

○ 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

♥ **MEMBERSHIP:** 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 psychologist. It has a surfing theme and the main idea is: "school psychologists 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 psychologists 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 psychologists 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 psychologist is there to help. Then, it asks students to share how their school psychologist 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 school psychology 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 psychologist clipart are included. Please choose the clipart that looks the most like you. Samples of both crafts are provided on the next pages.

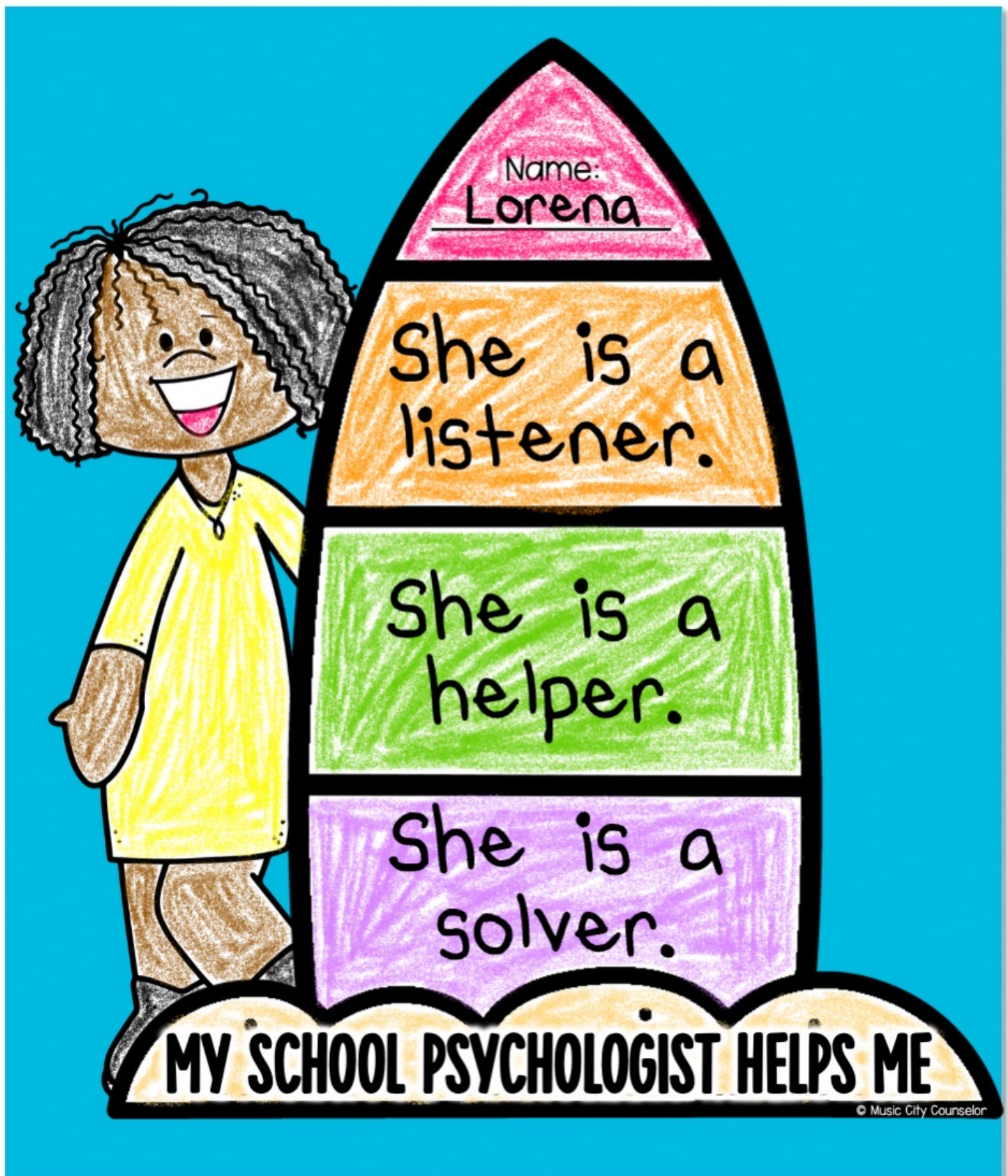
Craft #1: The first craft asks students to draw or write one way their school psychologist helps them in each section of the surfboard. Then, they can color the surfboard and school psychologist, cut them out, and glue them onto a piece of construction paper.

Craft #2: The second craft includes 3 surf boards, a palm tree, and sand. First, students can draw or write one way their school psychologist 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.

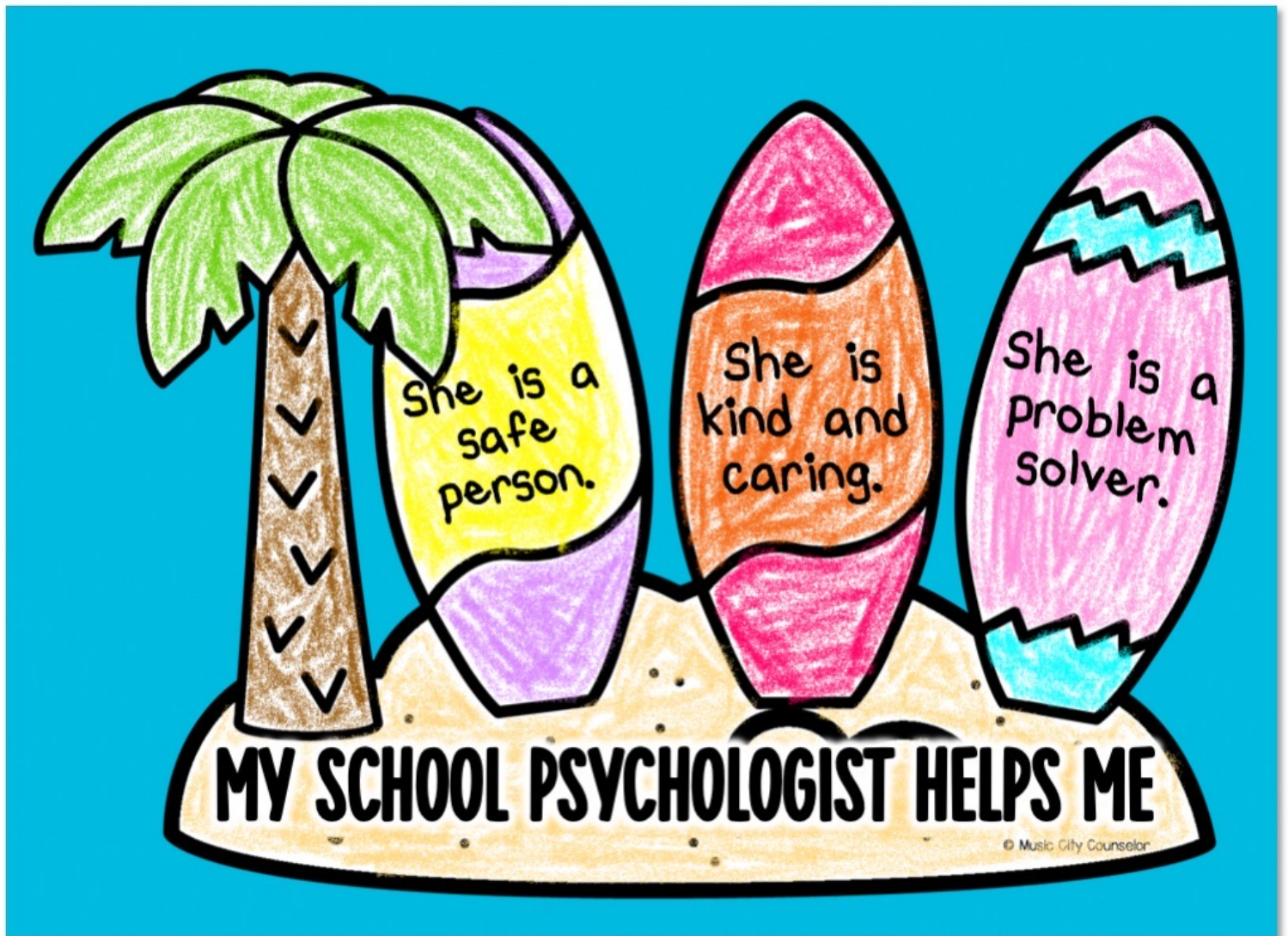
Worksheets:

2 worksheets and 1 coloring page are included. For each page, multiple different options for the school psychologist 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 PSYCHOLOGIST

My Name: _____

My Teacher's Name: _____

Today's Date: _____



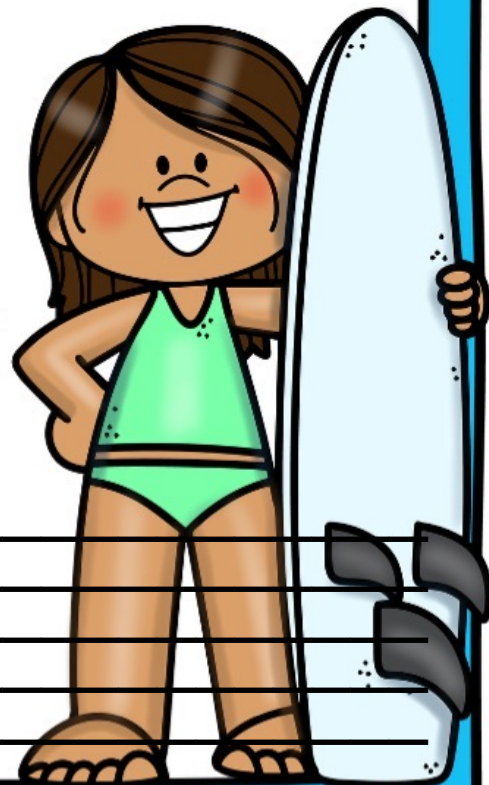
MY PROBLEM IS A:



I NEED HELP WITH:

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

NOTES:



© Music City Counselor

CHAT WITH MY SCHOOL PSYCHOLOGIST

My Name: _____

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I NEED HELP WITH:

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CHAT WITH MY SCHOOL PSYCHOLOGIST

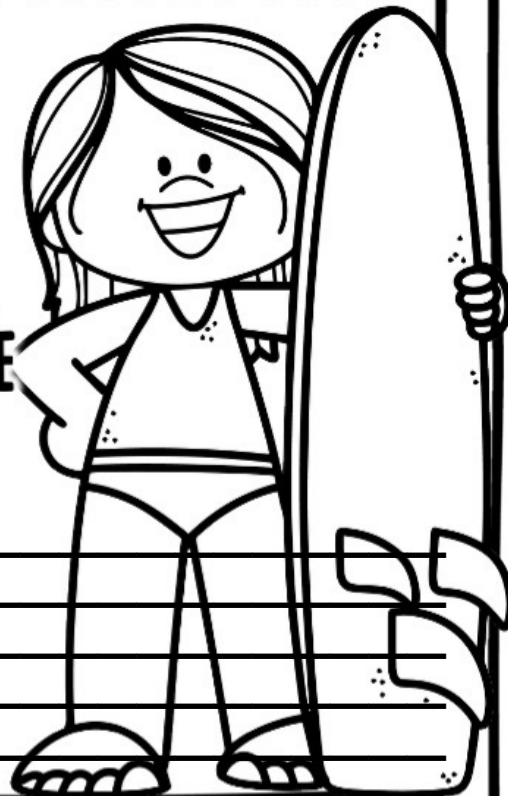
My Name: _____

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MY PROBLEM IS A:



I NEED HELP WITH:

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CHAT WITH MY SCHOOL PSYCHOLOGIST

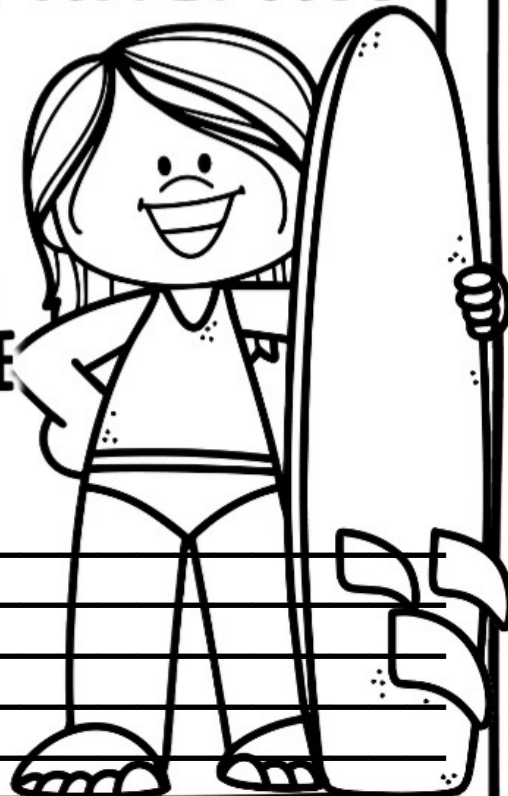
My Name: _____

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MY PROBLEM IS A:



I NEED HELP WITH:

- ☐ Home & Family
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NOTES:

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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



**SCHOOL PSYCHOLOGISTS TEACH STUDENTS
HOW TO SURF THE WAVES OF LIFE!**

CONFIDENTIALITY:

