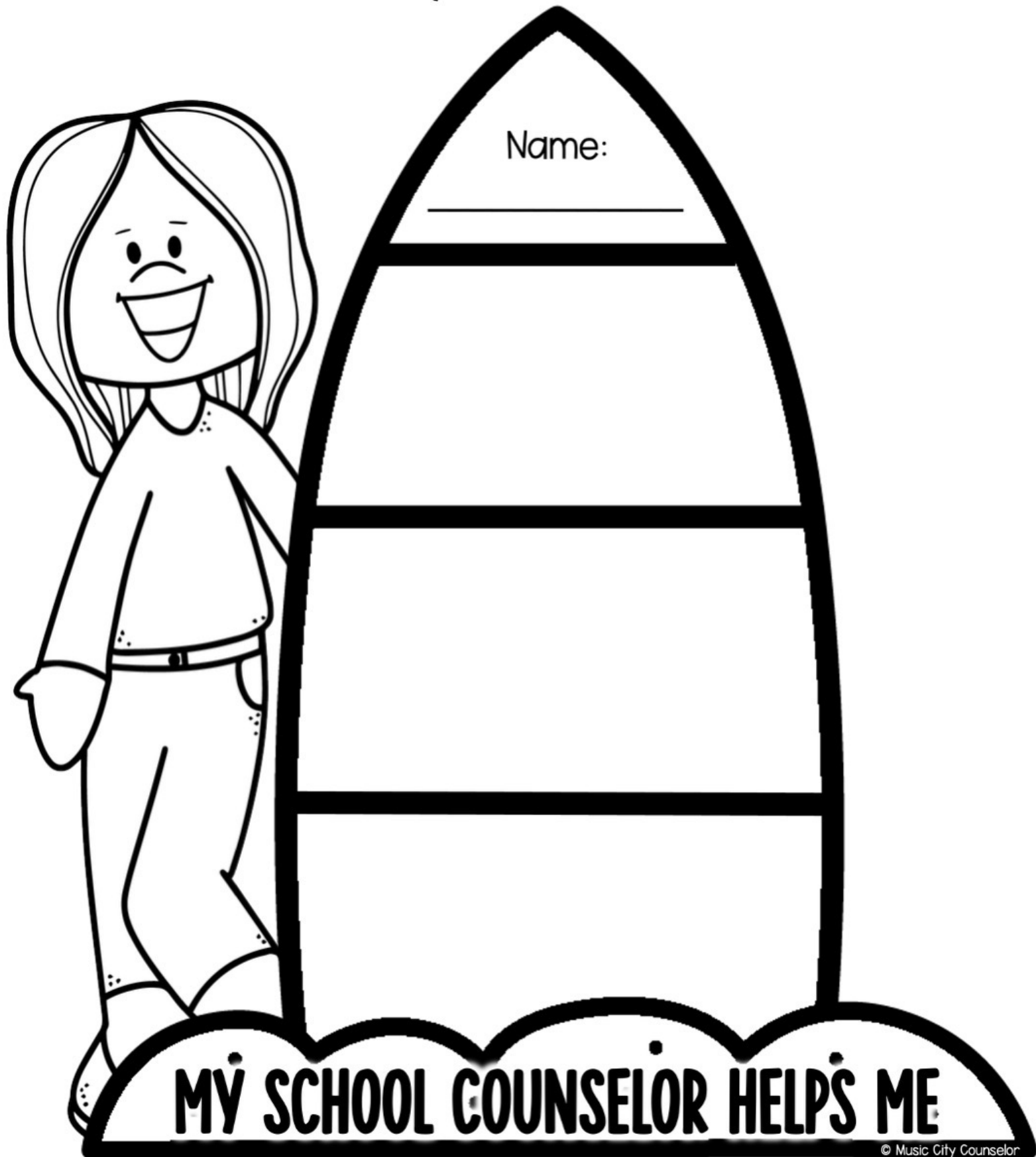


Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.





Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.

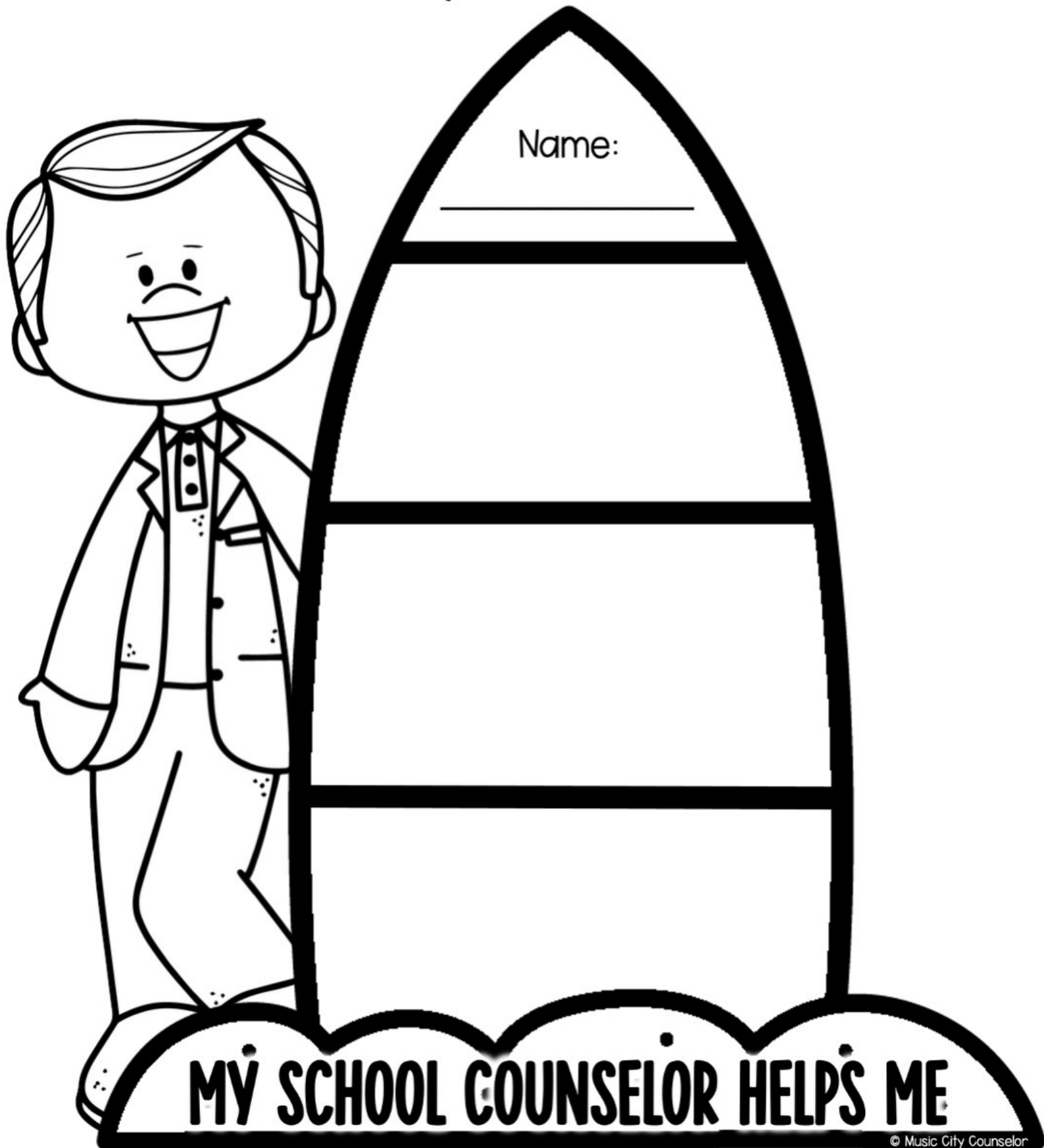


Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.

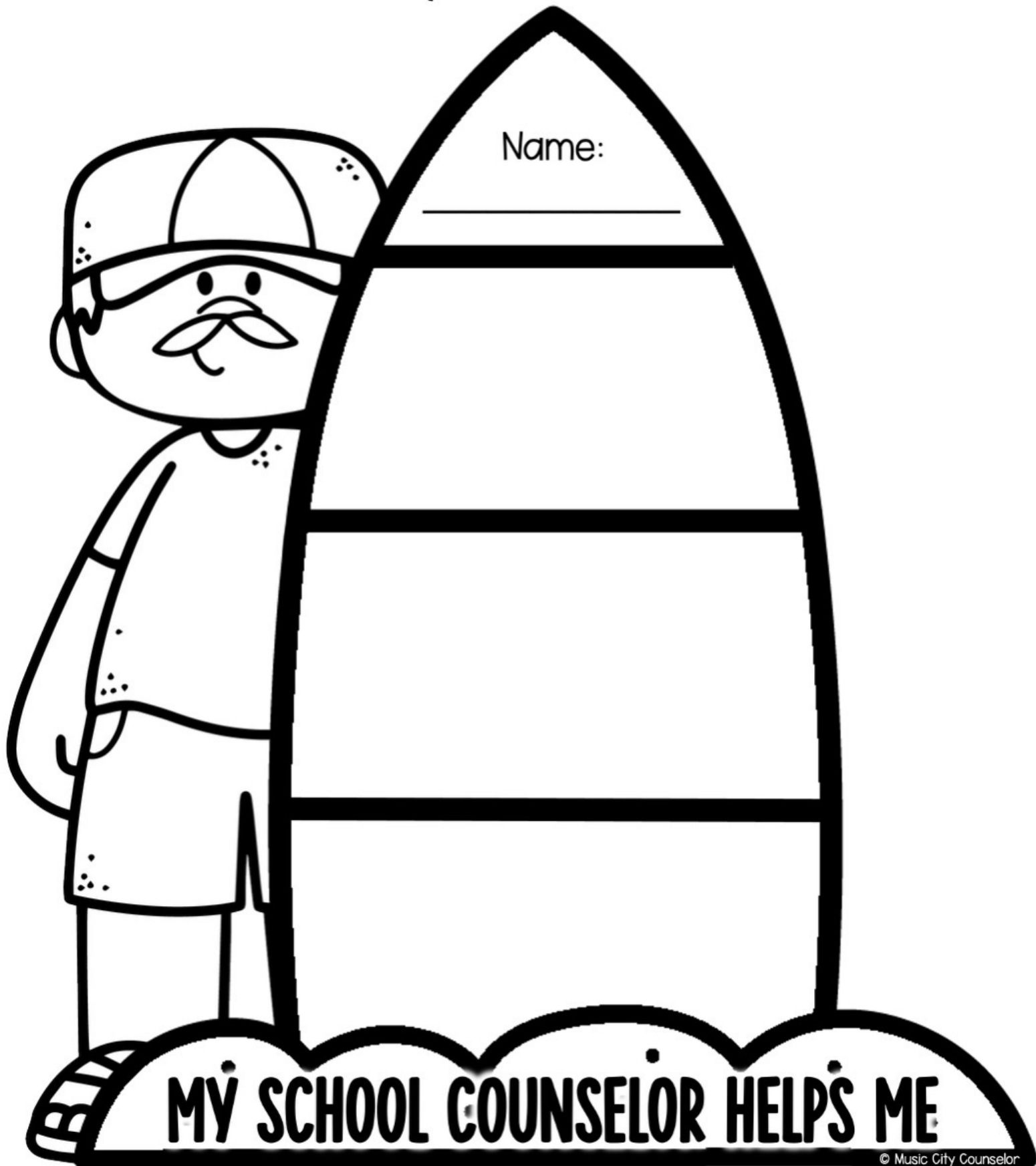




Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.