School psychologists 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

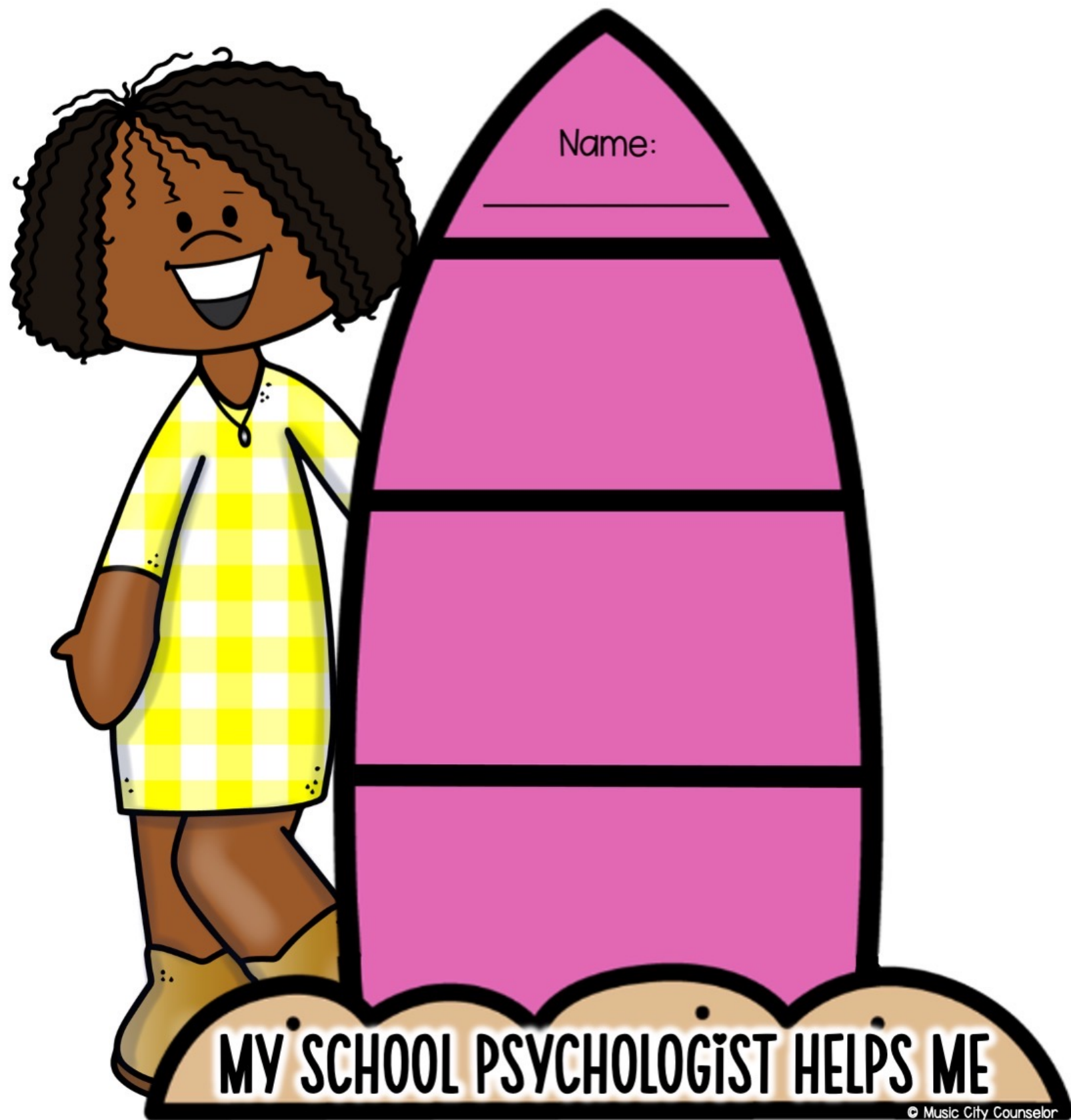


NO ONE SURFS ALONE



CRAFT #1

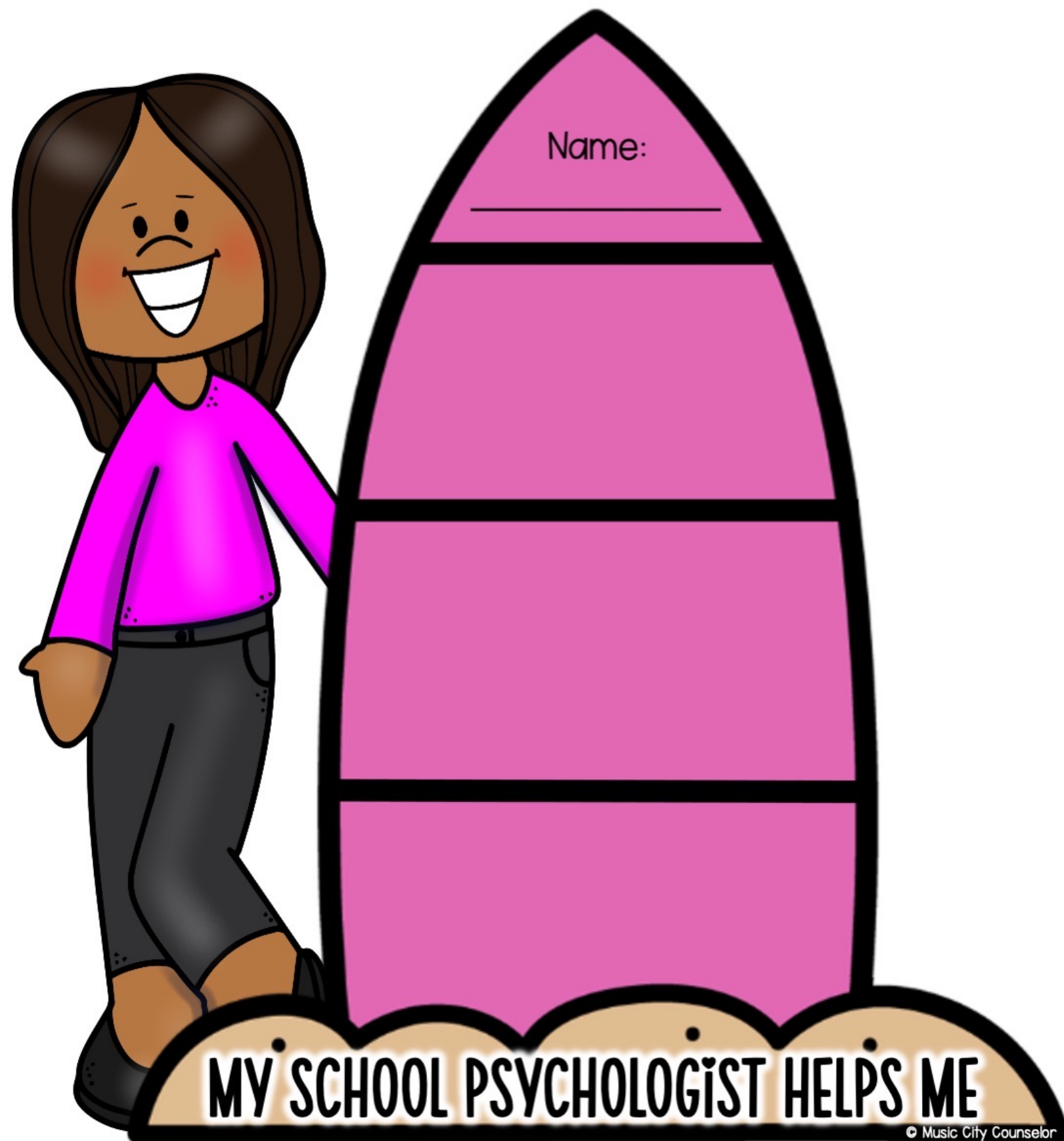
Write one way school psychologists help students in each section of the surfboard. Then, cut it out.