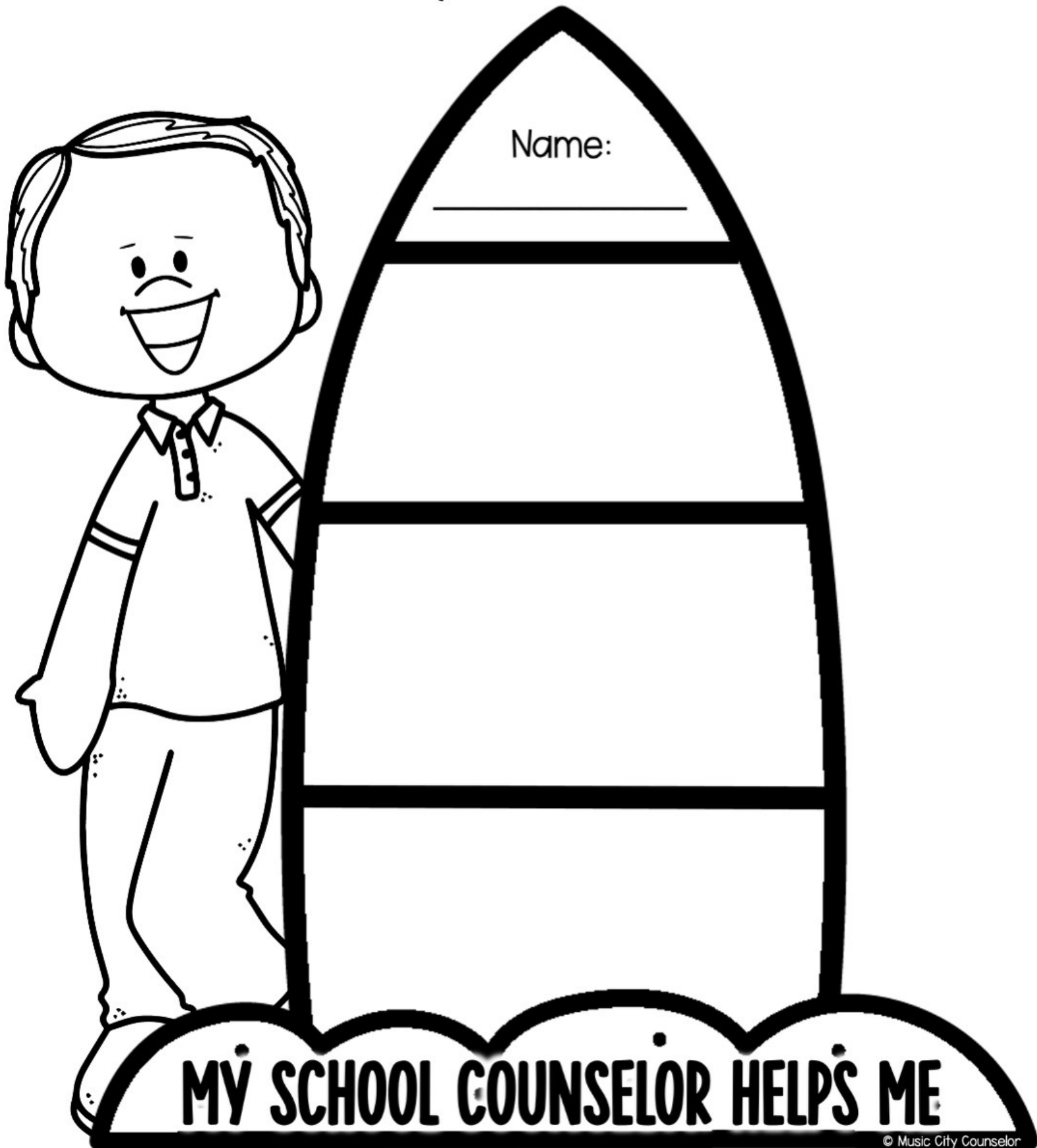


Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.

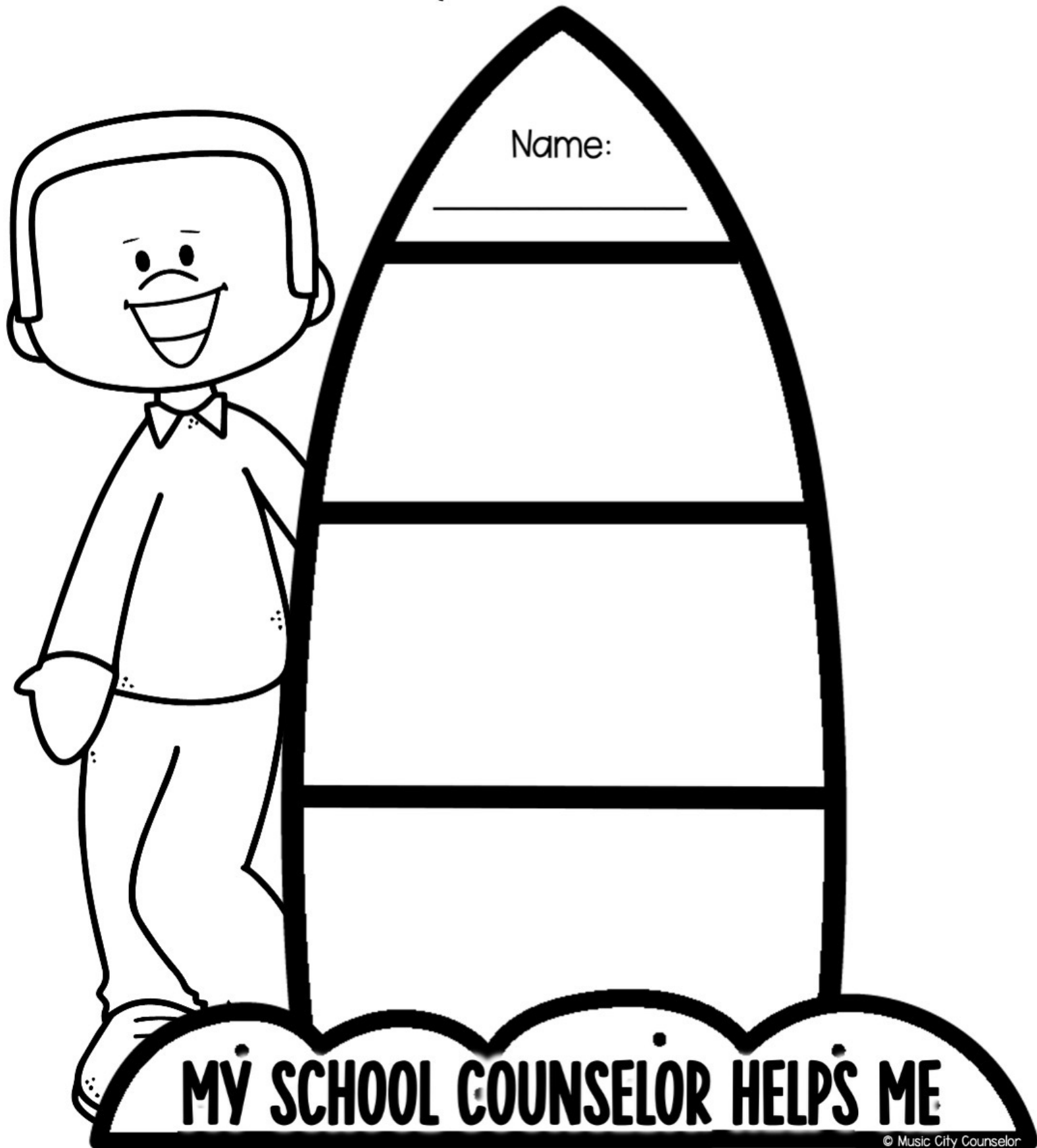




Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.



Write one way school counselors help students in each section of the surfboard. Then, color it and cut it out.



# CRAFT #2



A light brown, cloud-like shape with a thick black outline, decorated with small black dots. The text "MY SCHOOL COUNSELOR HELPS ME" is written in a bold, black, sans-serif font with a white drop shadow, curving along the top edge.

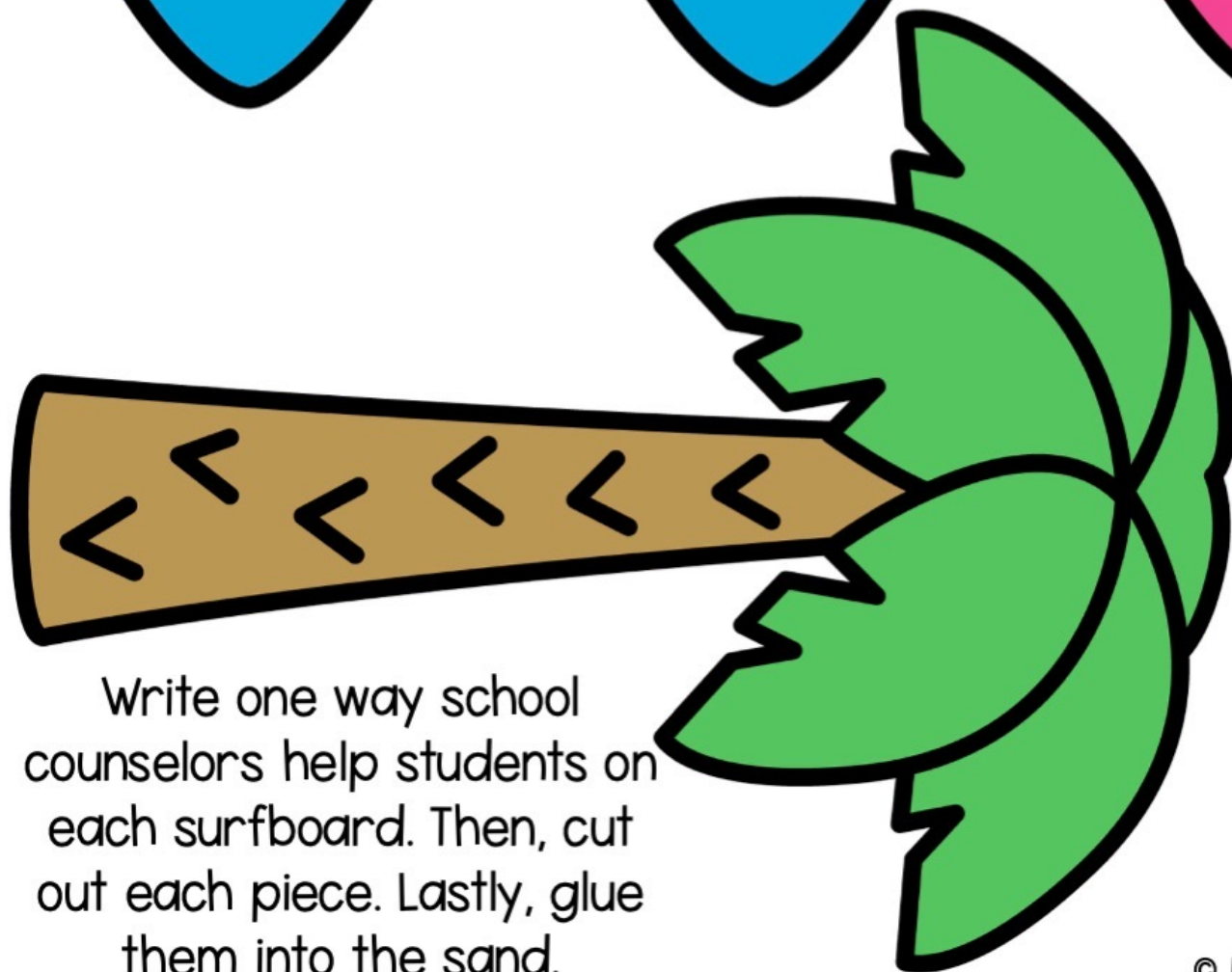
**MY SCHOOL COUNSELOR HELPS ME**

© Music City Counselor

A light brown, cloud-like shape with a thick black outline, decorated with small black dots. The text "MY SCHOOL COUNSELOR HELPS ME" is written in a bold, black, sans-serif font with a white drop shadow, curving along the top edge.

**MY SCHOOL COUNSELOR HELPS ME**

© Music City Counselor



Write one way school counselors help students on each surfboard. Then, cut out each piece. Lastly, glue them into the sand.



**MY SCHOOL COUNSELOR HELPS ME**

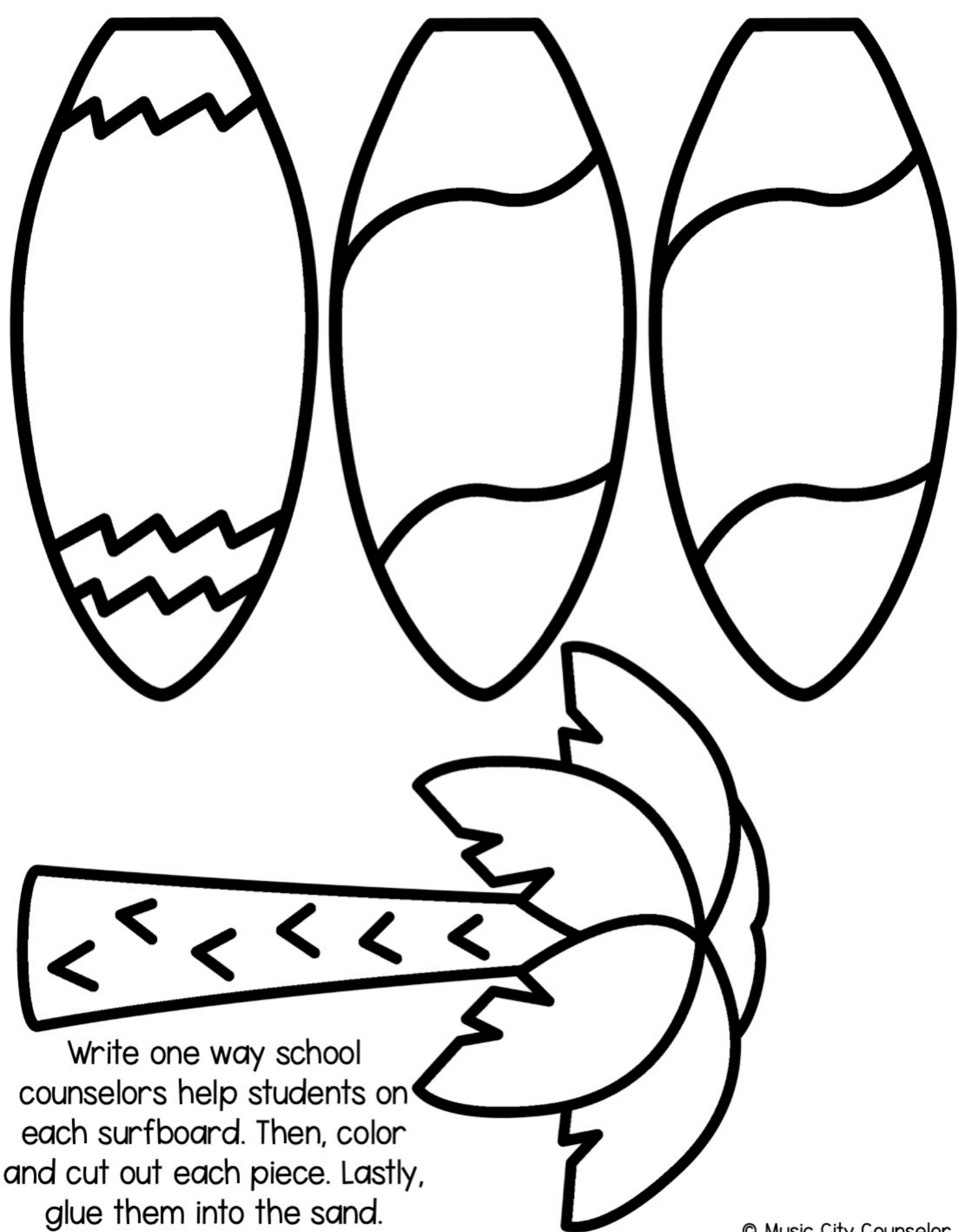
© Music City Counselor



**MY SCHOOL COUNSELOR HELPS ME**

© Music City Counselor





# **WORKSHEETS & COLORING PAGES**

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

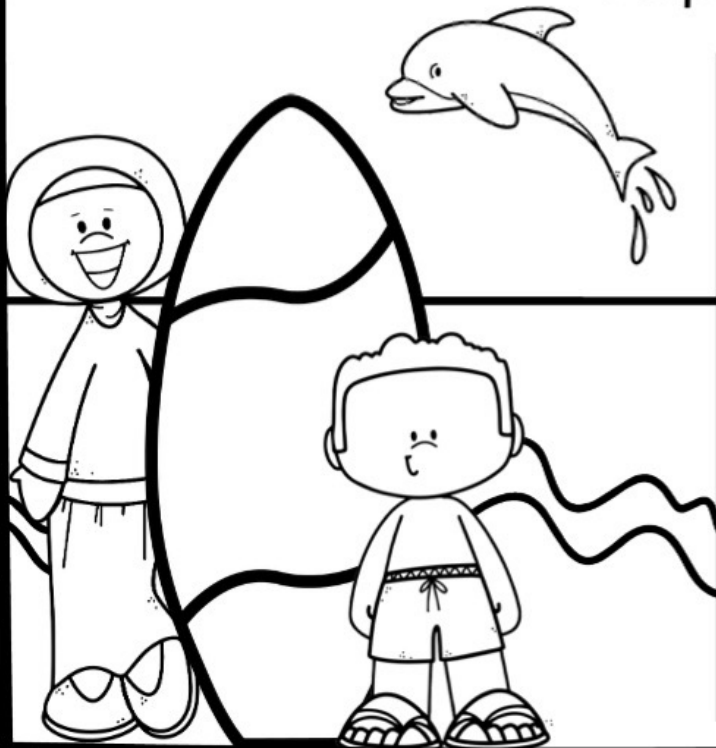
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

---

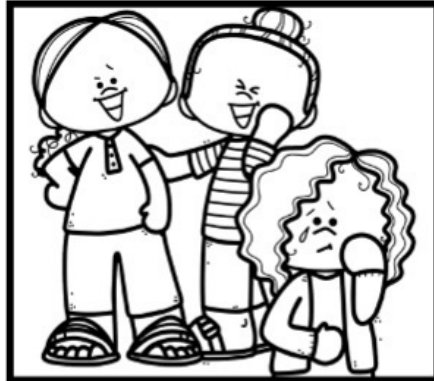
---



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

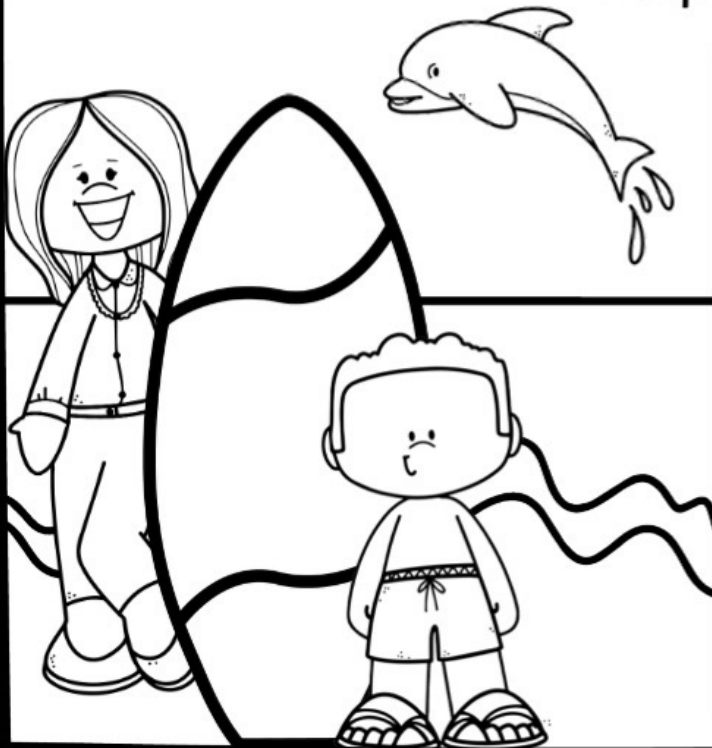
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

---

---

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

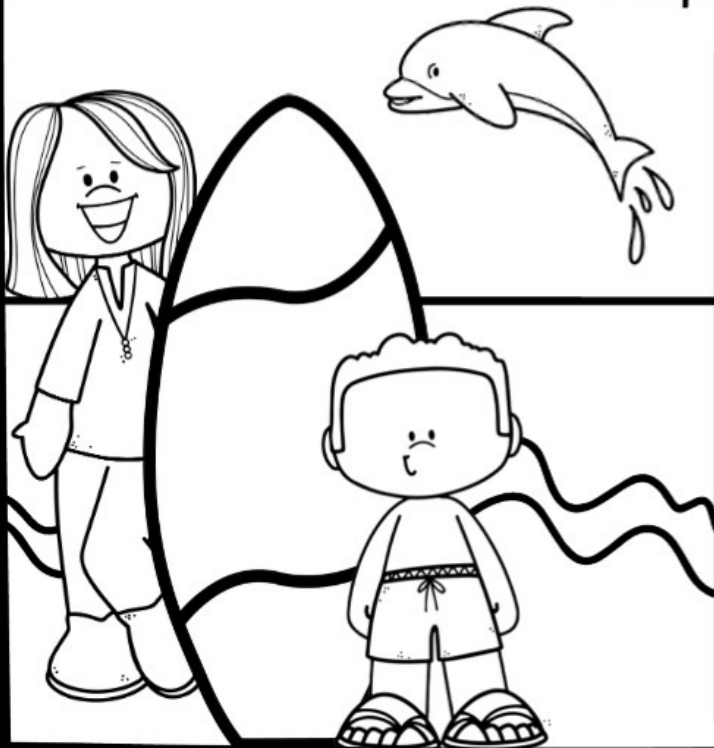
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