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



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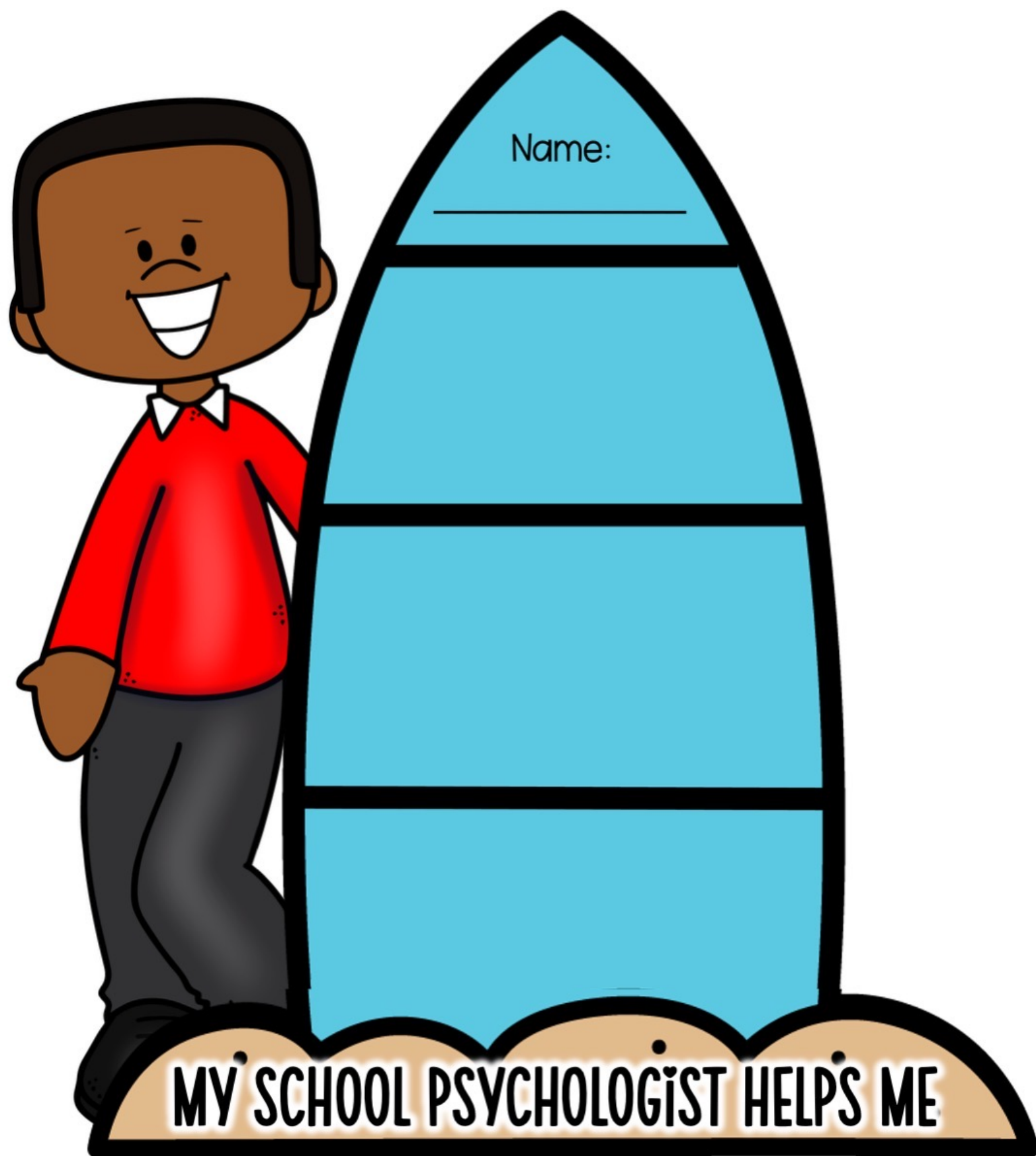
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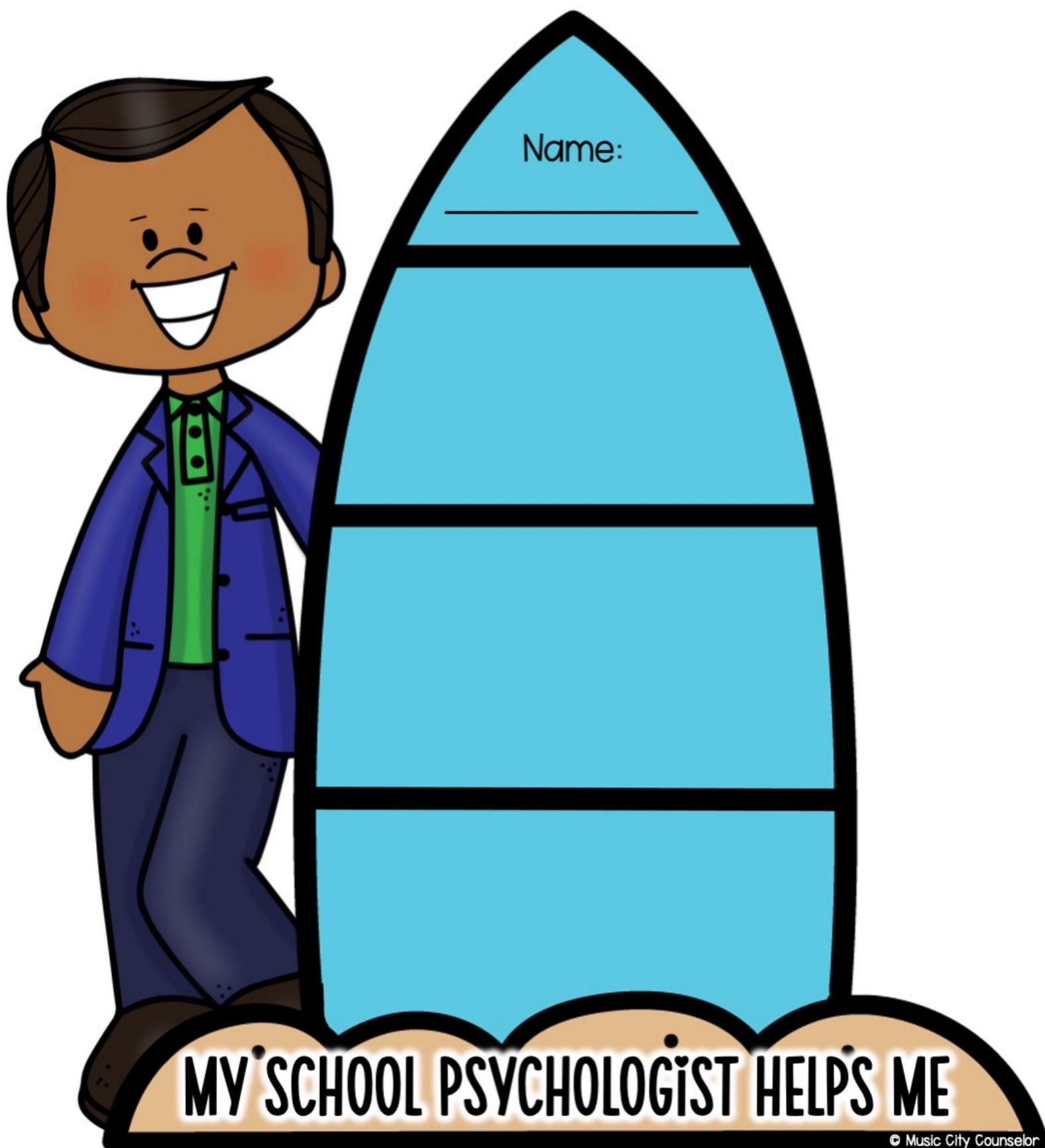
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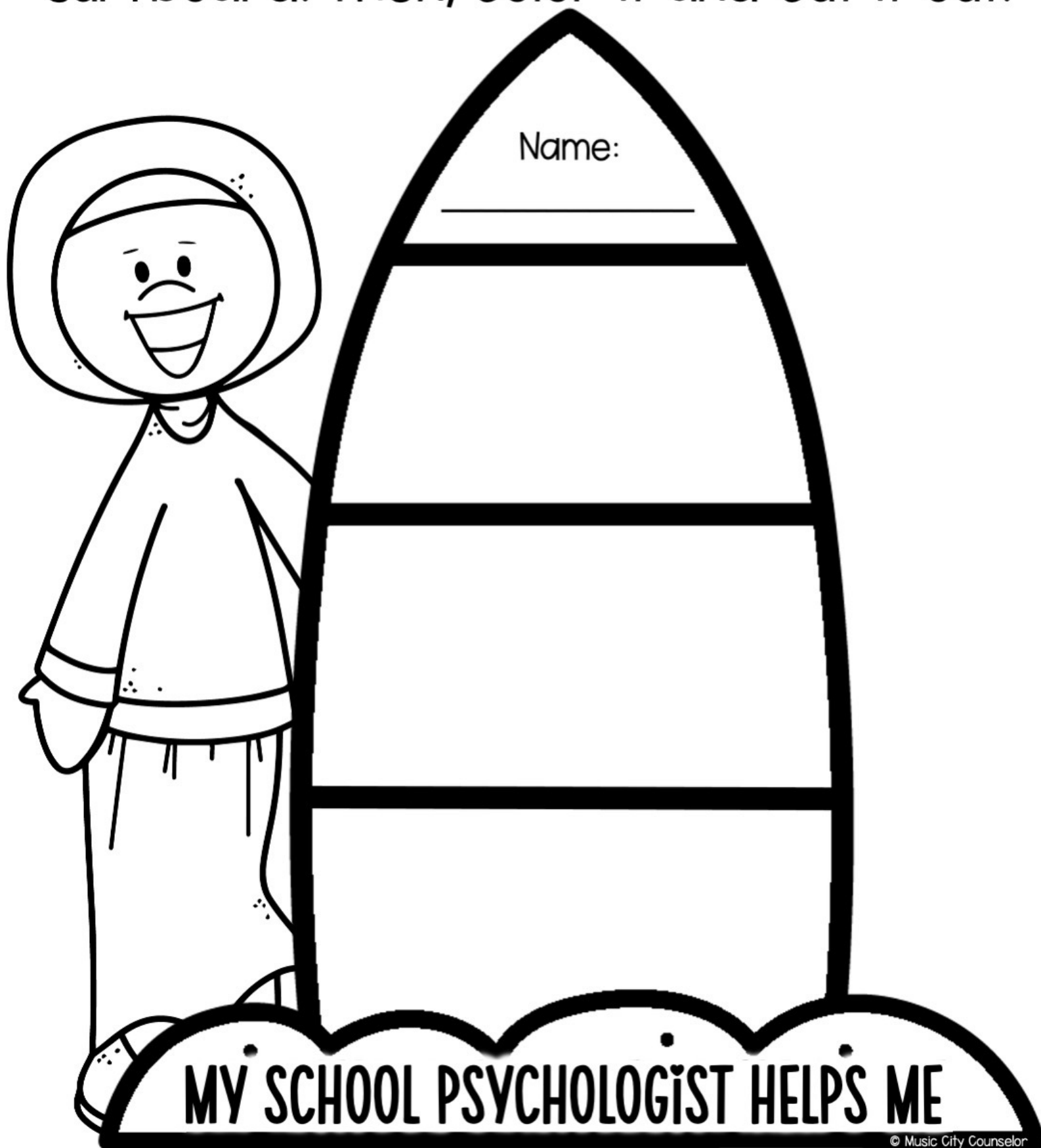
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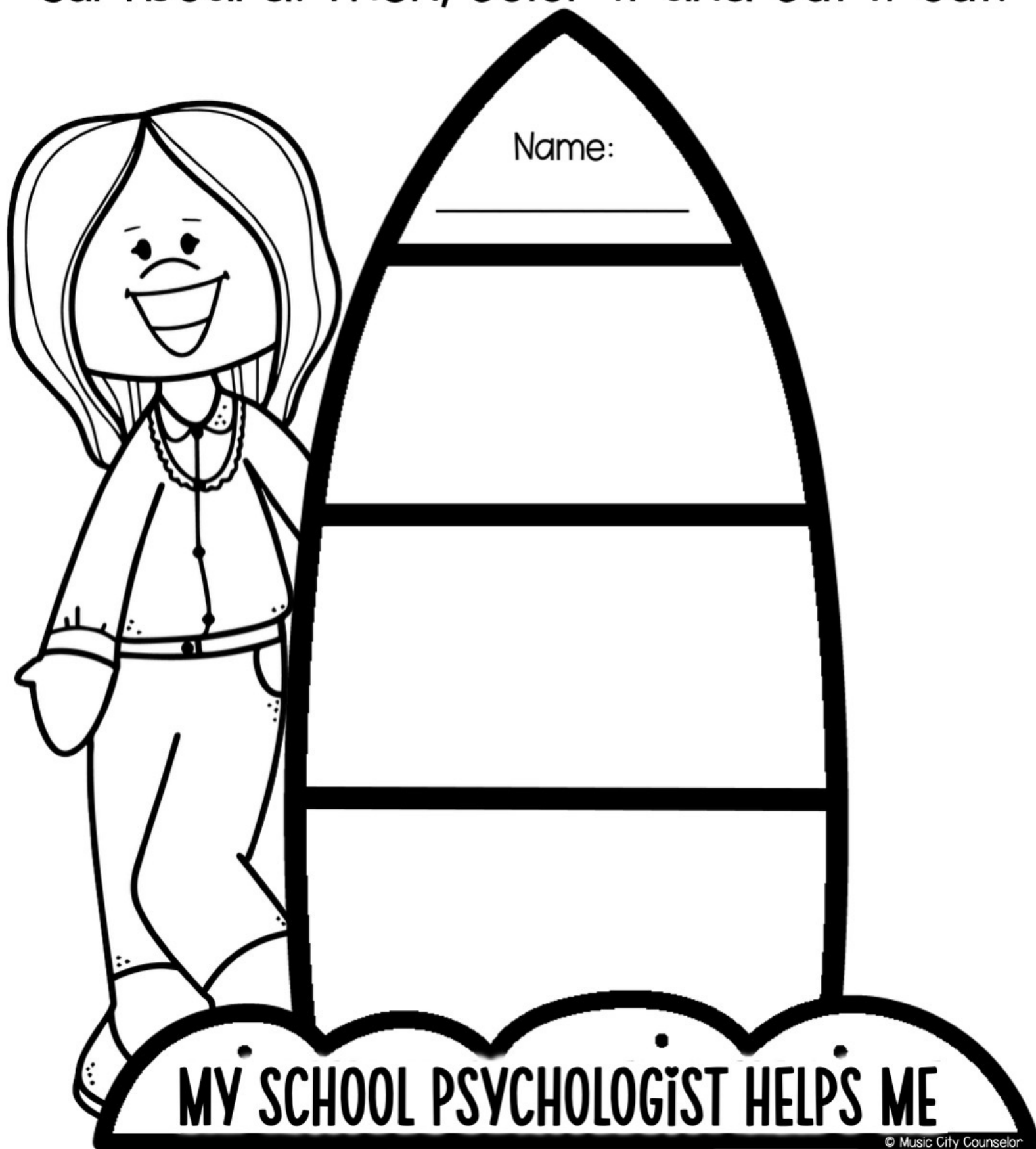
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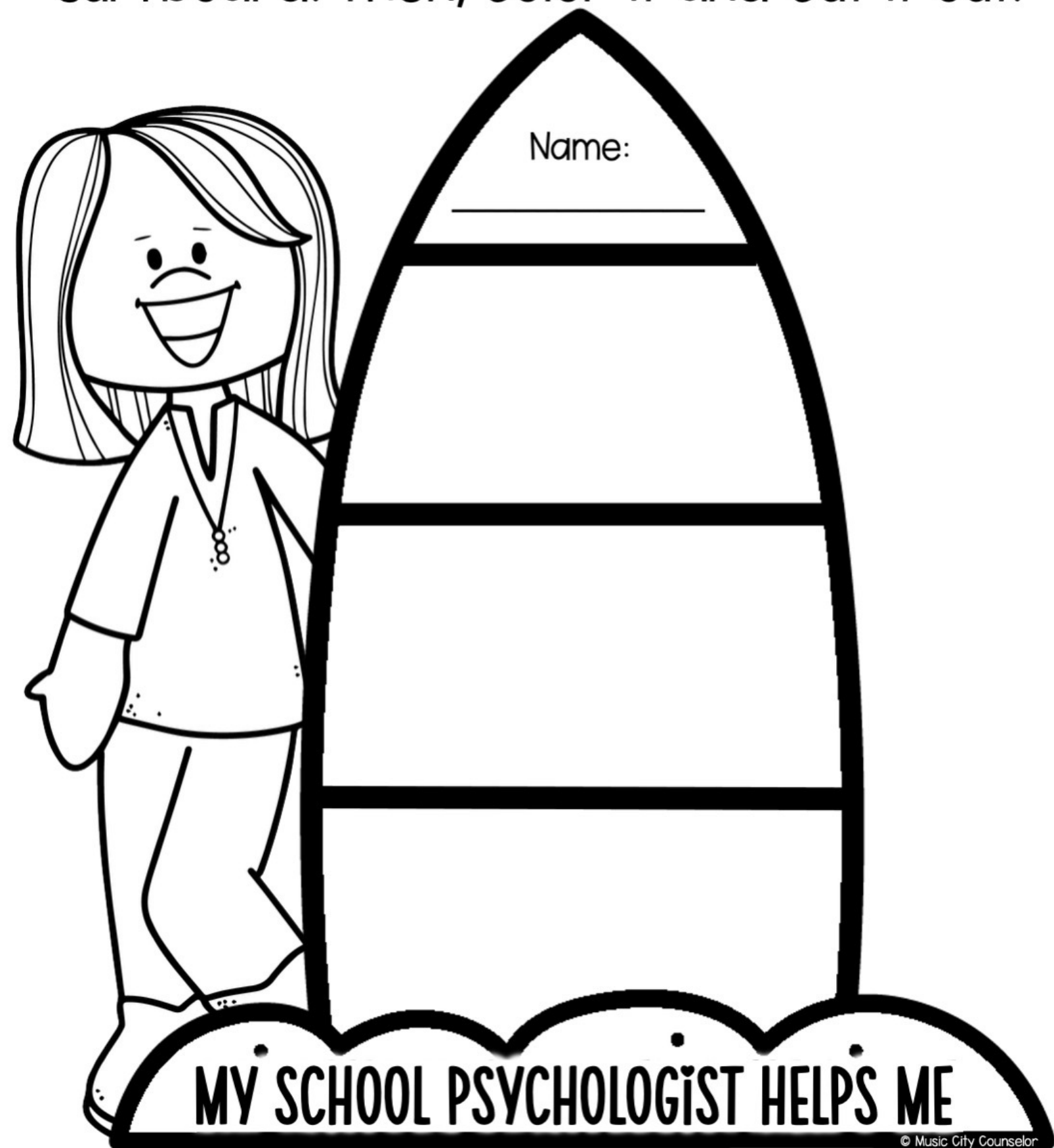