---

---

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

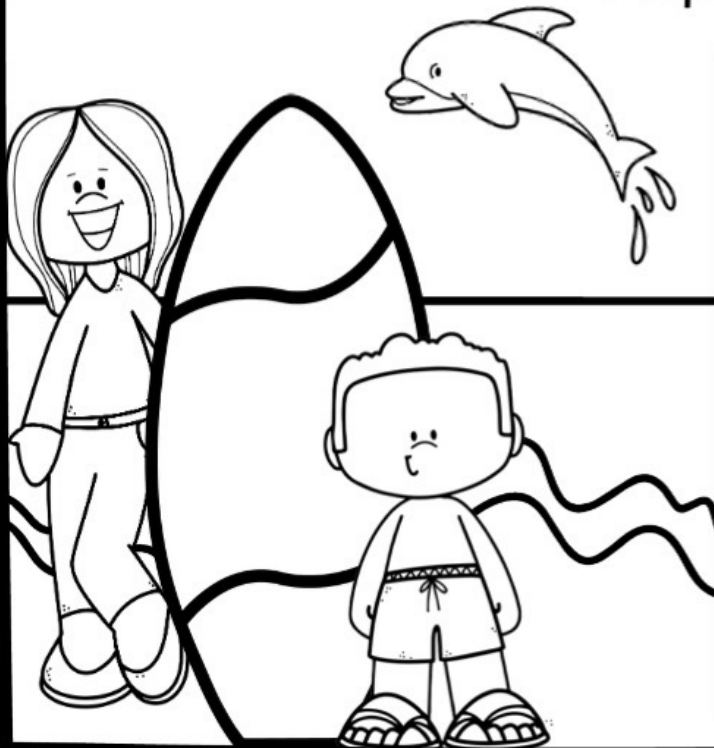
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

---

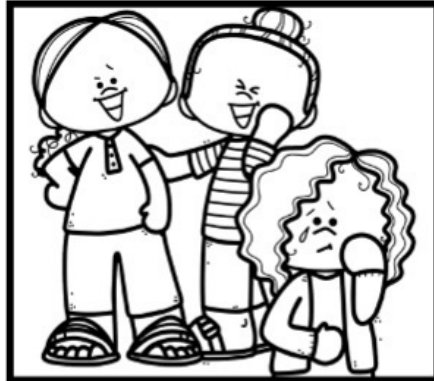
---



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

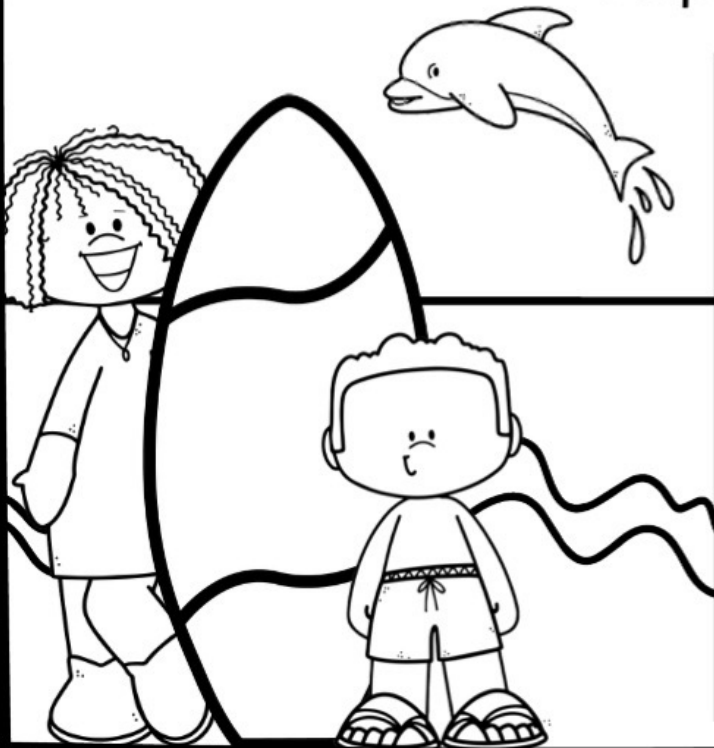
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

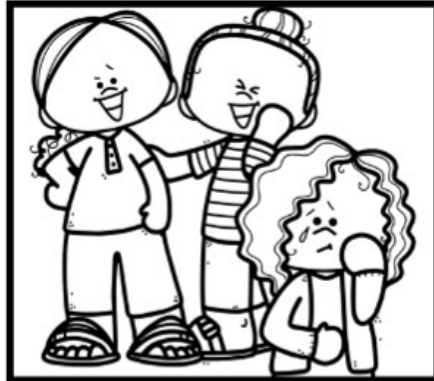
---

---

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

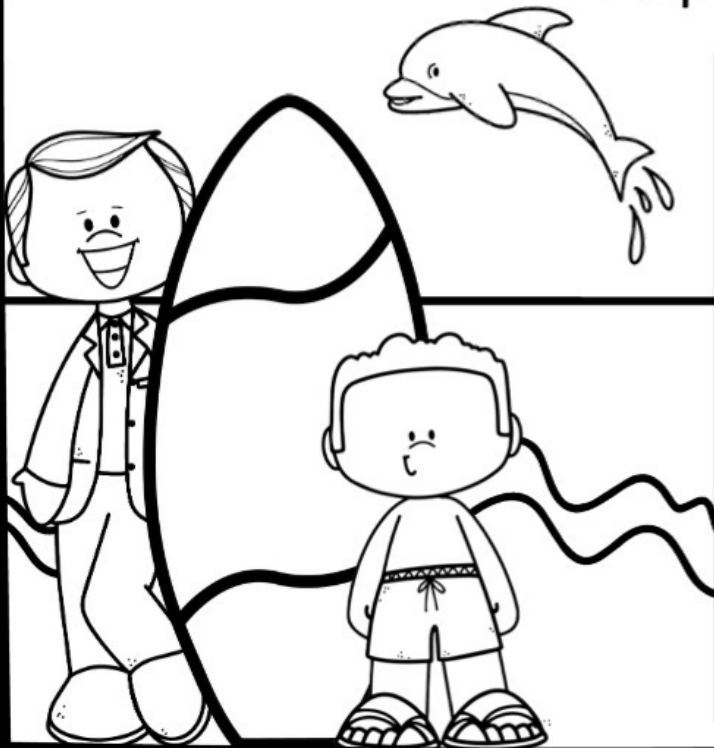
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

---

---

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

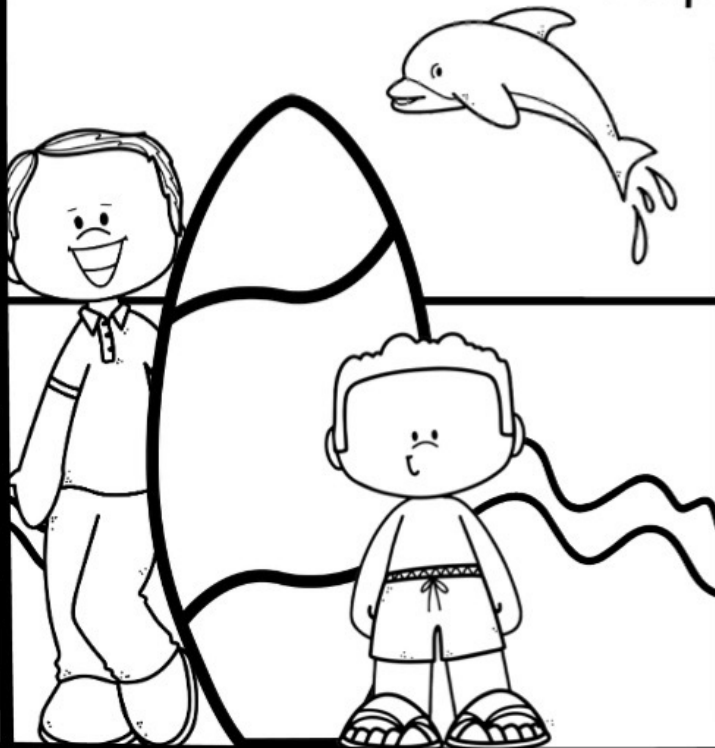
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

---

---



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

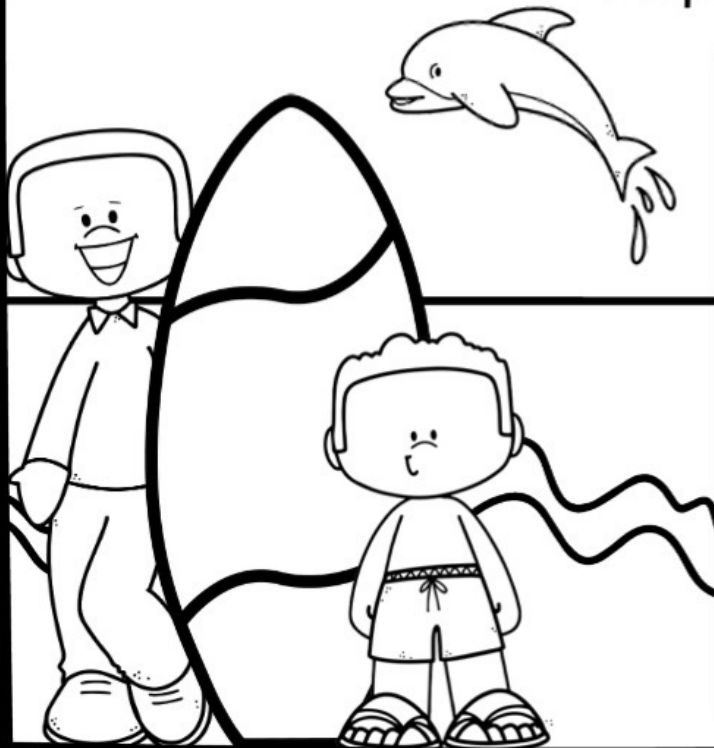
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

---

---

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

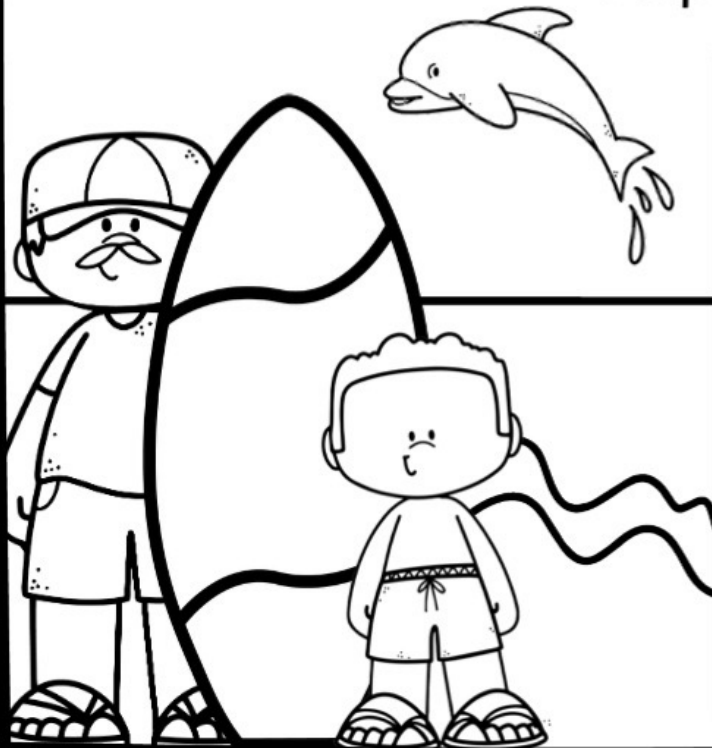
# SIZE OF THE PROBLEM

Write on the line whether you think each problem is a ripple, wave, or tidal wave.