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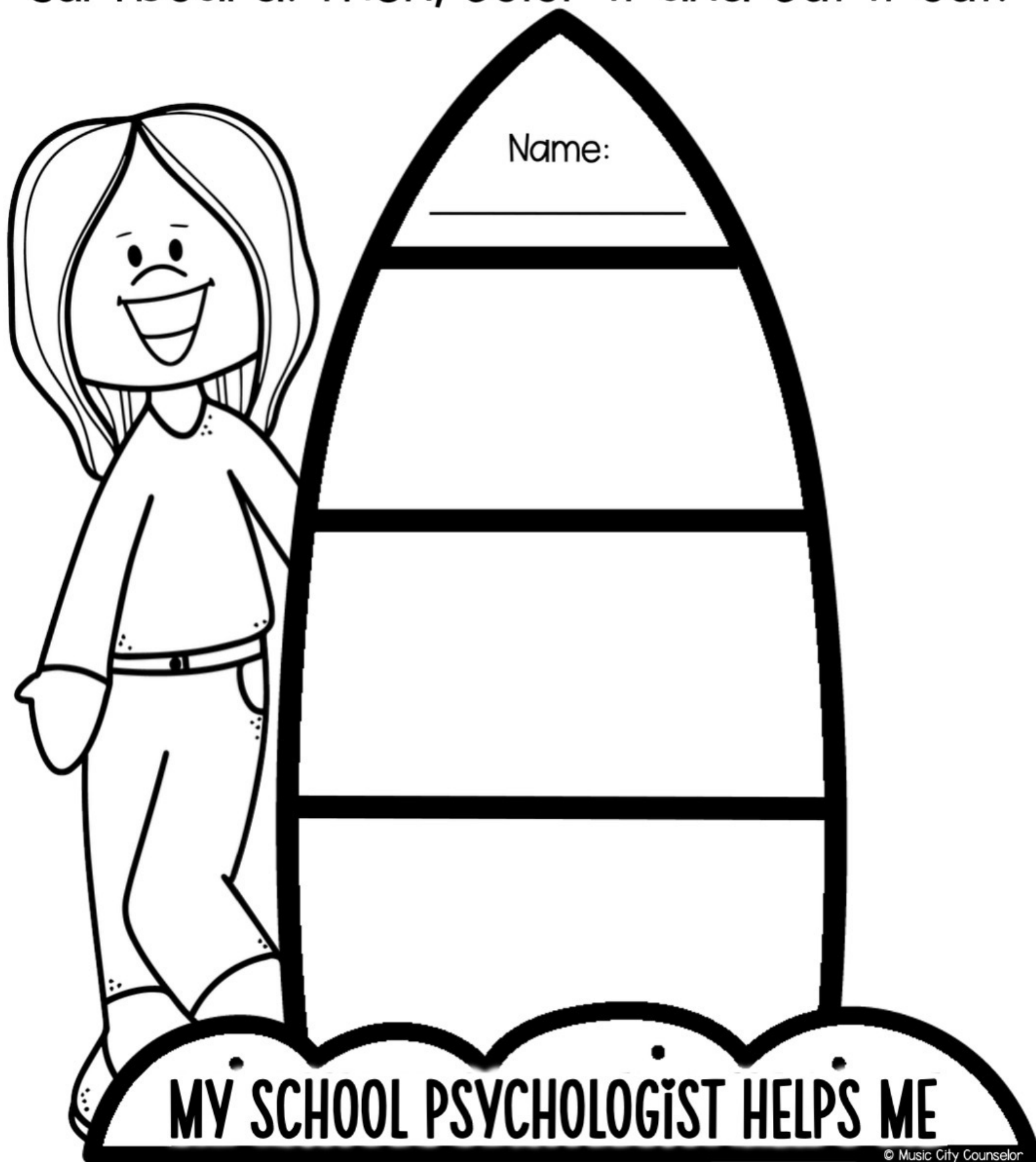
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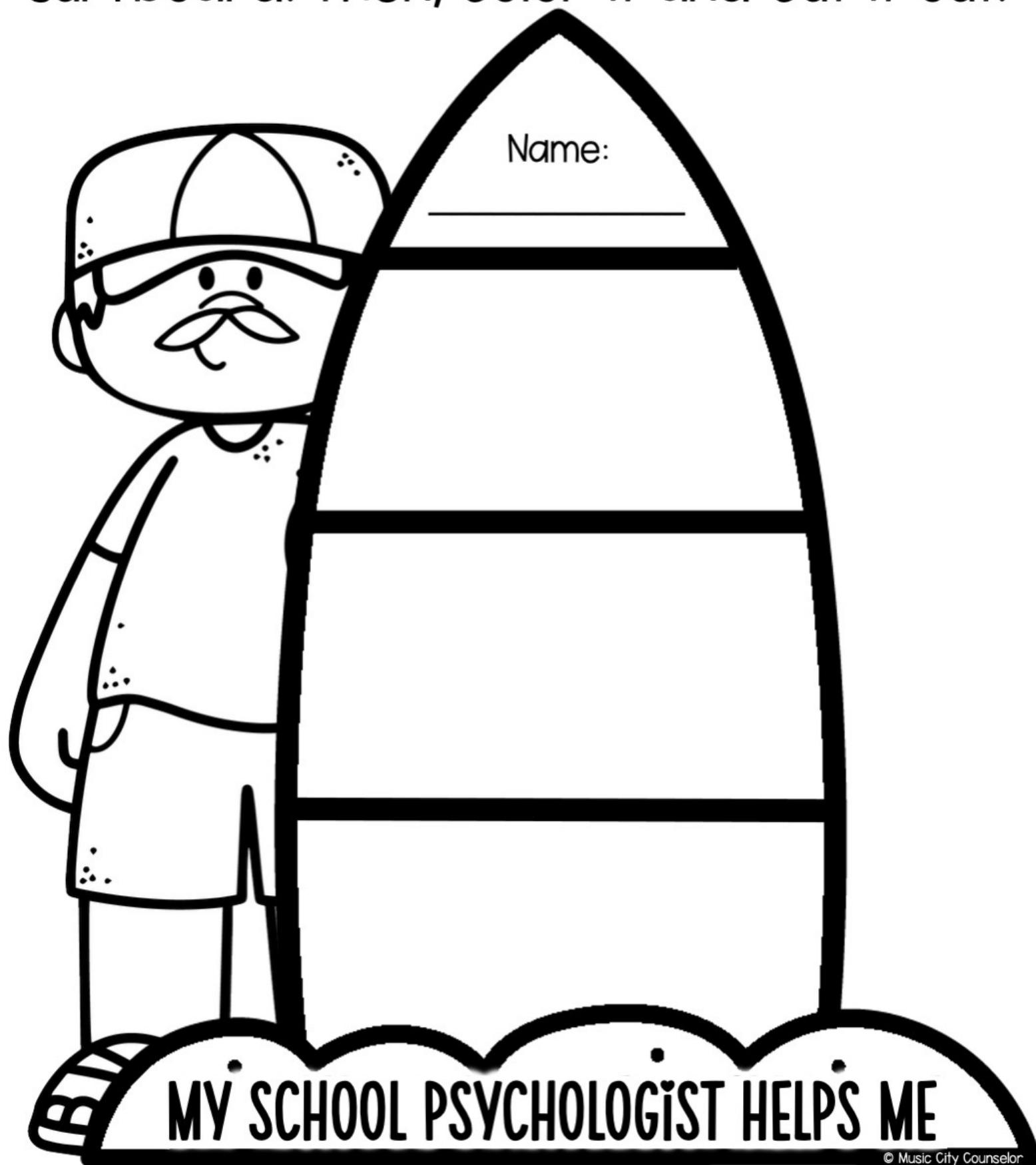
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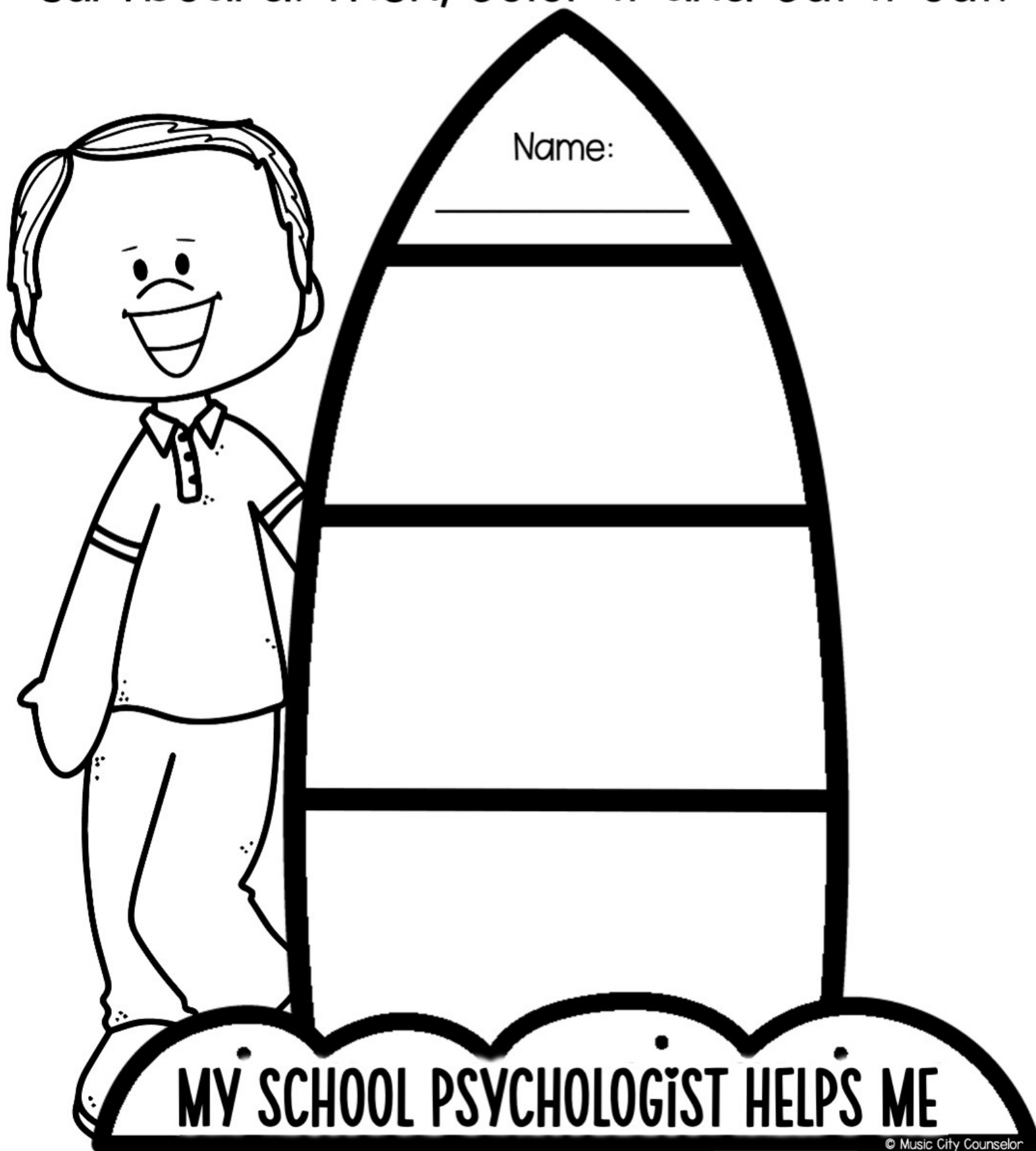
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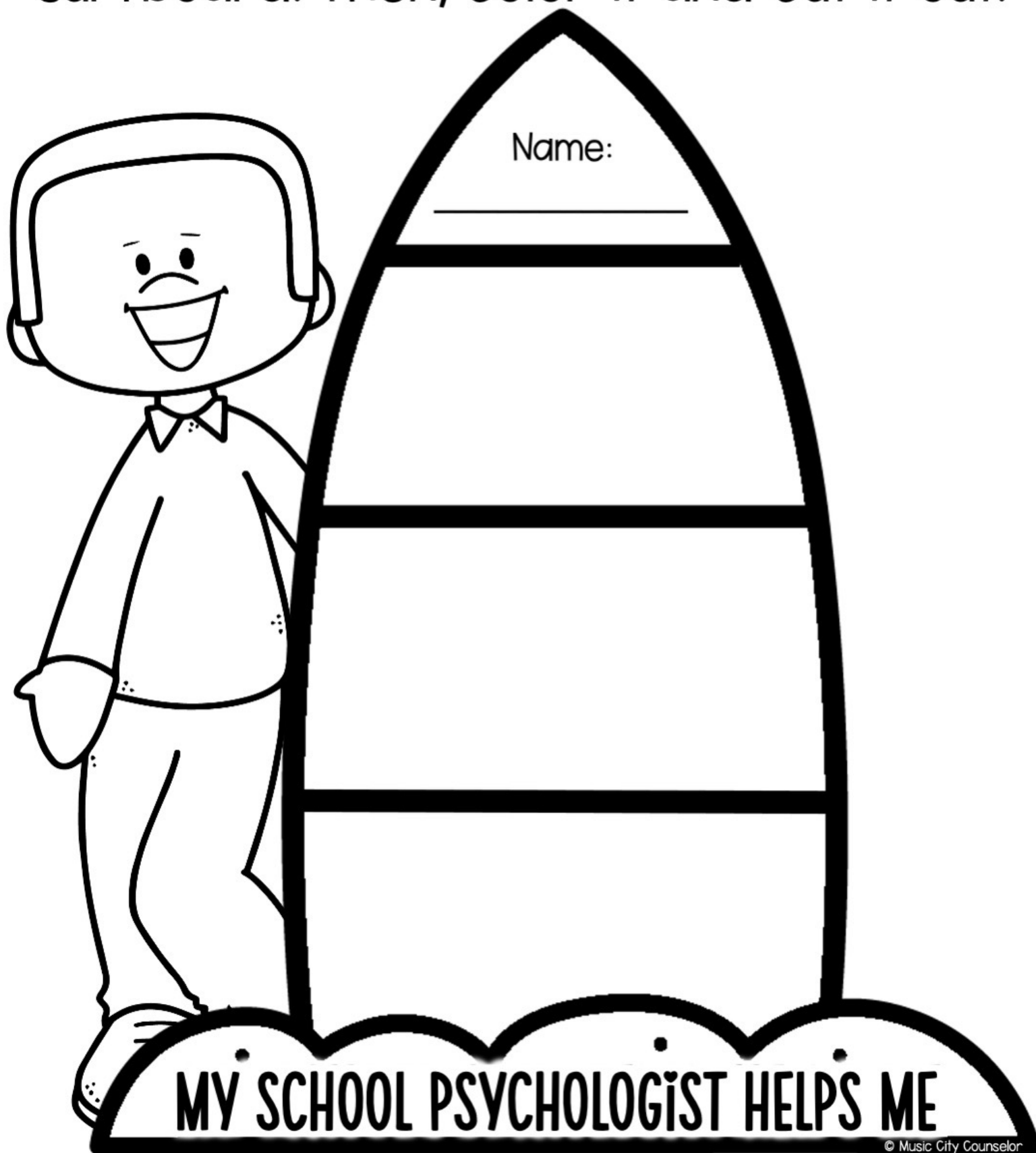
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CRAFT #2



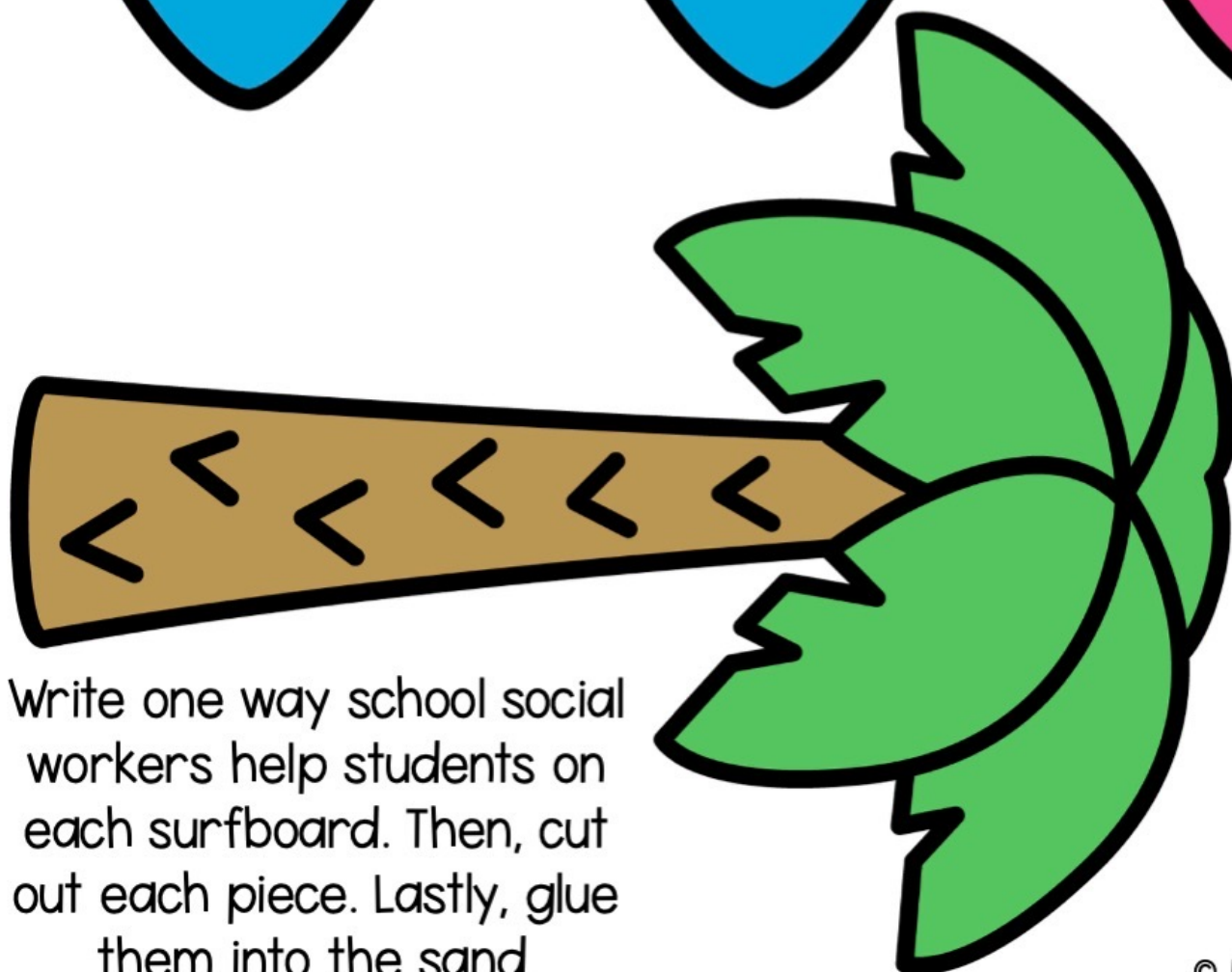
MY SCHOOL PSYCHOLOGIST HELPS ME

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MY SCHOOL PSYCHOLOGIST HELPS ME

© Music City Counselor



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



MY SCHOOL PSYCHOLOGIST HELPS ME

© Music City Counselor



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© Music City Counselor



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

WORKSHEETS & COLORING PAGES

Name: _____

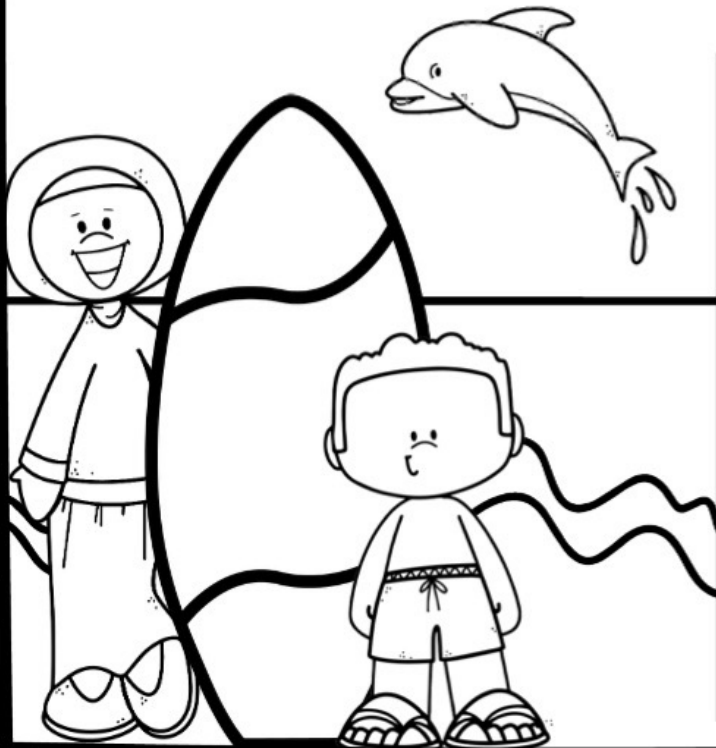
SIZE OF THE PROBLEM

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



MY SCHOOL PSYCHOLOGIST

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



MY SCHOOL PSYCHOLOGIST HELPS ME...

Name: _____

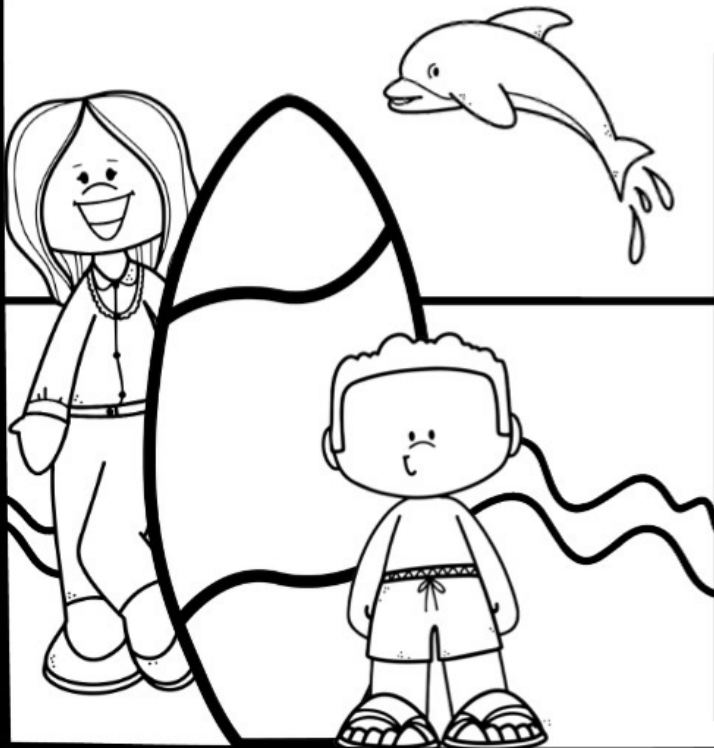
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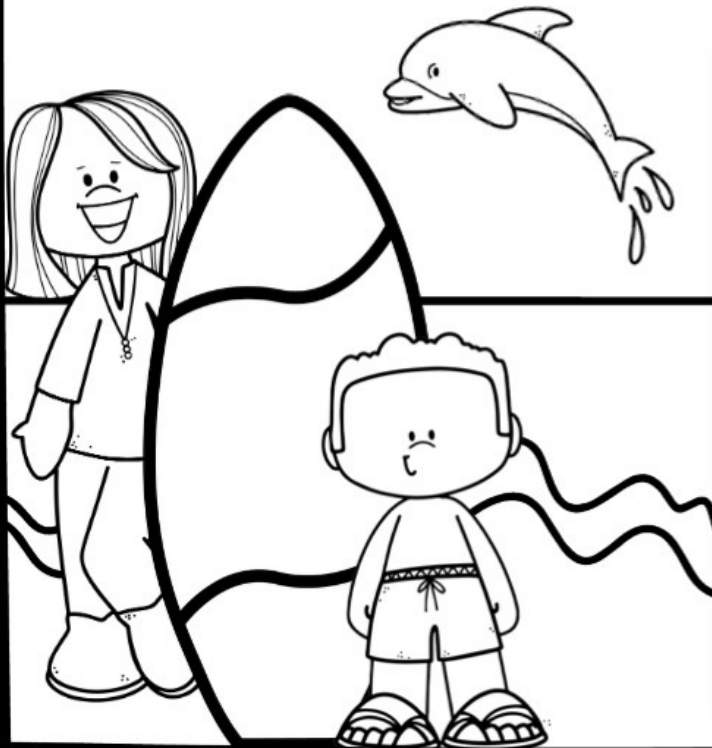
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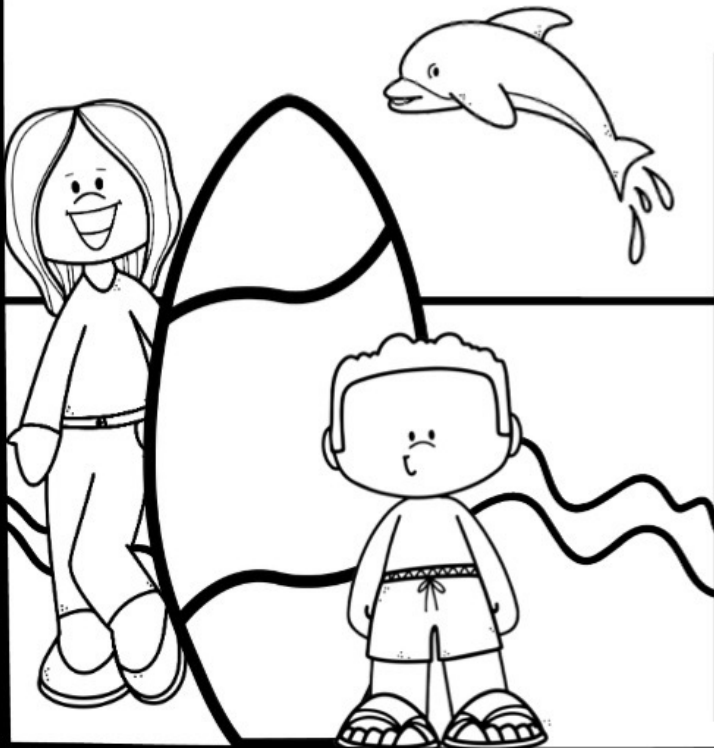
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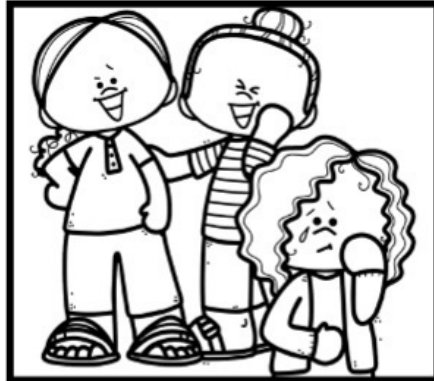