# MY SCHOOL COUNSELOR

Write on the lines how your school counselor can help you.



**MY SCHOOL COUNSELOR HELPS ME...**

---

---

---

---

---

---

---

---

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

# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.



MY SCHOOL COUNSELOR HELPS ME

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

# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.



MY SCHOOL COUNSELOR HELPS ME



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

# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.

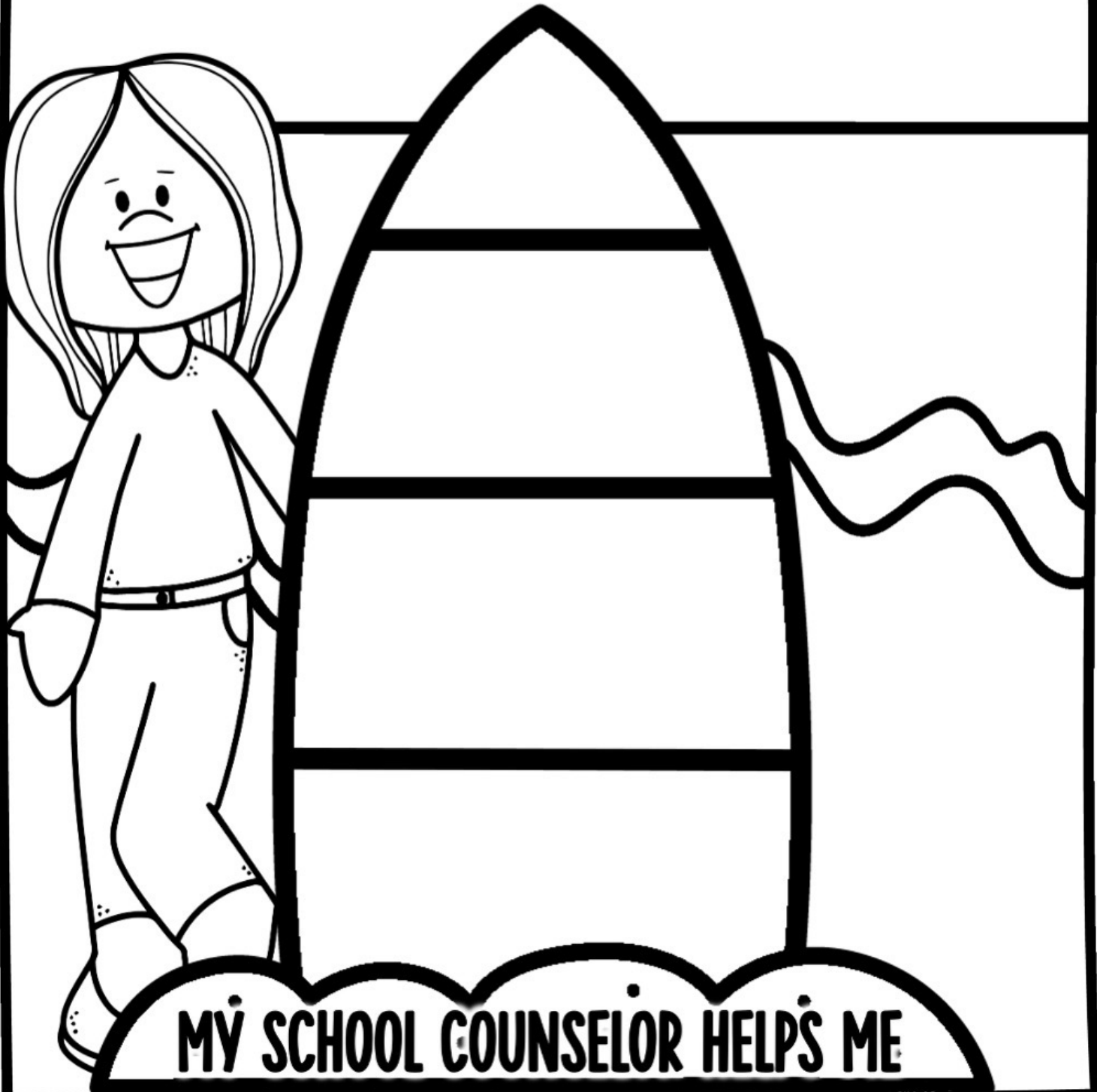


MY SCHOOL COUNSELOR HELPS ME

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

# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.



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

# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.



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

# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.

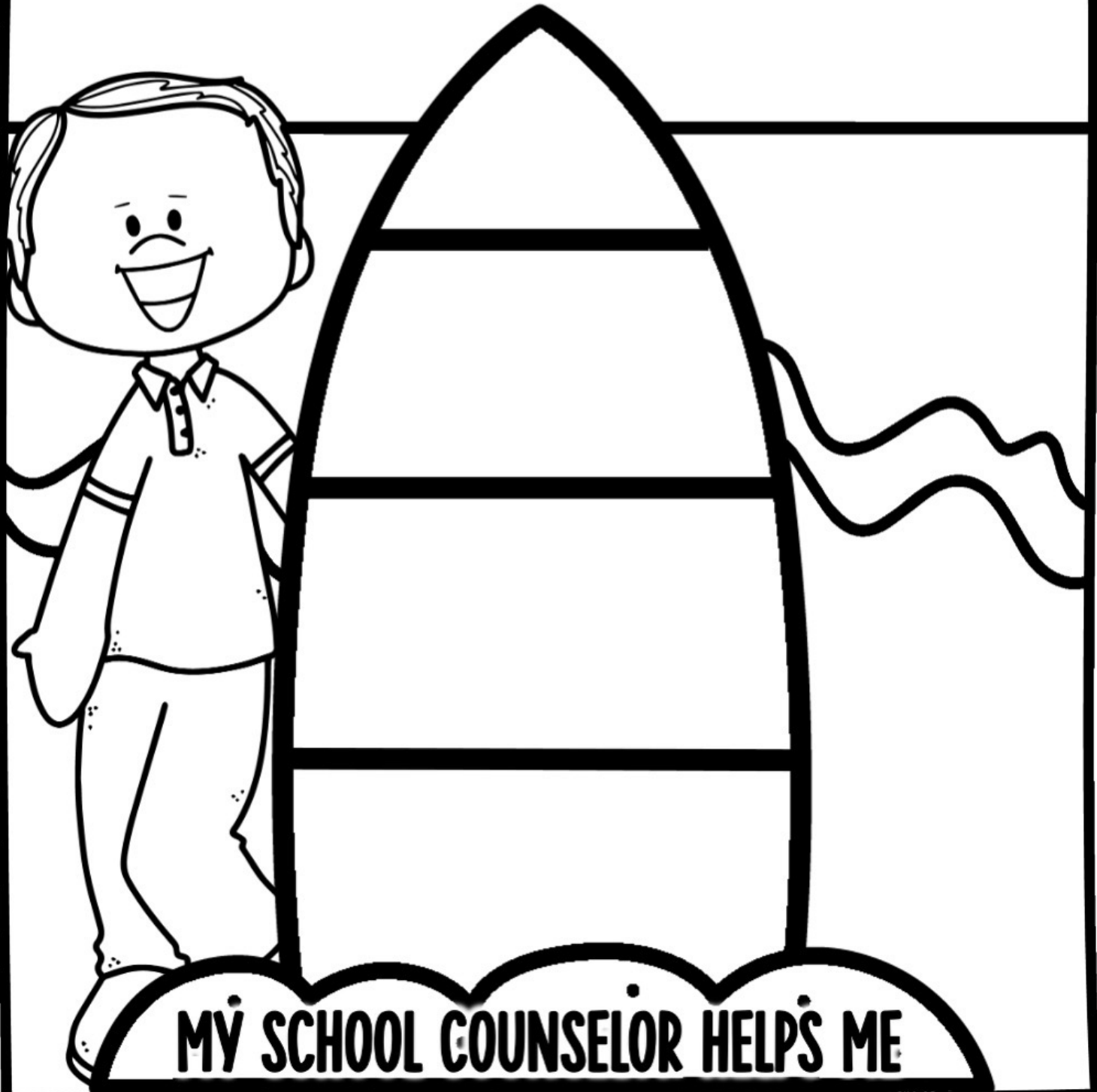




Name: \_\_\_\_\_

# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.



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

# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.