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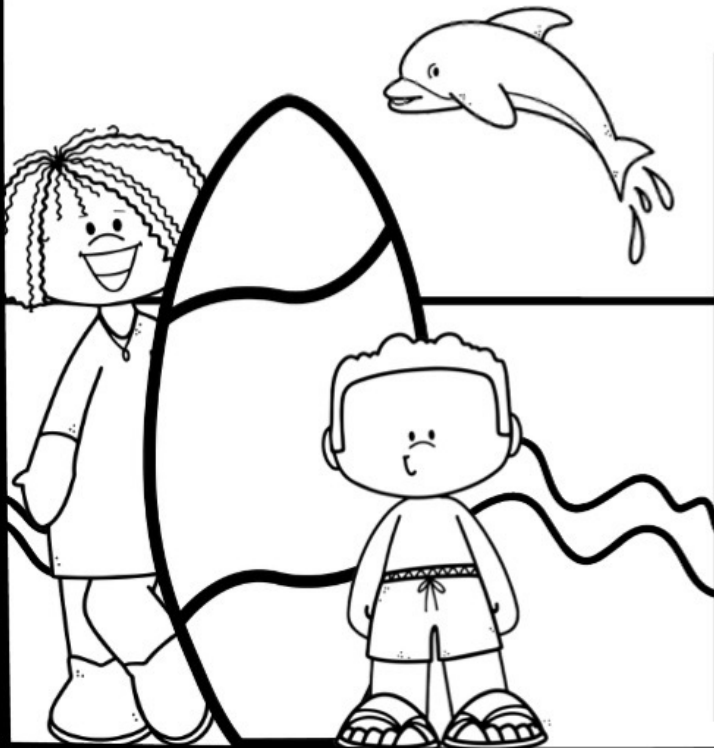
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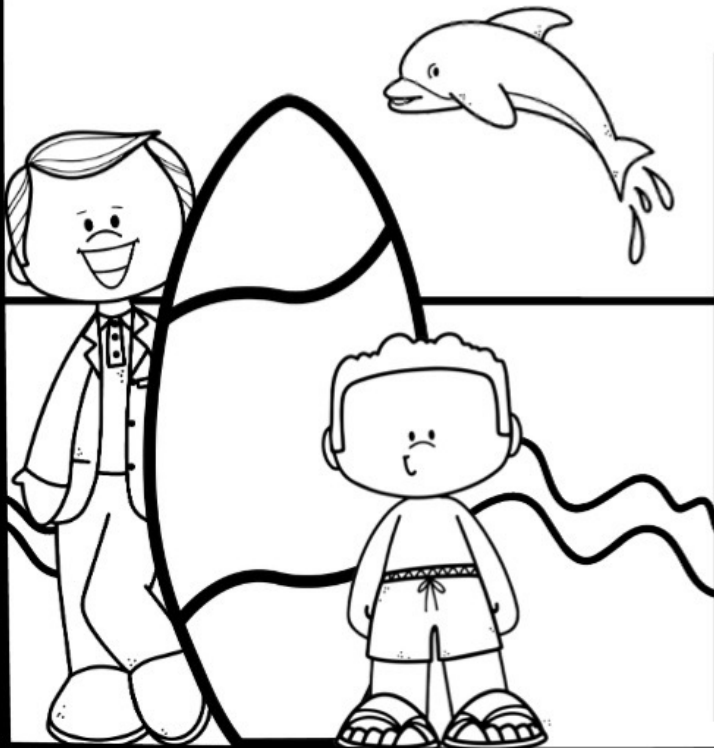
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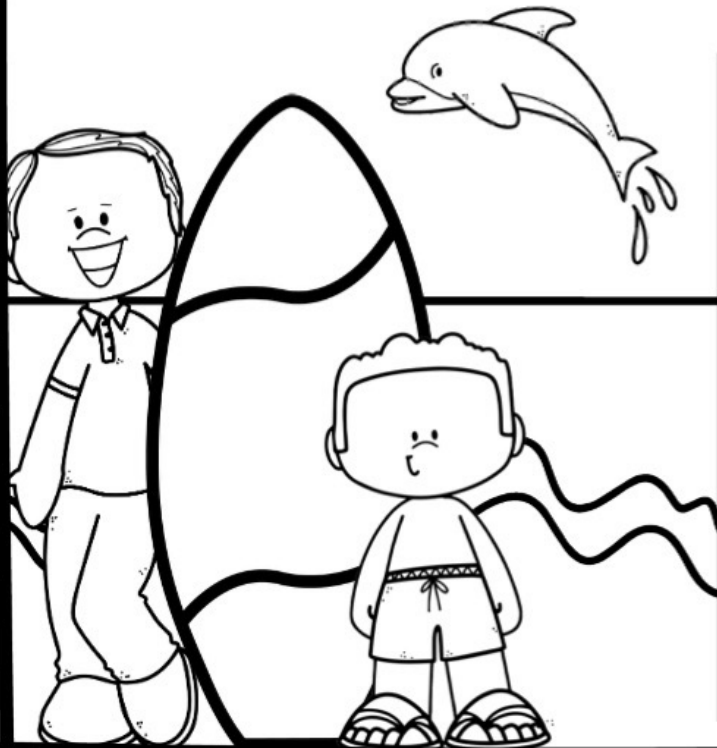
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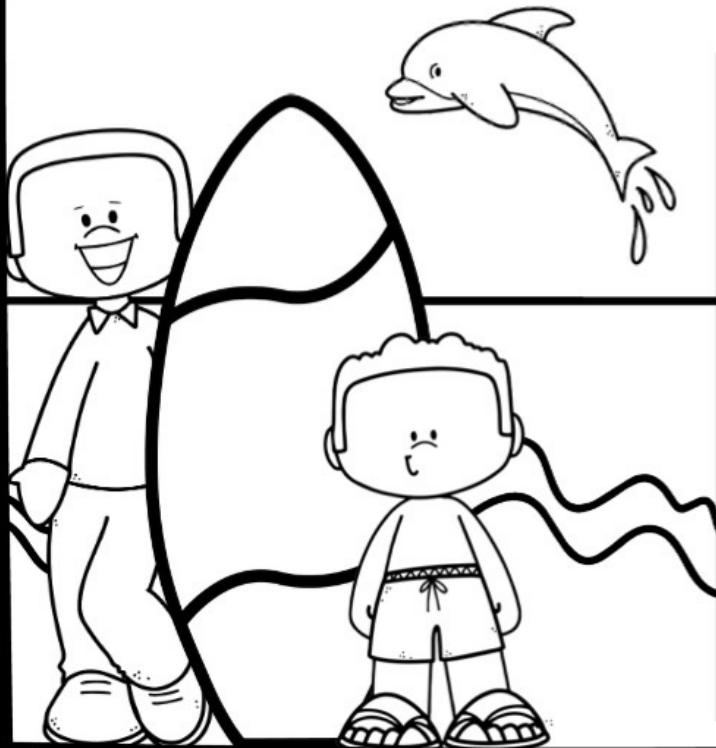
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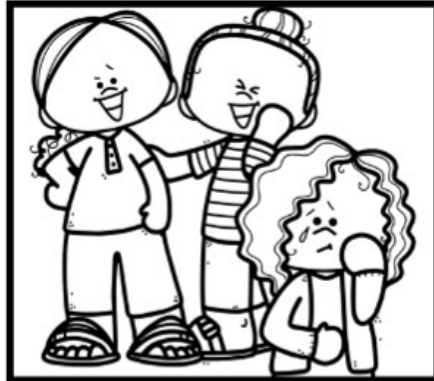


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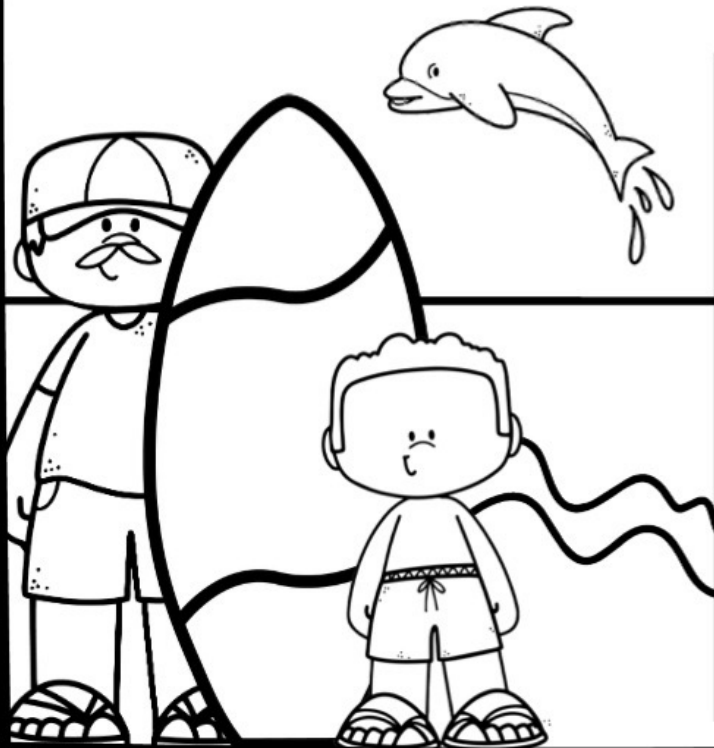
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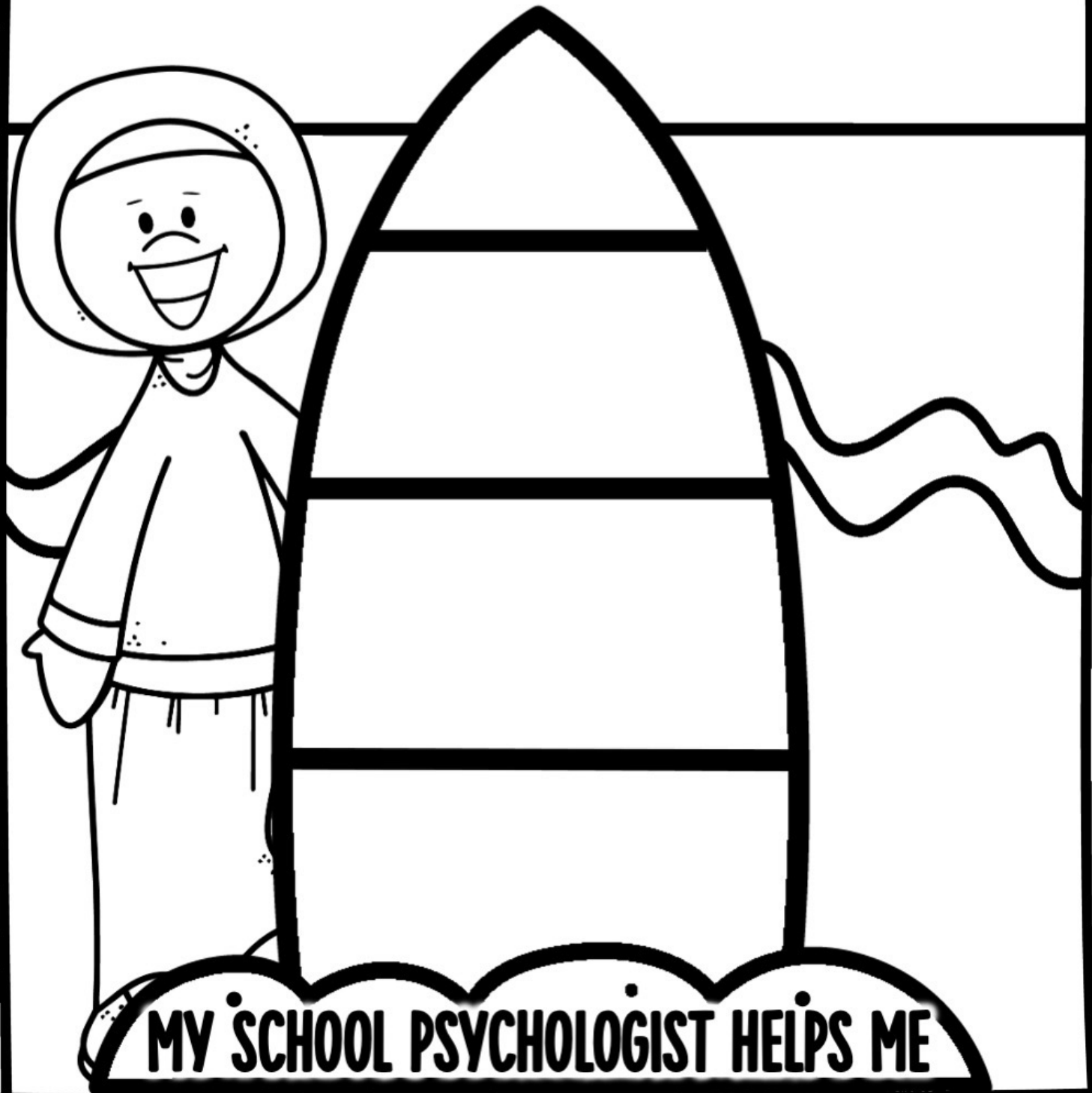


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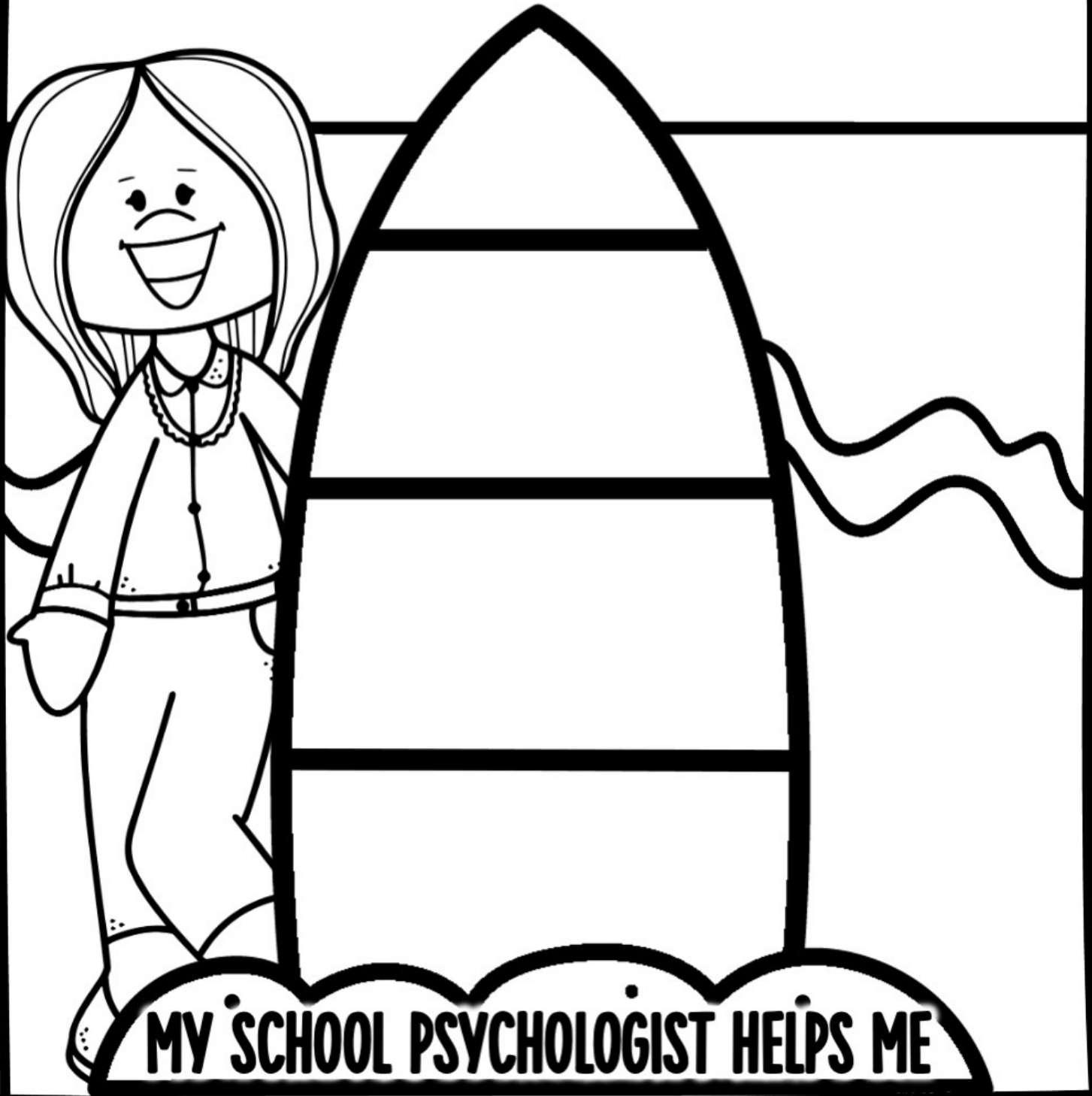
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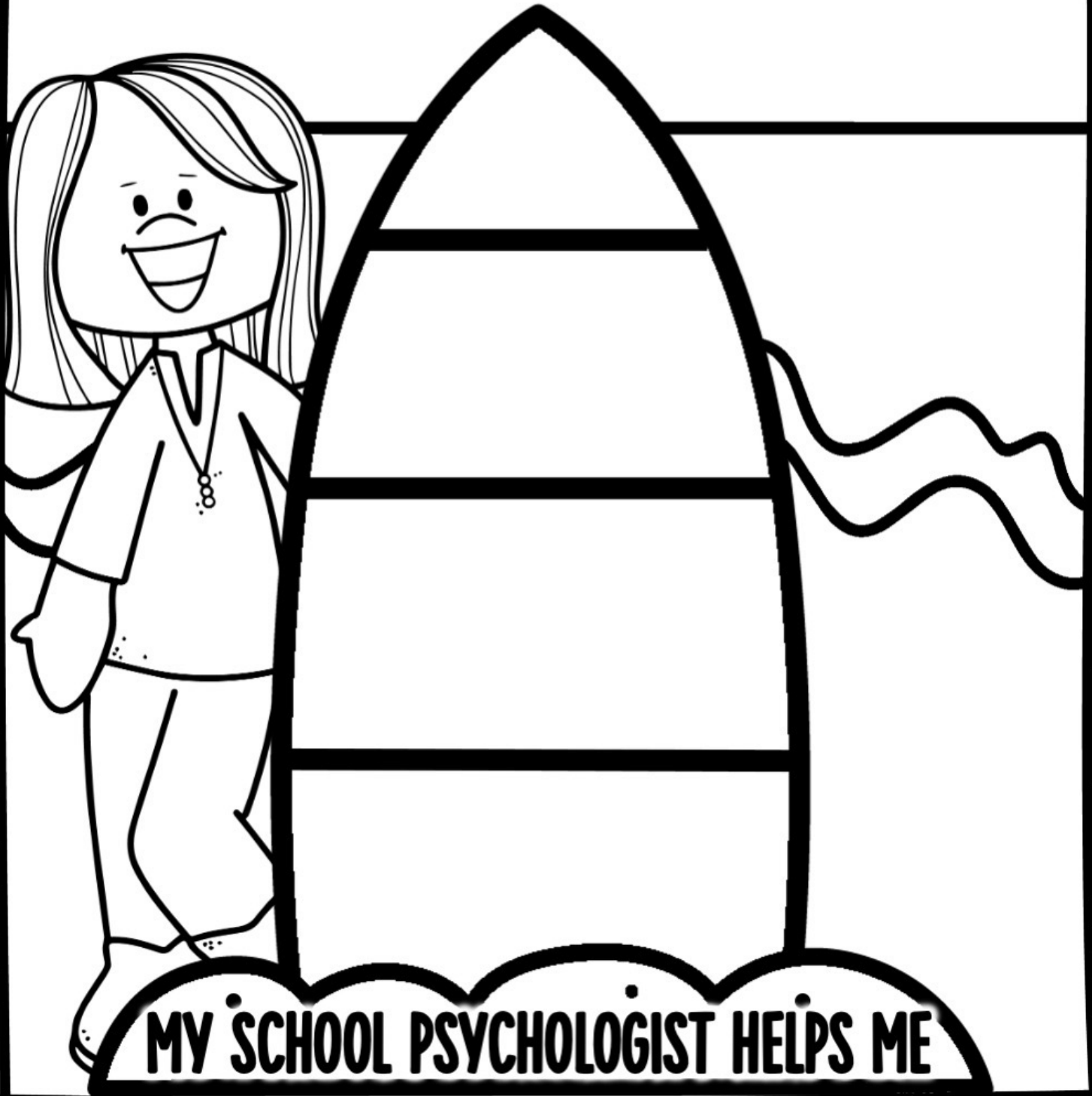


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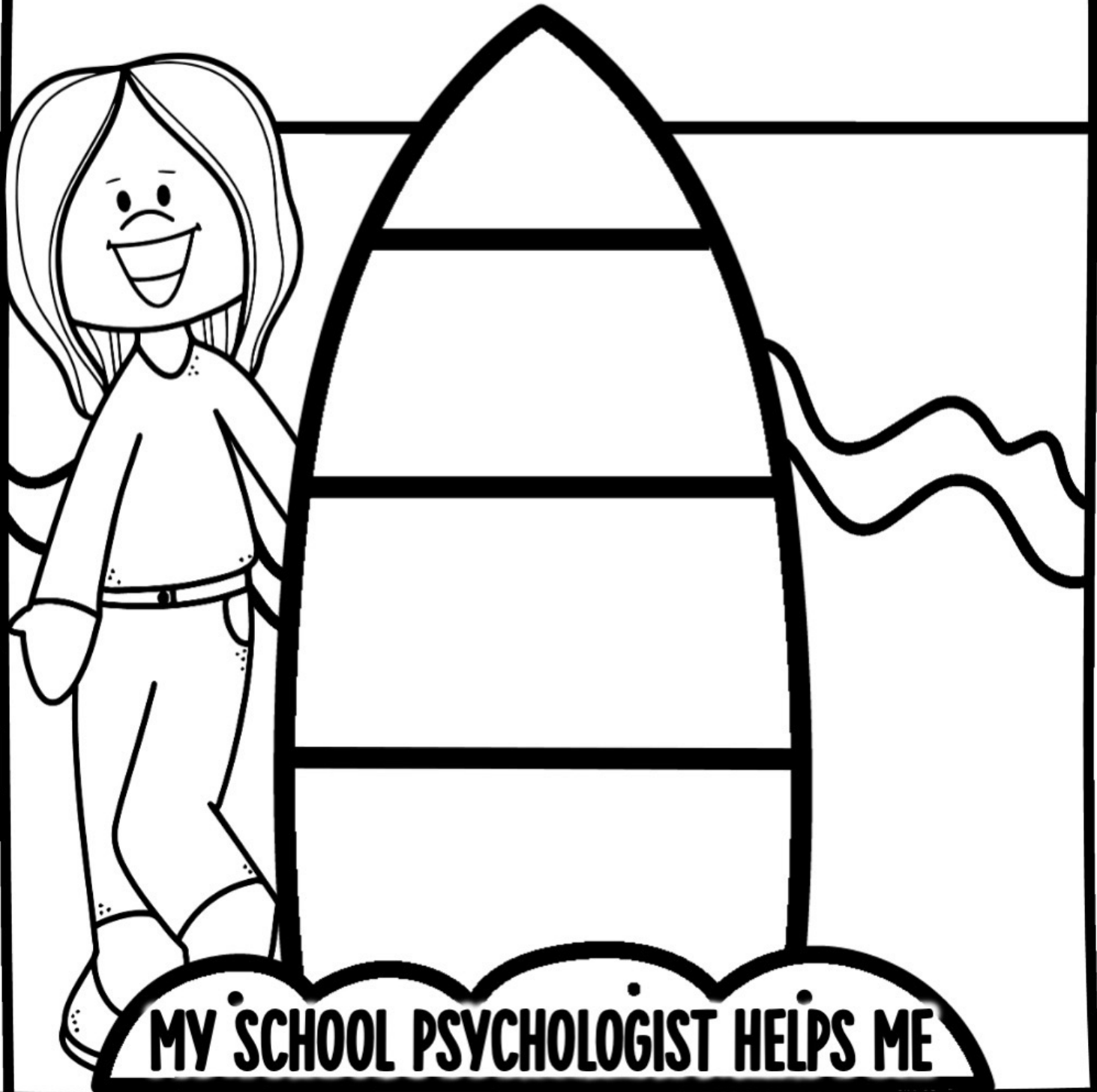
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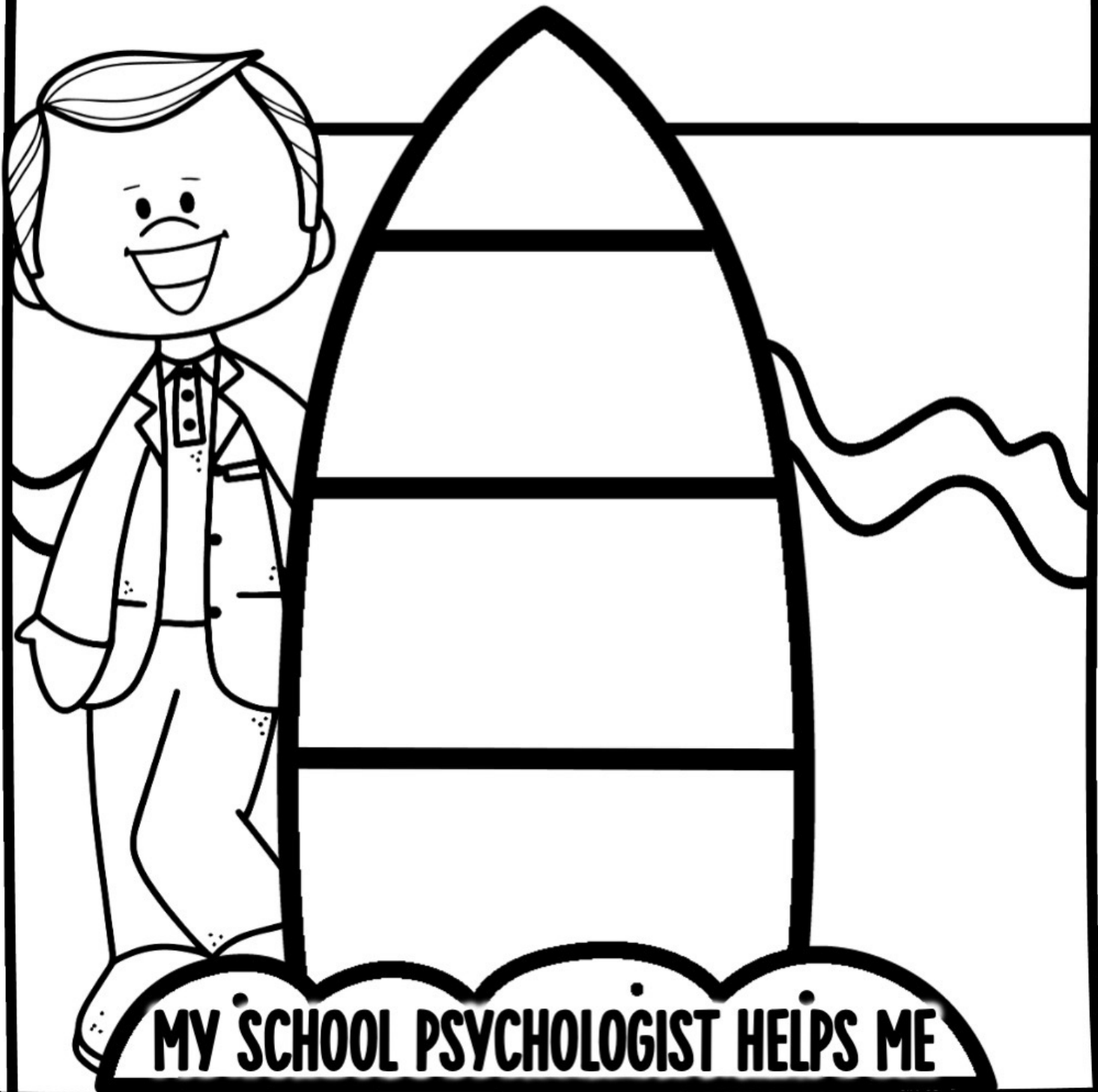
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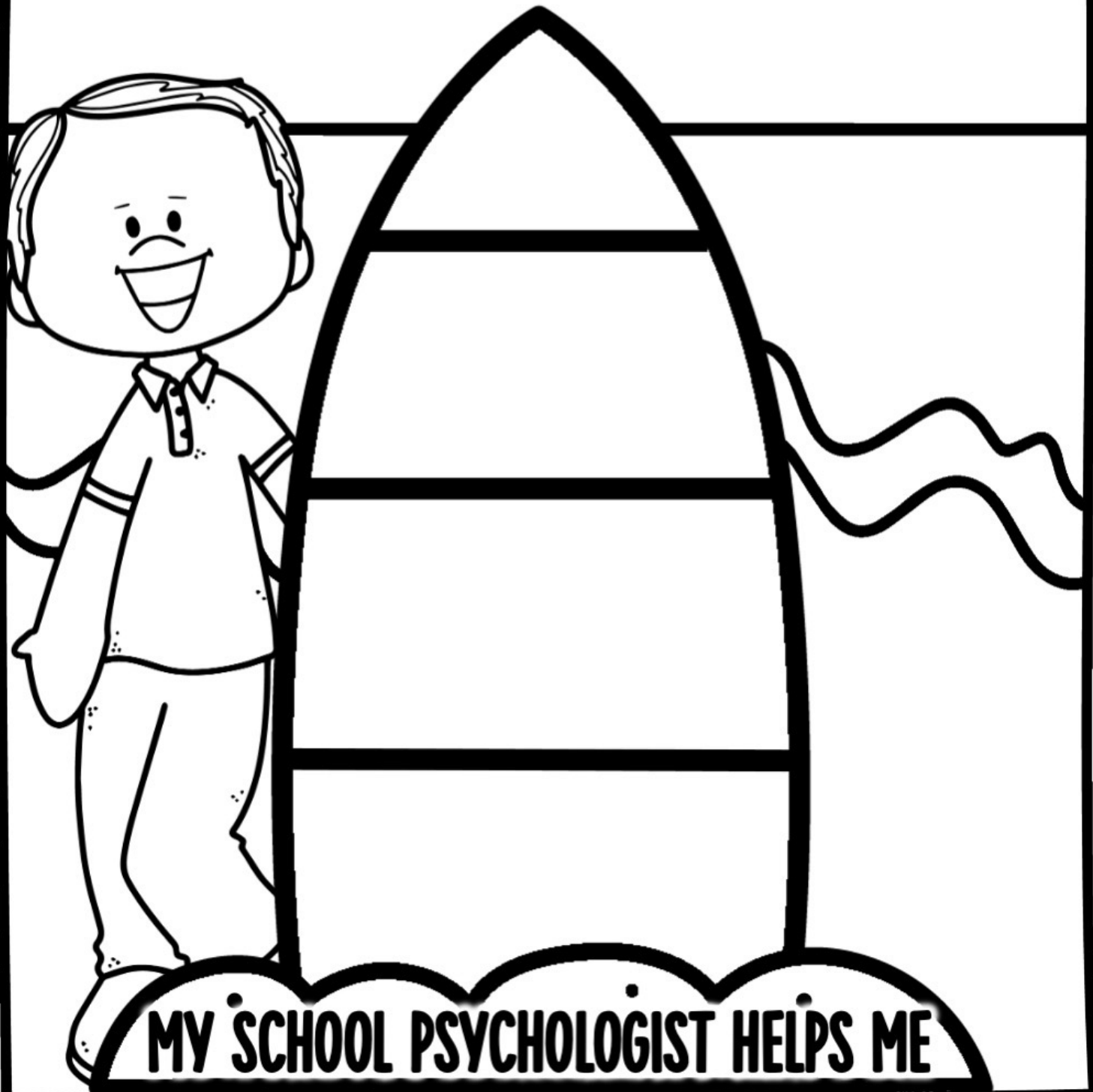
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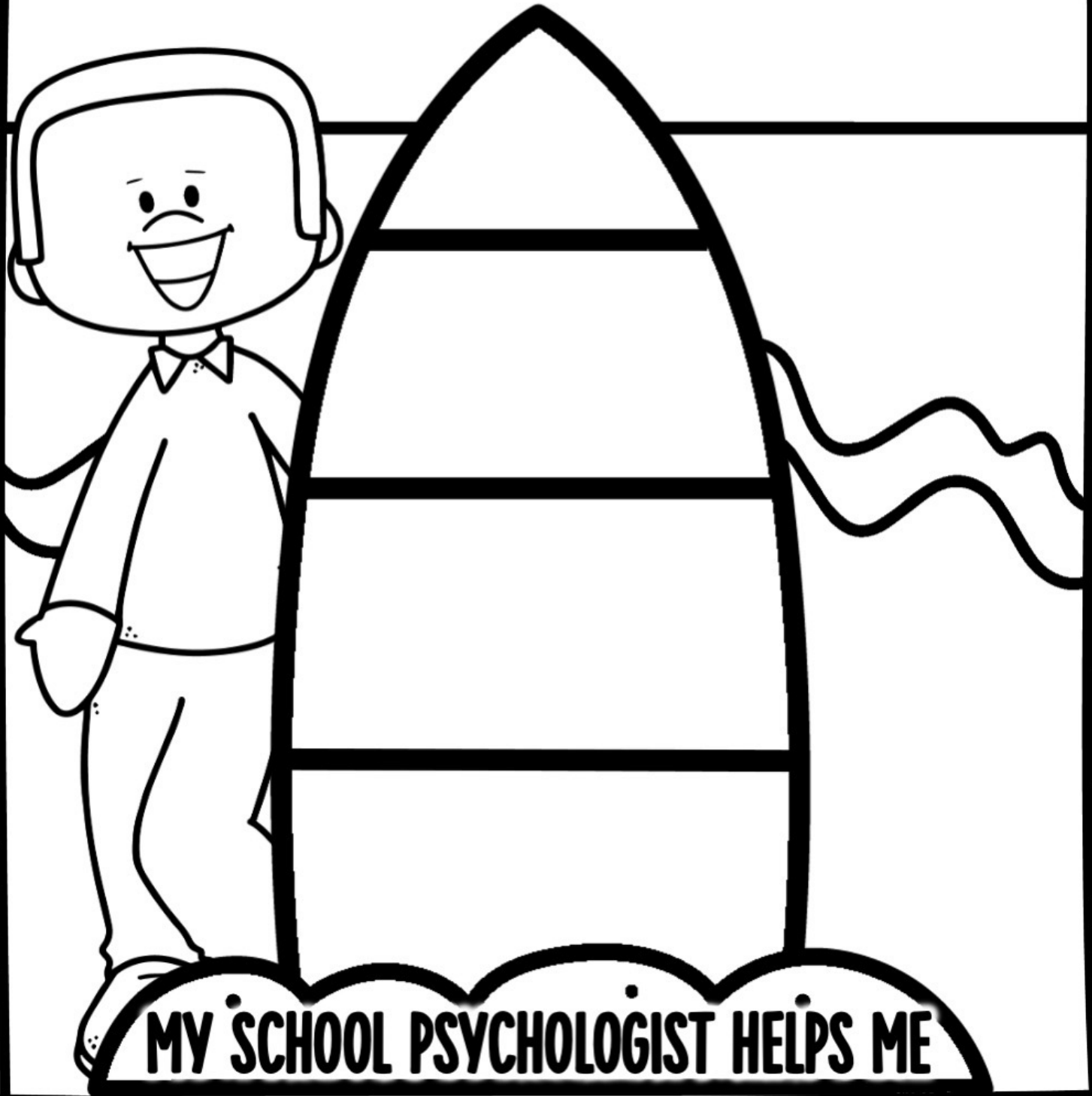
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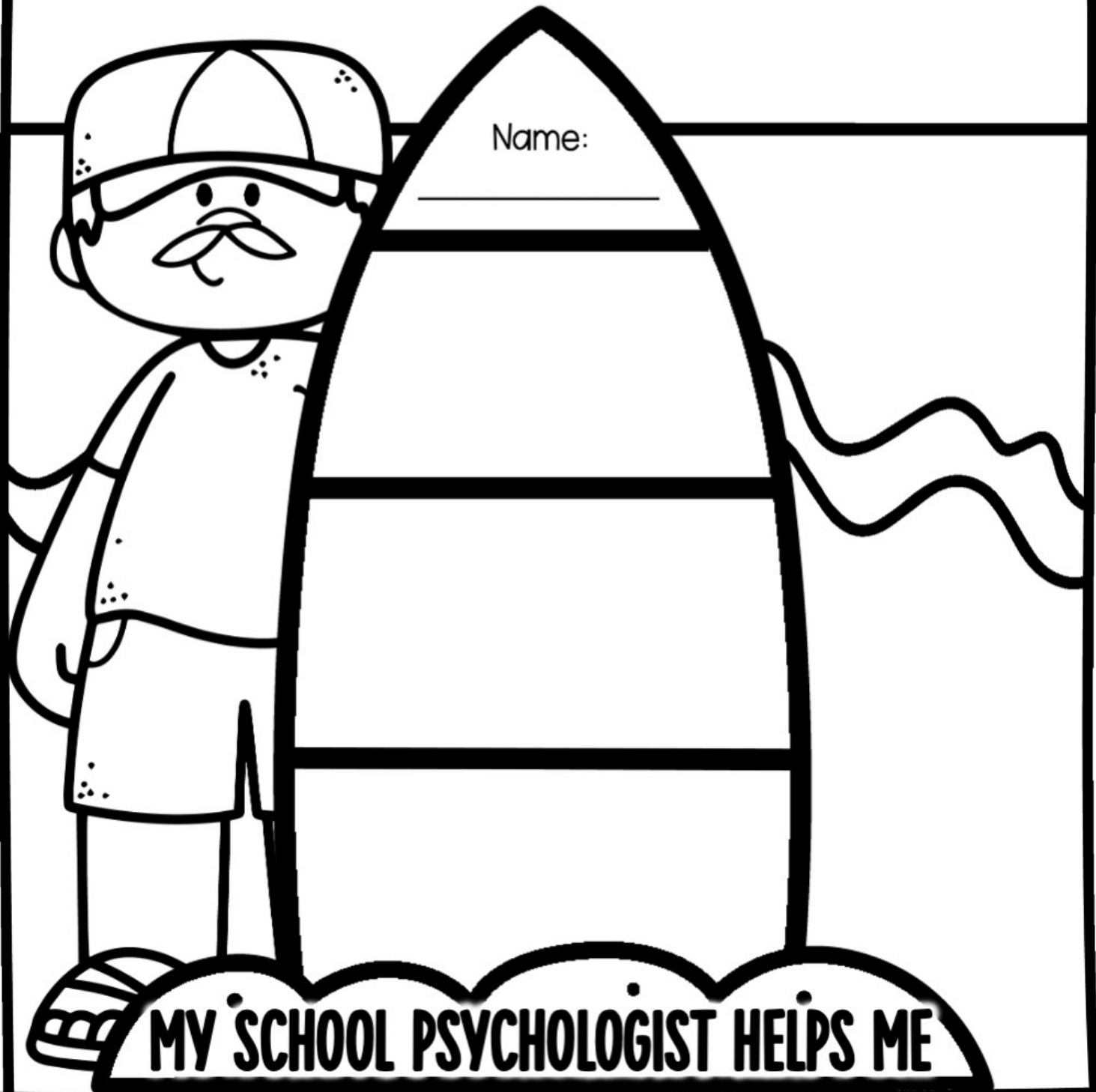