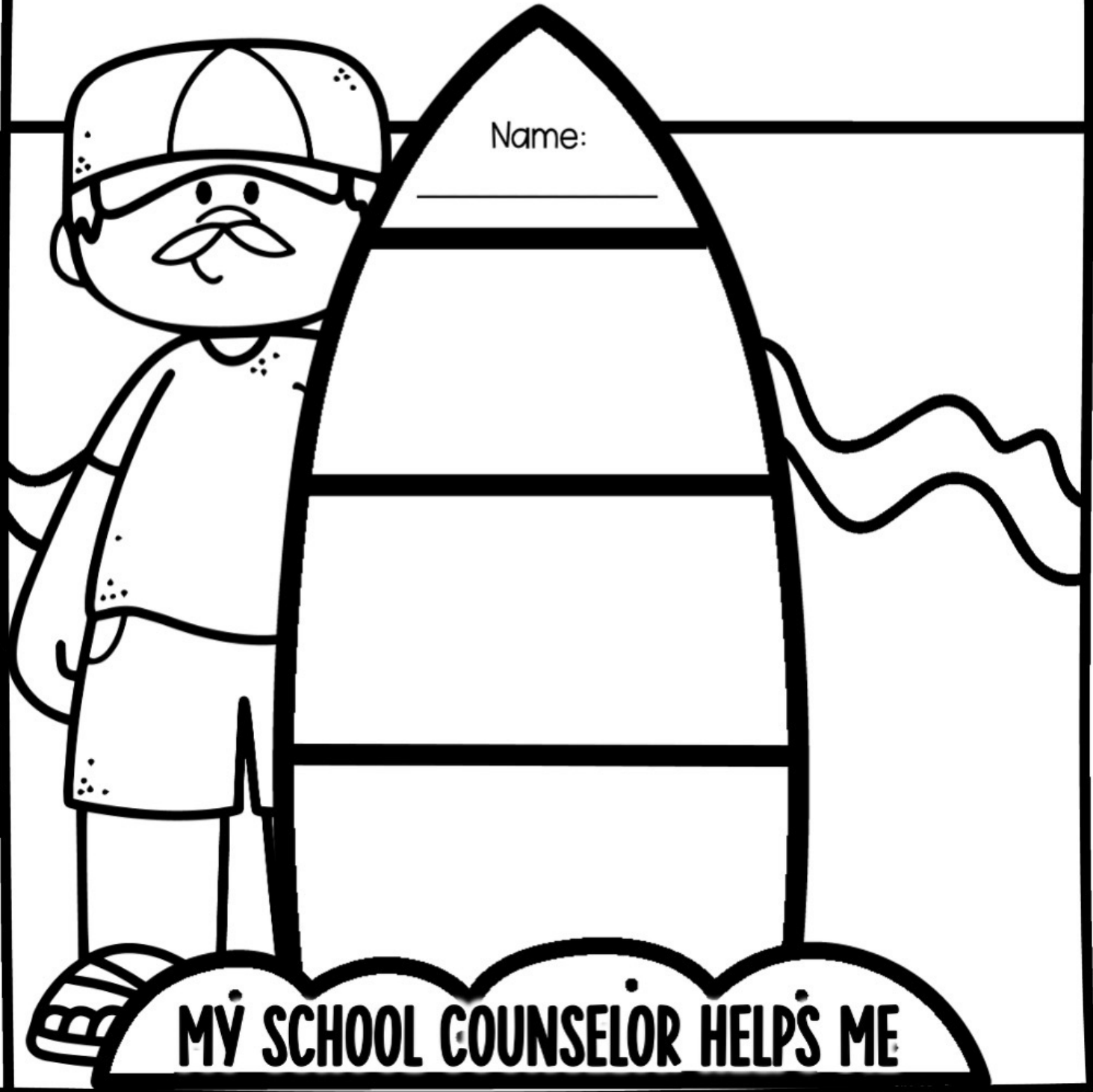


MY SCHOOL COUNSELOR HELPS ME

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

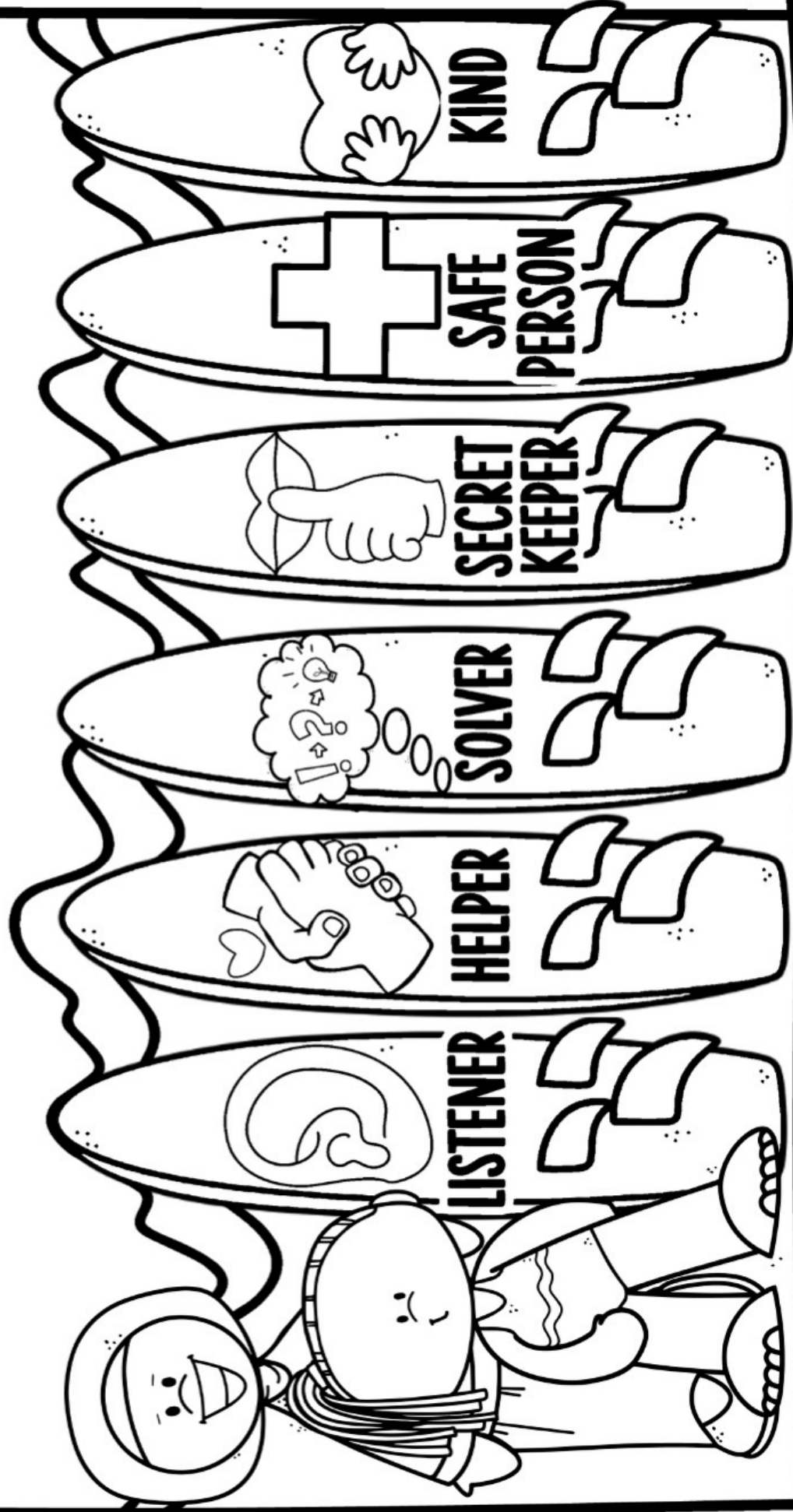
# MY SCHOOL COUNSELOR

Write or draw one way your school counselor helps you in each part of the surfboard.



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

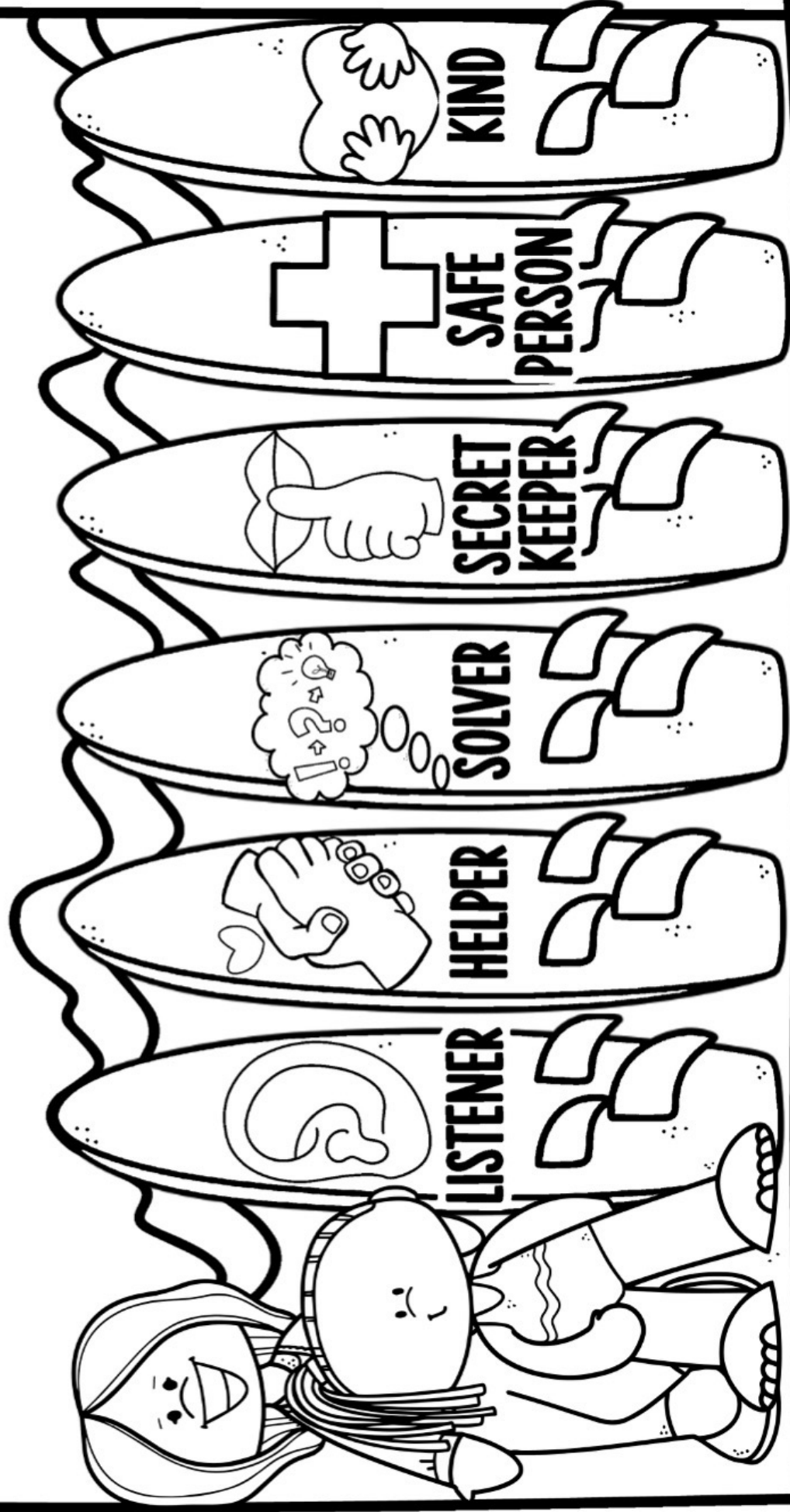
# MY SCHOOL COUNSELOR HELPS ME RIDE THE WAVES OF LIFE!





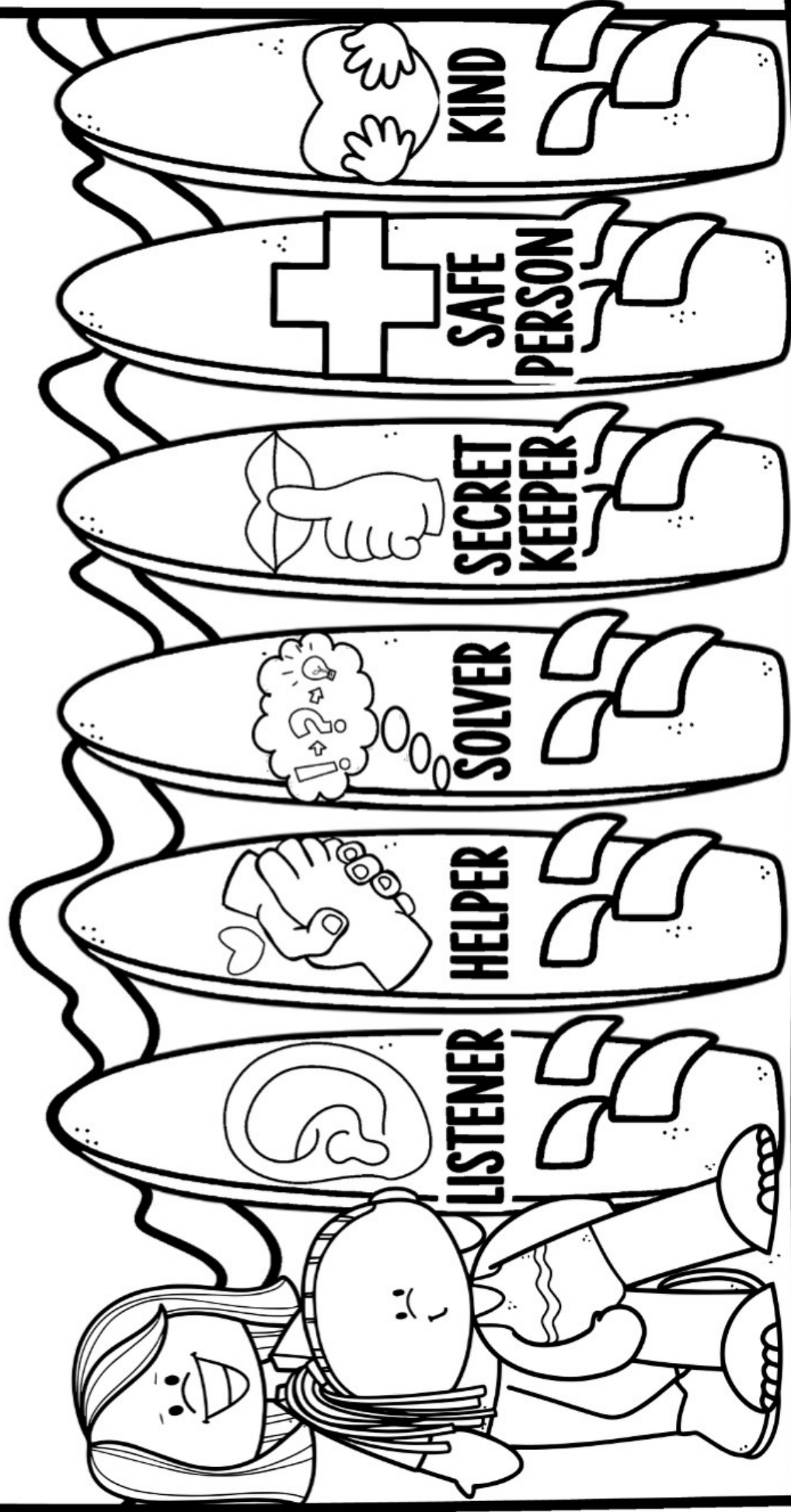
Name: \_\_\_\_\_

# MY SCHOOL COUNSELOR HELPS ME RIDE THE WAVES OF LIFE!



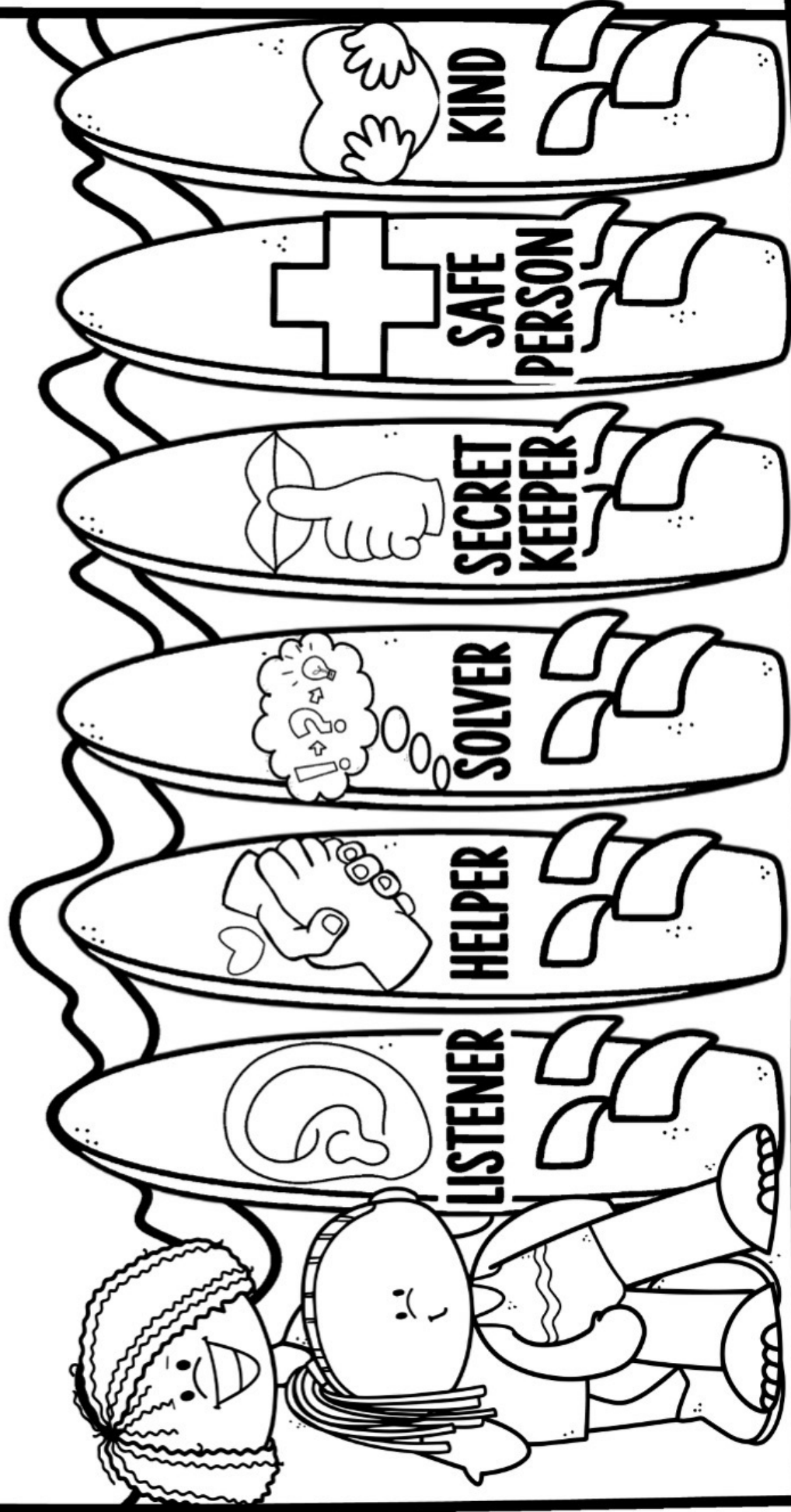
Name: \_\_\_\_\_

# MY SCHOOL COUNSELOR HELPS ME RIDE THE WAVES OF LIFE!



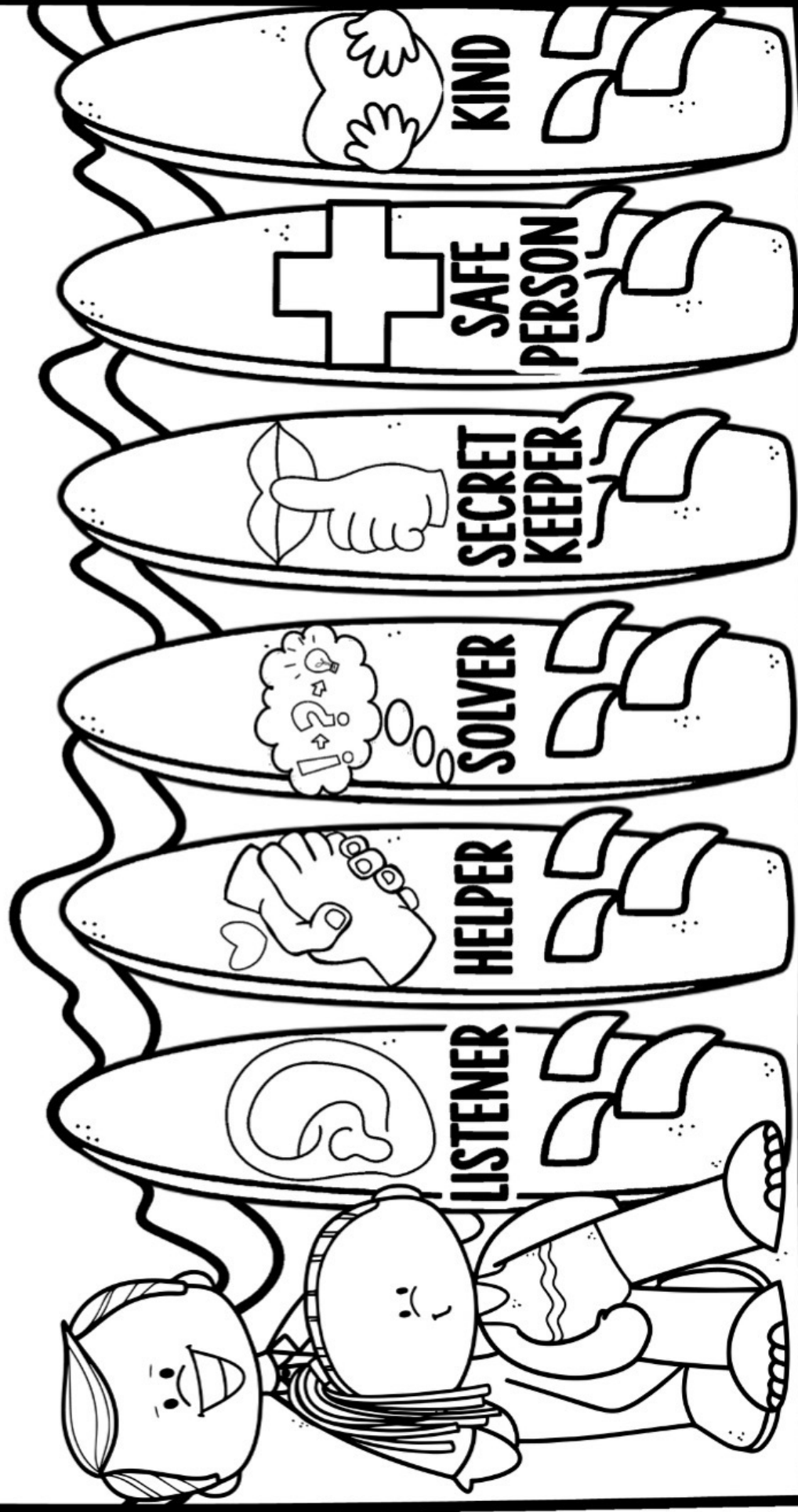
Name: \_\_\_\_\_

# MY SCHOOL COUNSELOR HELPS ME RIDE THE WAVES OF LIFE!



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

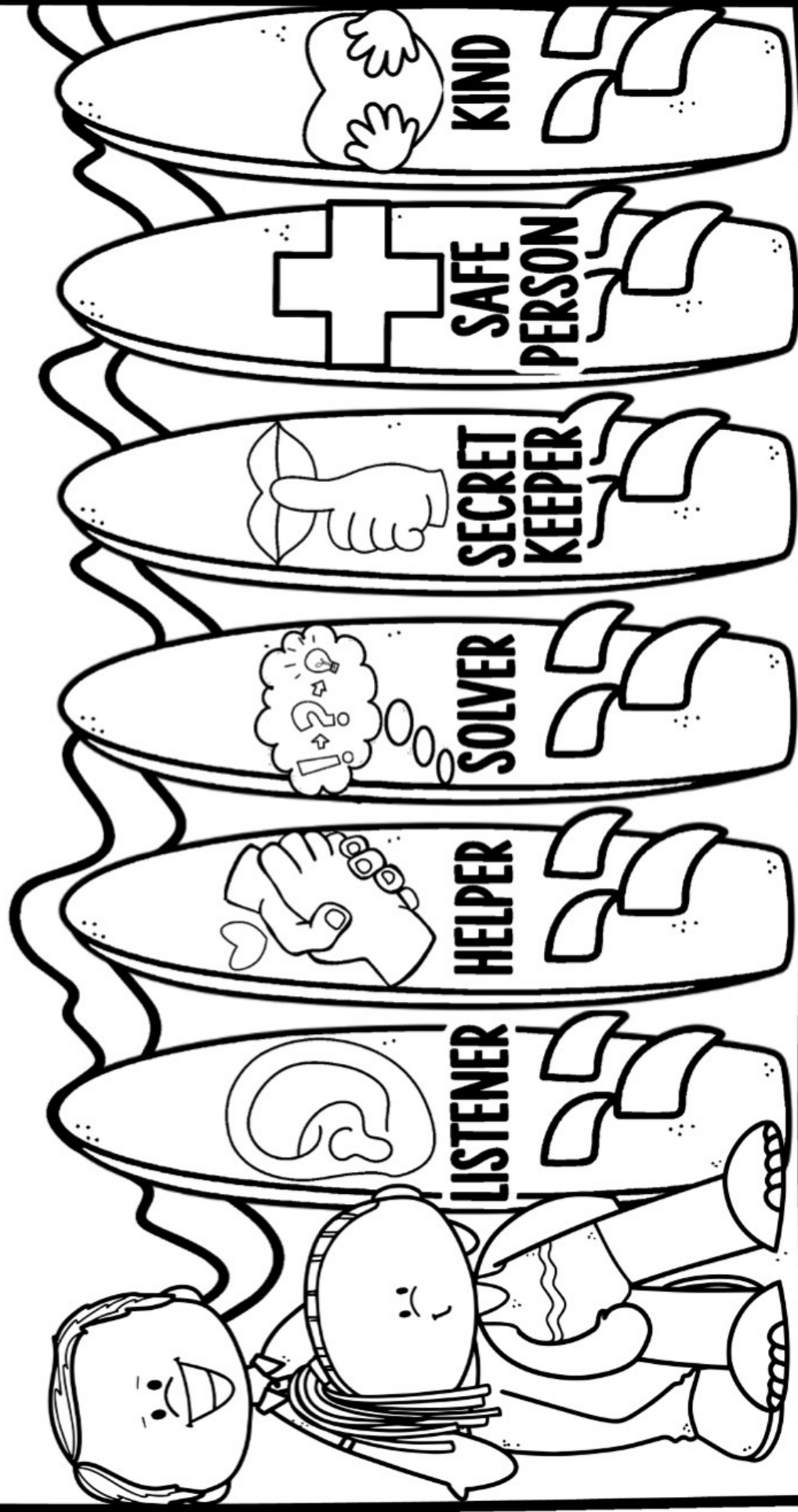
# MY SCHOOL COUNSELOR HELPS ME RIDE THE WAVES OF LIFE!





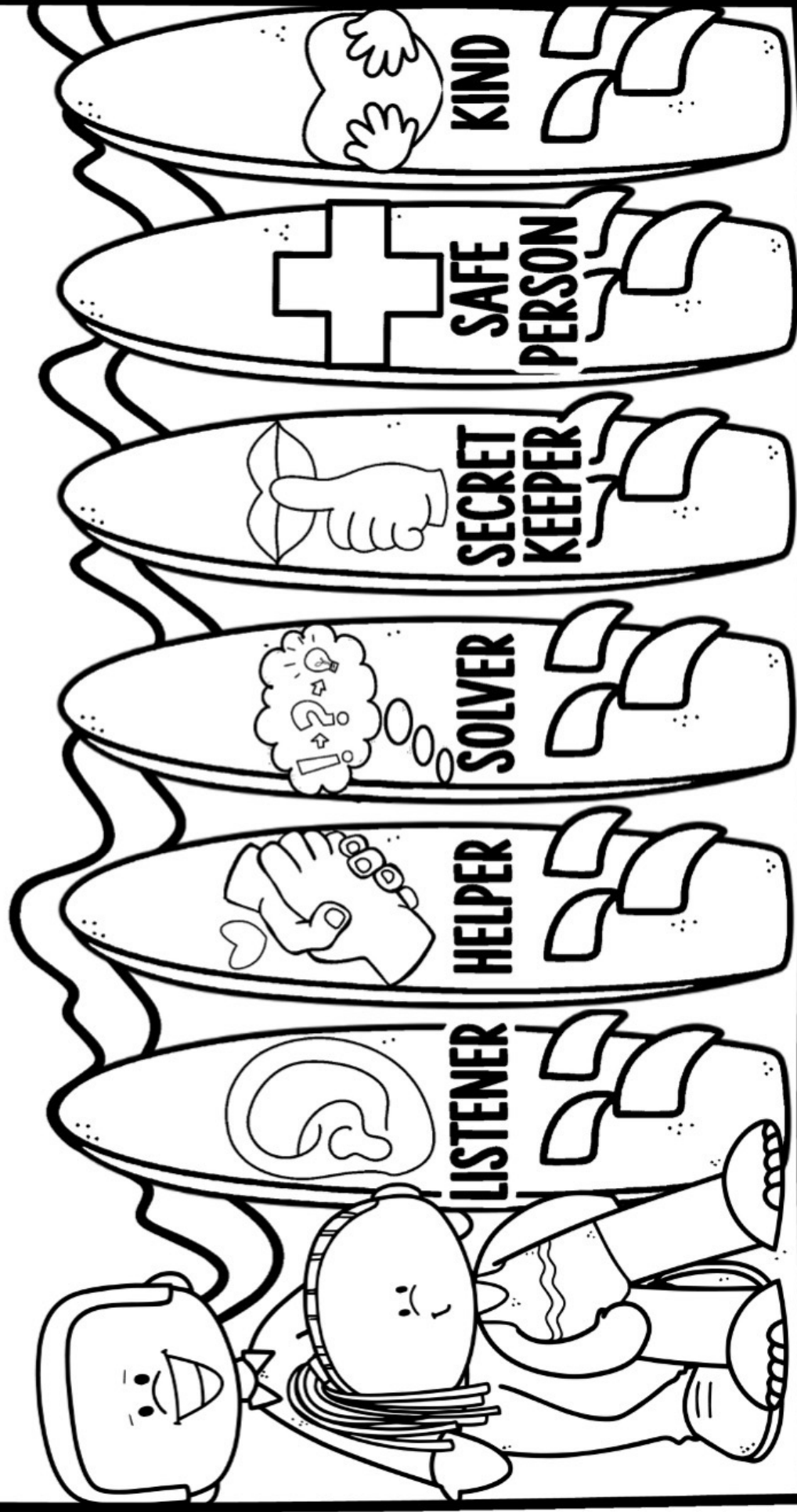
Name: \_\_\_\_\_

# MY SCHOOL COUNSELOR HELPS ME RIDE THE WAVES OF LIFE!



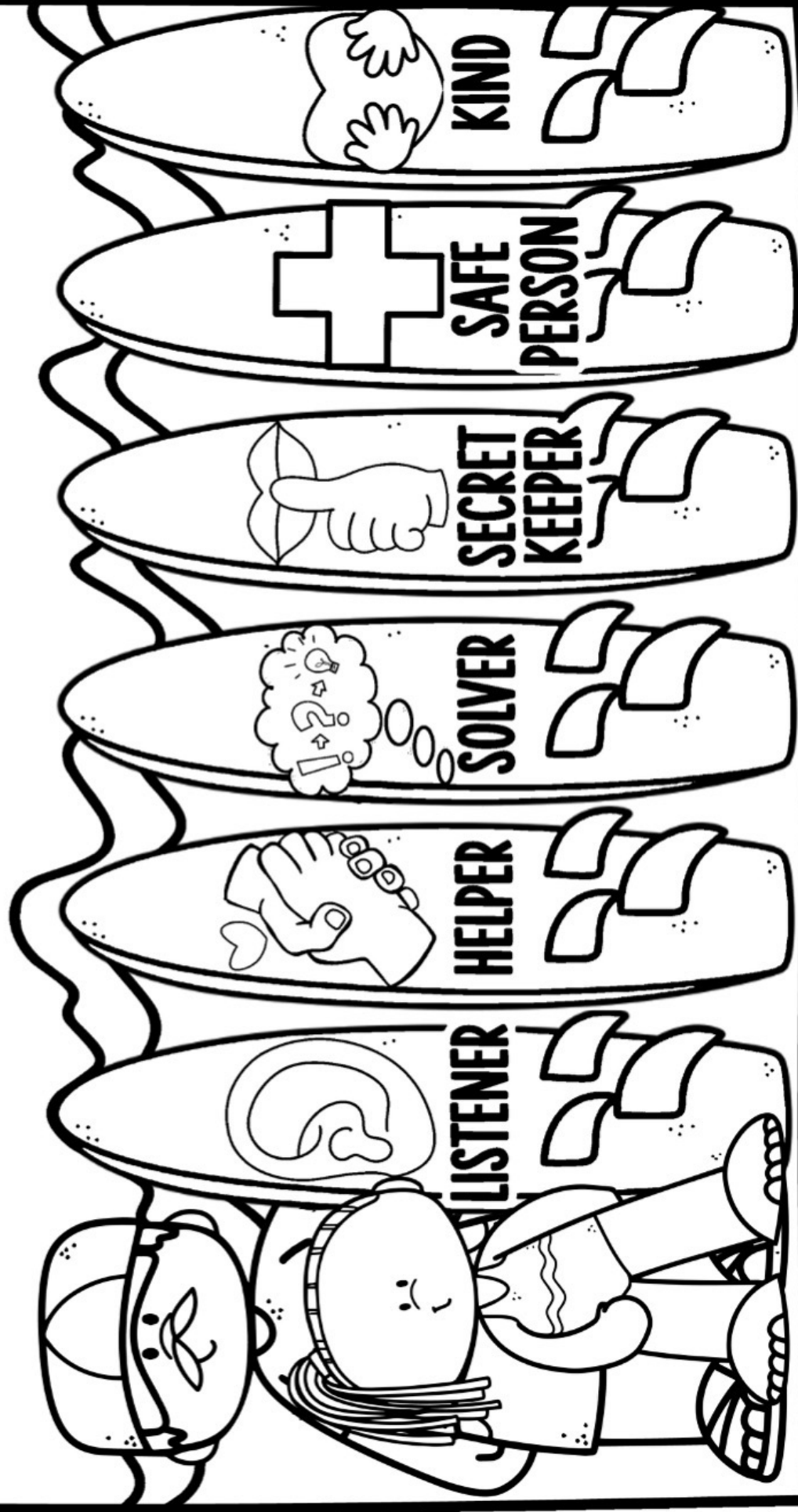
Name: \_\_\_\_\_

# MY SCHOOL COUNSELOR HELPS ME RIDE THE WAVES OF LIFE!



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

# MY SCHOOL COUNSELOR HELPS ME RIDE THE WAVES OF LIFE!





# ○ TERMS OF USE:

- Make copies for the purchaser's classroom AND share copies with other educators within your school building
- Reference (without distribution) this product in blog posts, seminars, professional development workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation

• YOU MAY •

- Claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright
- Share this product with educators outside of your school building
- Repackage, sell, or giveaway this product to others
- Offer to share this product anywhere on the internet as a download or copy

• YOU MAY NOT •



Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