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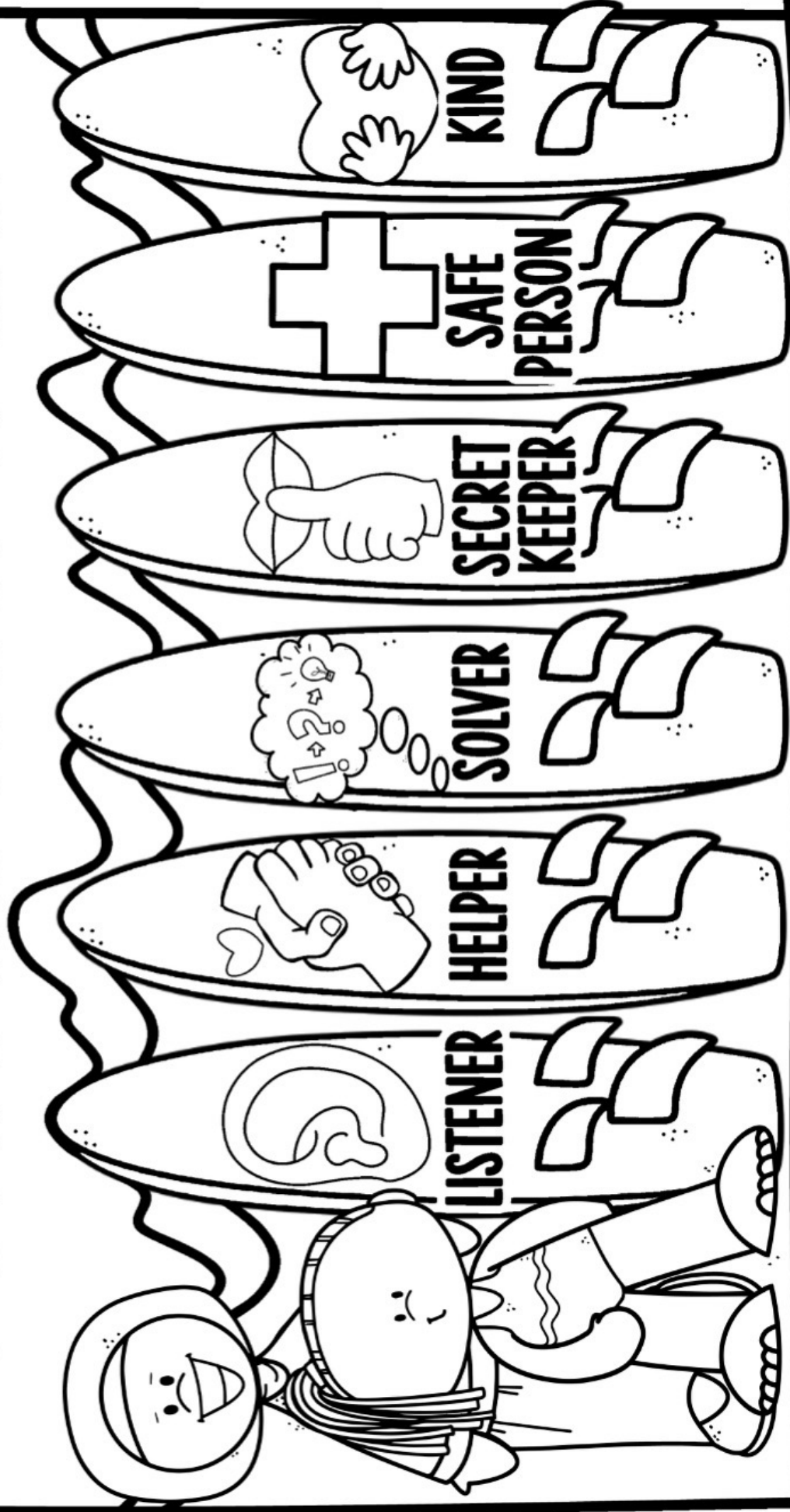
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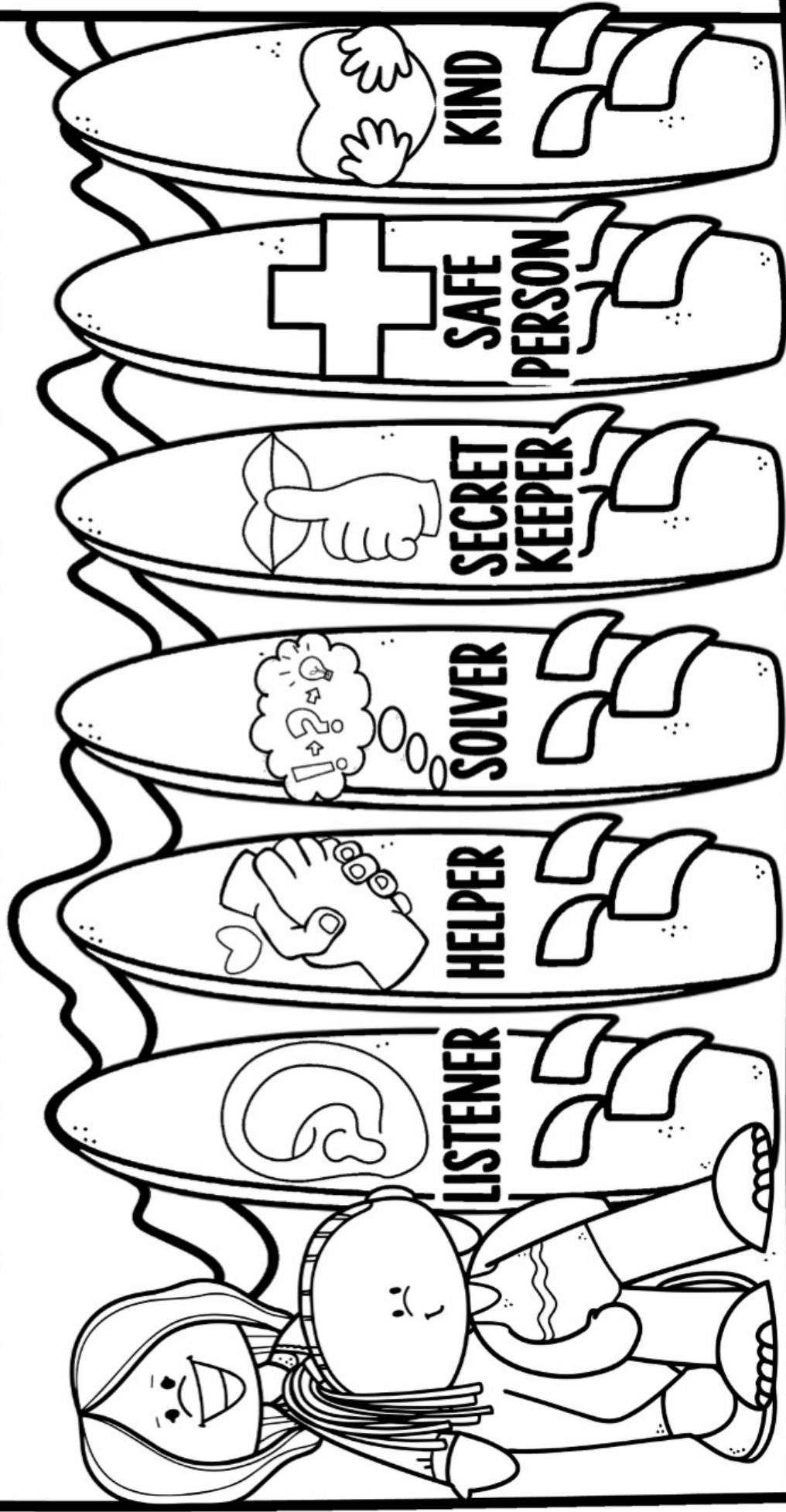
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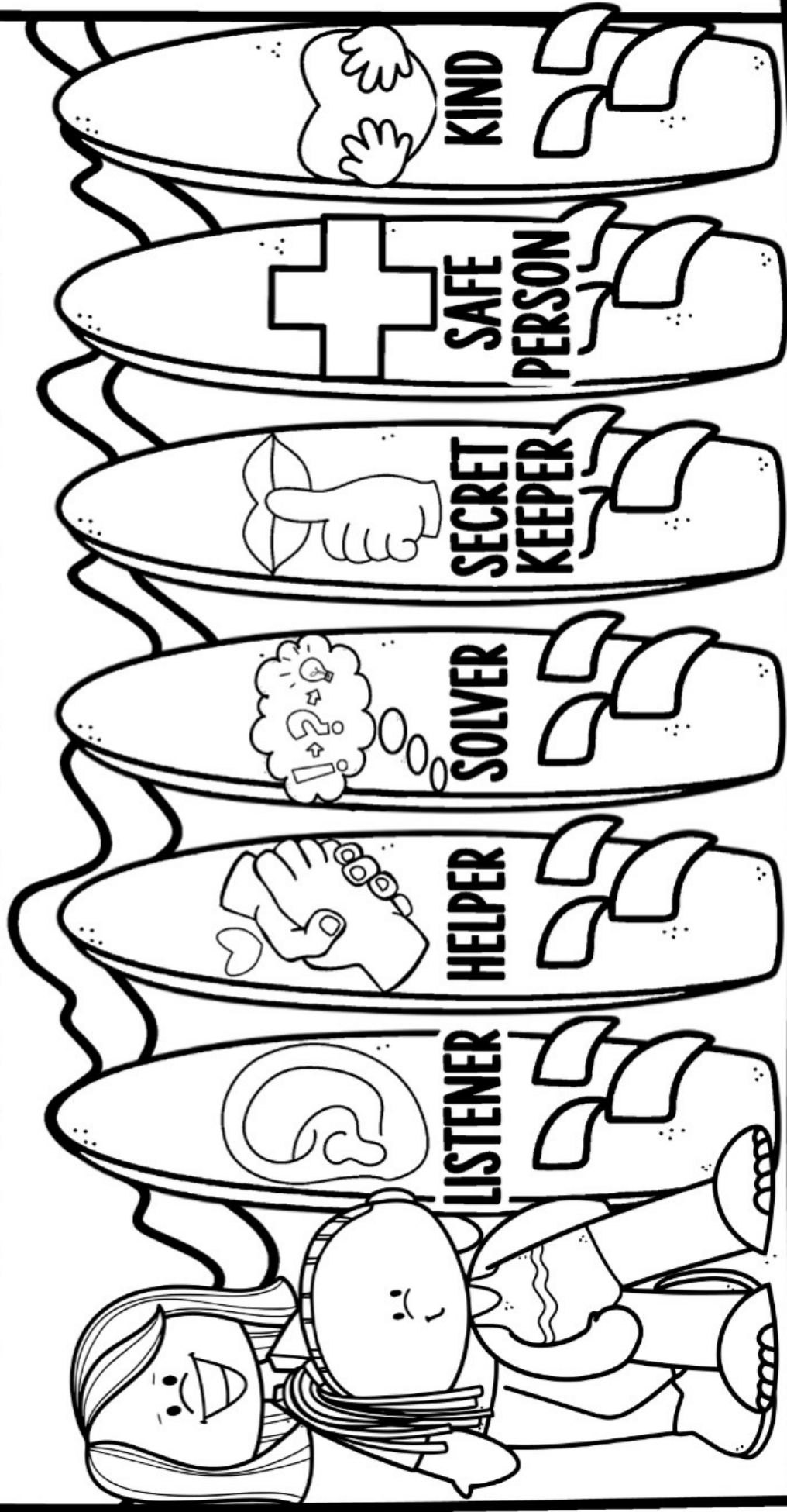
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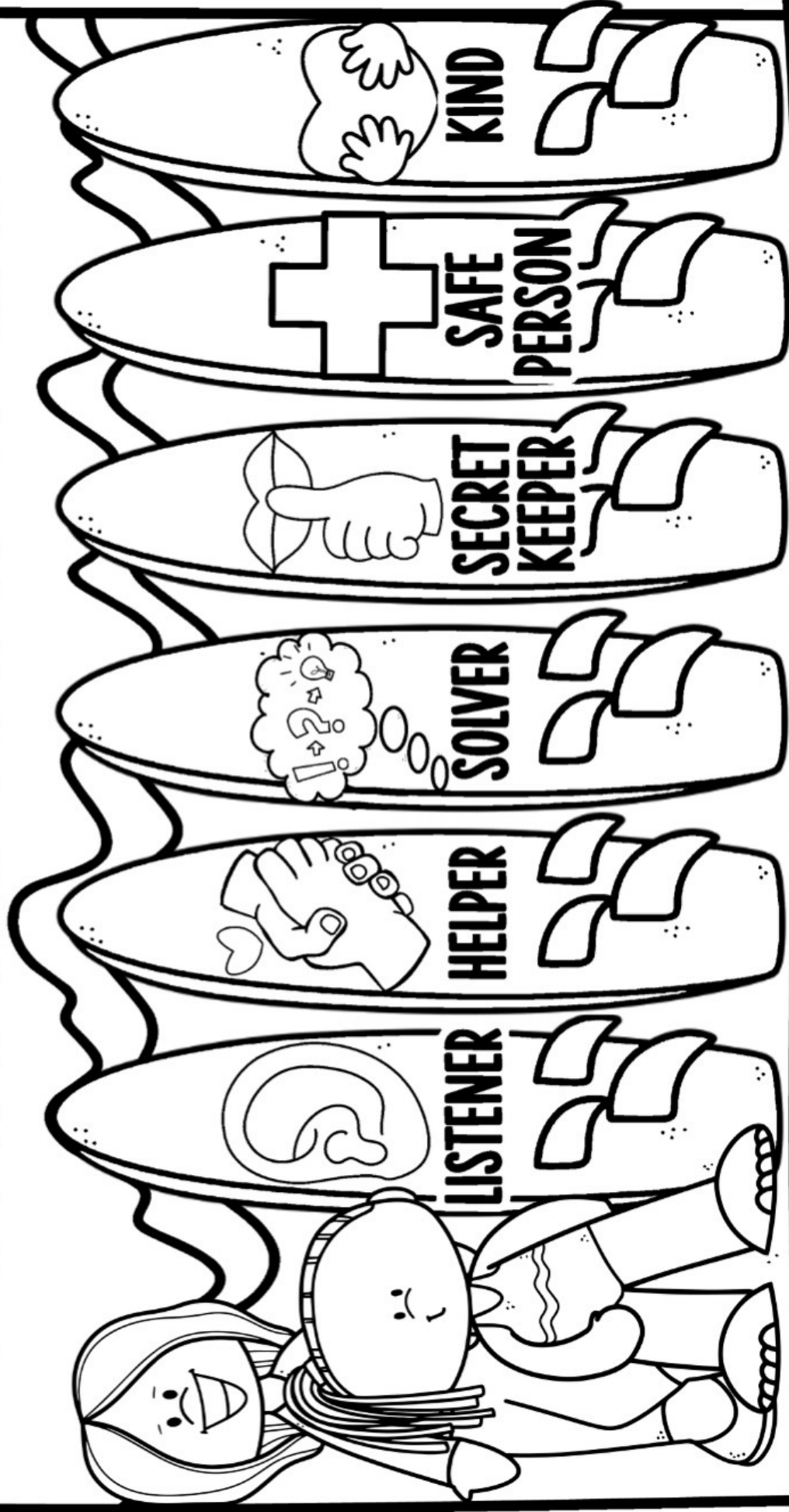
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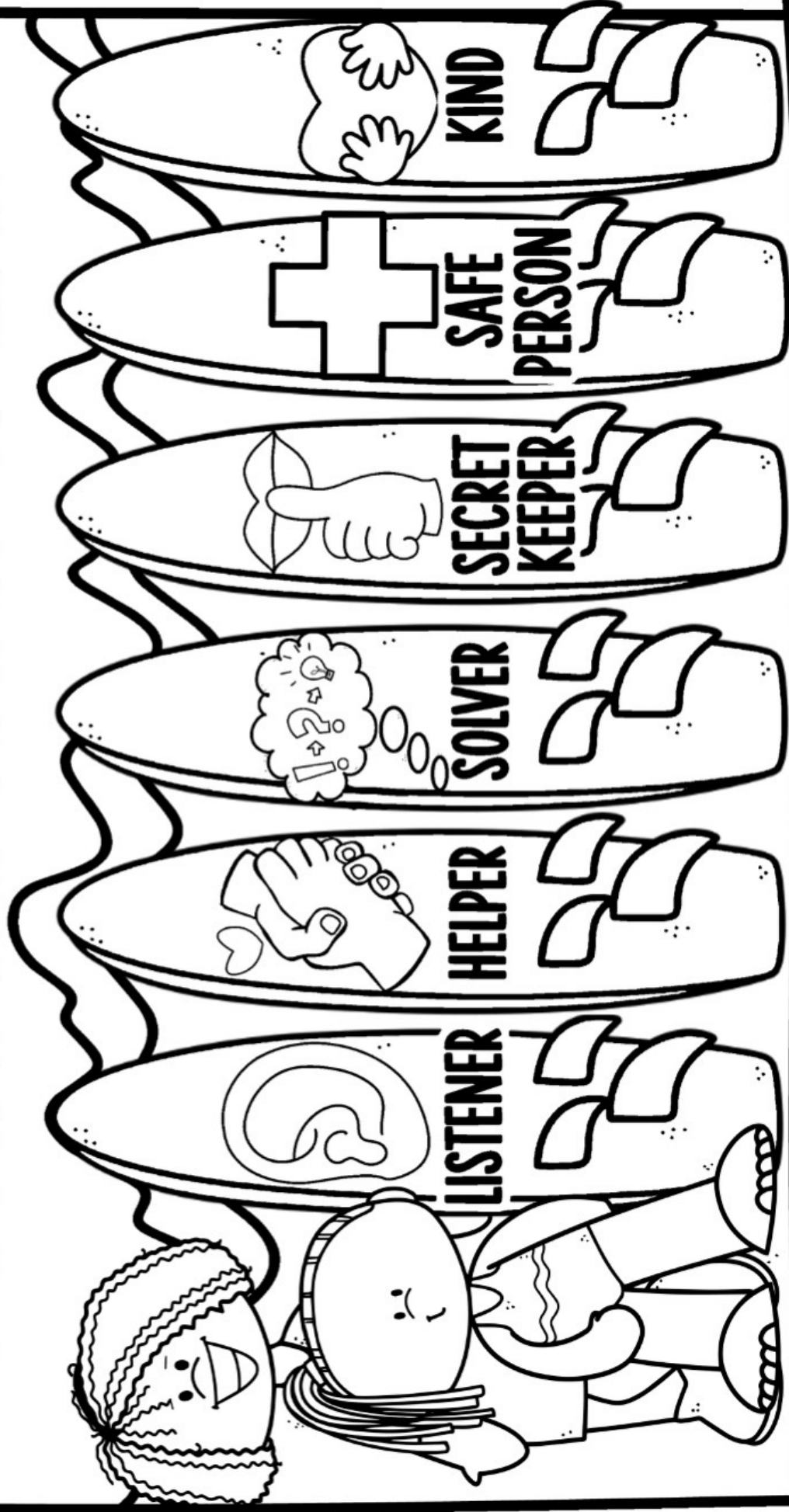
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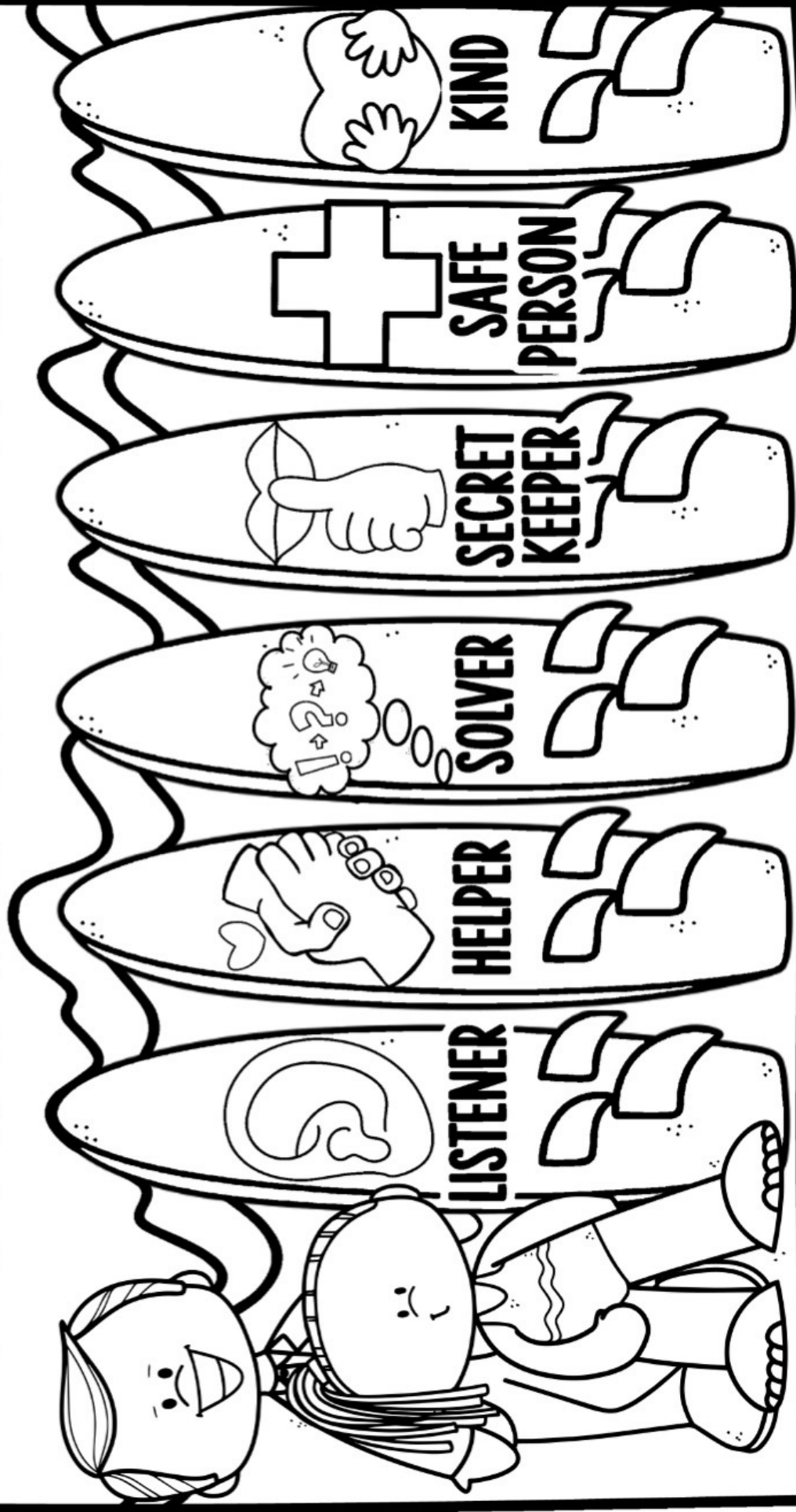
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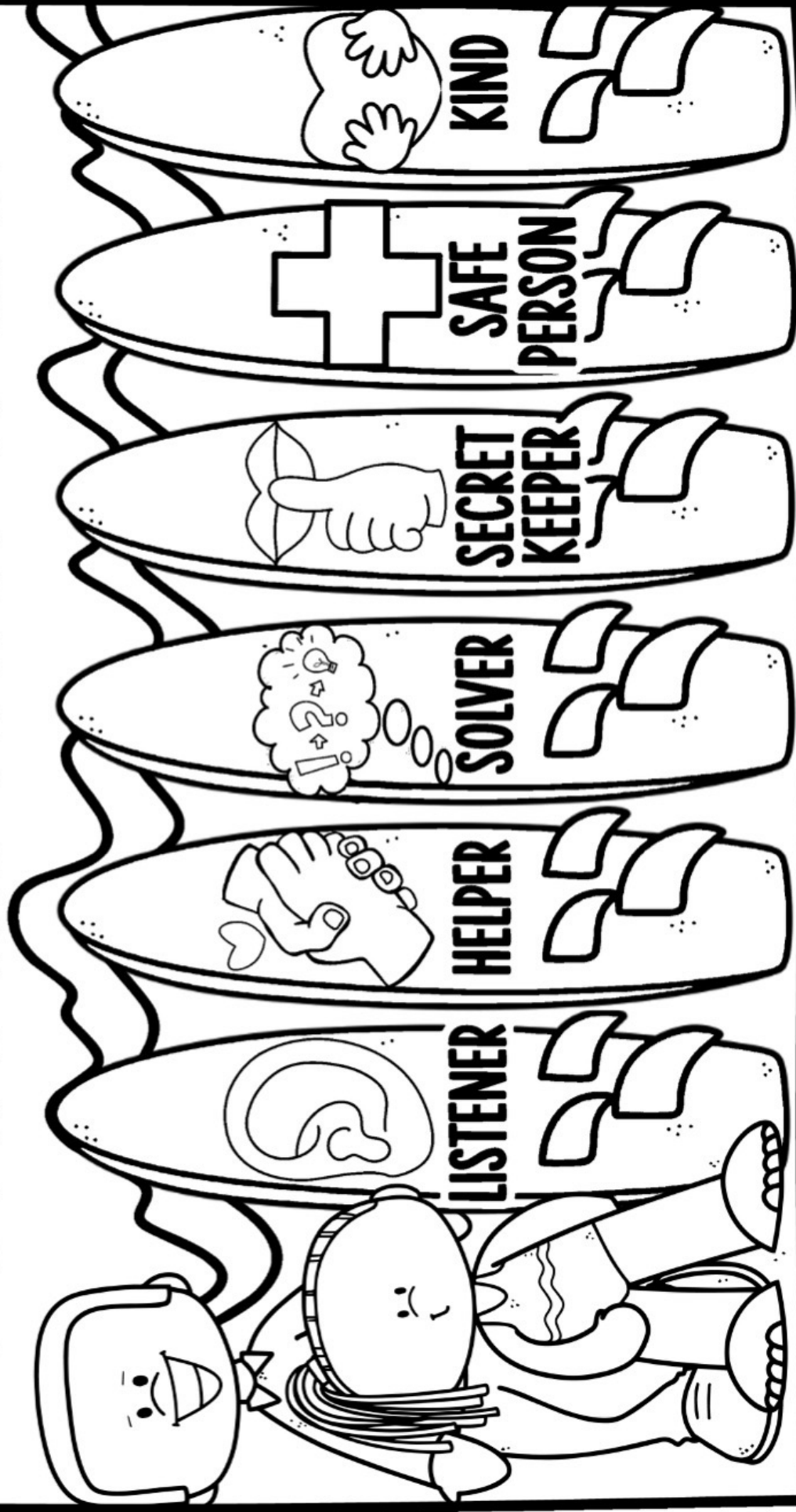
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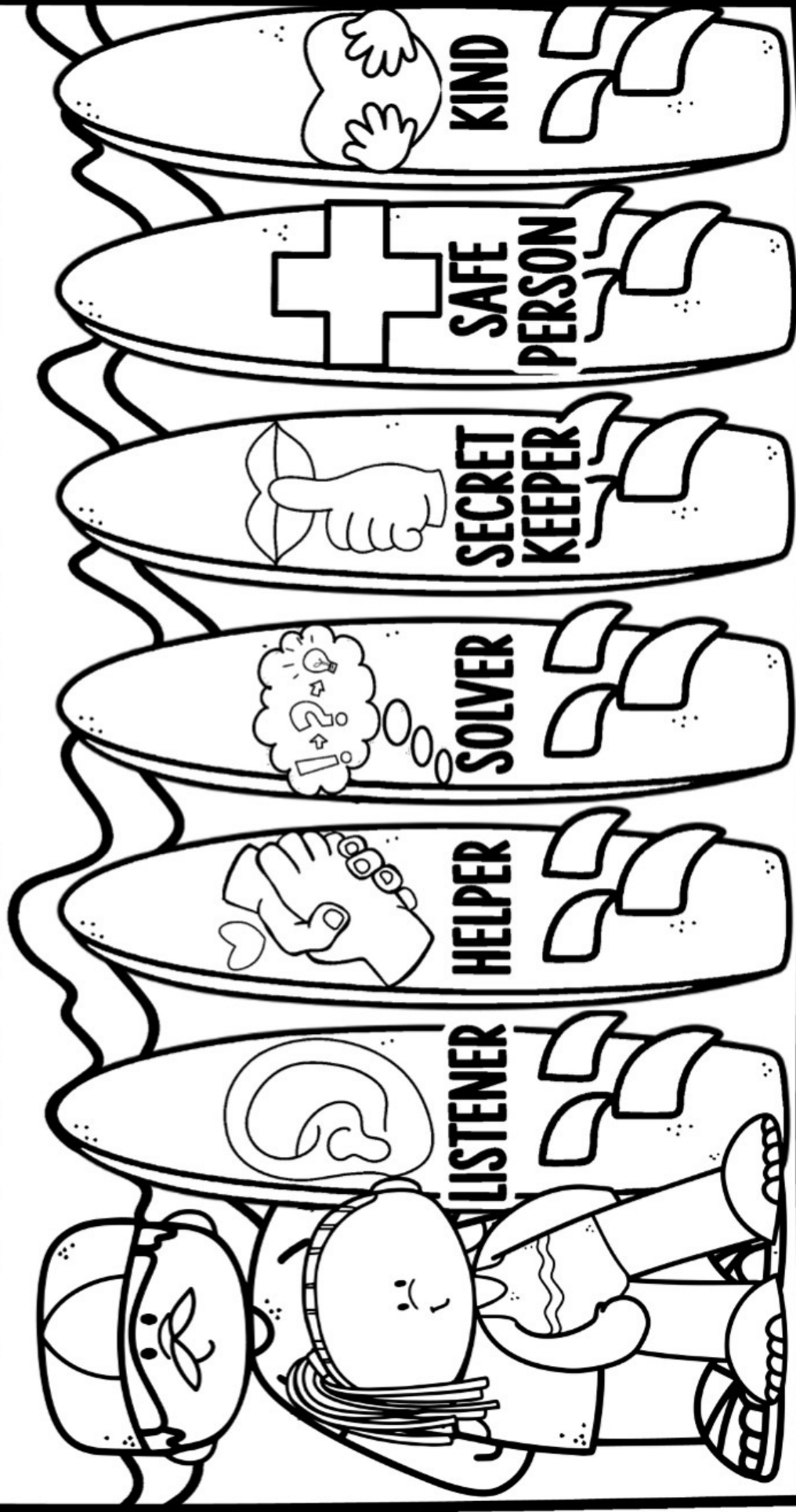
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• YOU MAY NOT •



Please contact me any time at 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:

