

Dear Cubs,

I hope that everyone is still staying healthy at home! I also hope that this time together has helped you learn more about each other and find fun things to do as a family. To cope during this unusual time I am taking a daily walk with my dog Delilah, practicing mindfulness, and reading. These really help me to clear my mind and feel more relaxed. Hopefully, you've been able to find coping skills from my last packet to help you also. Here is a reminder of some of the ways that the School Counseling Program will continue to support you at home.

1. I am sending more activity pages to help you identify your feelings, practice gratitude, give you something to think about, understand good character traits, and practice mindfulness.
2. I am also sending a positive thoughts and affirmation sheet. Positive thinking is a powerful tool that can improve your health, help you manage stress, overcome challenges, and make better choices. During this time, reminding yourself of the positive may help you get through the day!
3. I am posting on our school's Facebook page about community food options, learning resources, etc. Look us up and follow the page!
4. I will offer the opportunity to talk with me between 9:00-3:00 Mondays-Fridays. This can be through e-mail or other means that we feel work for us. My email is ashley.phillips@spencer.kyschools.us
5. I am updating my counseling website with information, activities, and helpful websites as I find them. My website is <https://counselingatscs.weebly.com/>

Please contact me with any other questions you may have at my e-mail address listed above. I'm always willing to help however I can. Thanks!

Ashley L Phillips
SCES School Counselor

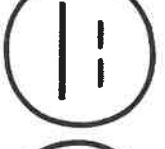
Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

How are you feeling today?



content worried sad tired happy silly scared annoyed angry sick

Name: _____

Date: _____

Gratitude Tip:

Think about a
smell that
makes you
feel grateful.

Think About It:

Have you ever seen someone being
treated unfairly? What happened?

Character Trait of the Day:

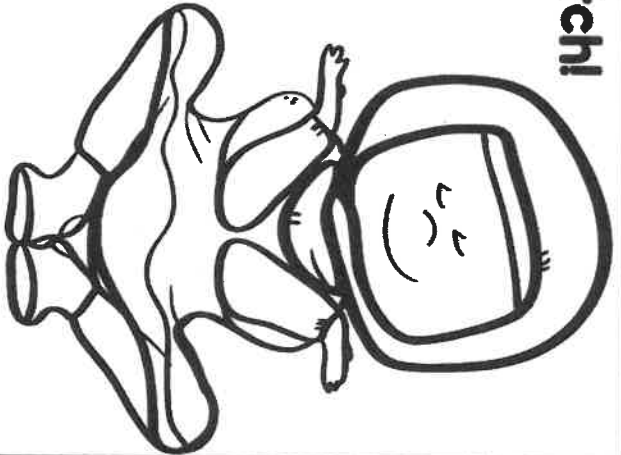
polite
po · lite adjective
showing good manners and respect for others

How will you be polite today?

Try this Mindful Stretch!

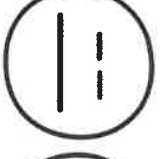
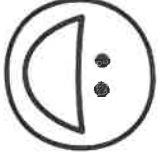
Flower Pose

1. Sit on your bottom.
2. Bring your feet together.
3. Lift your legs and weave your arms under them.
4. Grab the outside of your ankles and hold.



Draw a picture of someone being polite.

How are you feeling today?



content worried sad tired happy silly scared annoyed angry sick

Name: _____

Date: _____

Gratitude Tip:

Draw a picture of a memory that you are grateful for.

Think About It: What is a decision you have made that you felt bad about? How could you fix it?

Character Trait of the Day:

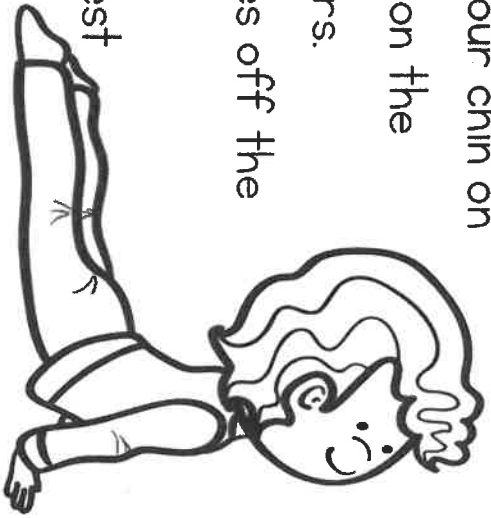
forgiving
 for · giv · ing (adjective)
 able to forgive others when they make mistakes

How will you be forgiving today? _____

Try this Mindful Stretch!

Cobra Pose

1. Lie on your belly with your chin on the floor and hands flat on the floor under your shoulders.
2. Pull your feet and knees off the floor.
3. Lift your head and chest off the floor.



Draw a picture of someone being forgiving.

How are you feeling today?



content



worried



sad



tired



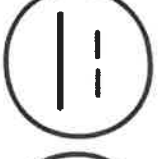
happy



silly



scared



annoyed



angry



sick

Name:

Date:

Gratitude Tip:

Make a list of objects that you are grateful for.

Think About It:

What is a good decision you have made?

Handwriting lines for writing a decision.

Character Trait of the Day:

encouraging
en · cour · ag · ing (adjective)
making someone feel hopeful or able to do something

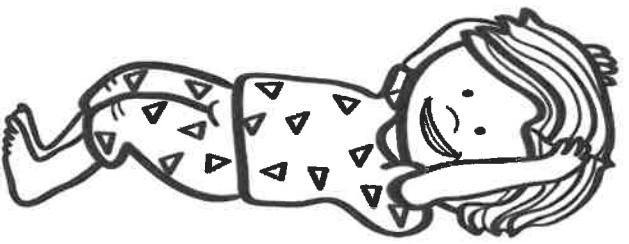
How will you be encouraging today?

Handwriting lines for describing how to be encouraging.

Try this Mindful Stretch!

Chair Pose

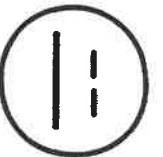
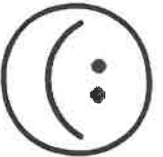
1. Stand up straight with your feet together.
2. Bring your arms up by your ears.
3. Bend your knees and keep your back straight, while leaning slightly forward.



Draw a picture of someone being encouraging.

Large rounded rectangle for drawing a picture of someone being encouraging.

How are you feeling today?



content

worried

sad

tired

happy

silly

scared

annoyed

angry

sick

Name:

Date:

Gratitude Tip:

Make a list of people who are probably grateful for you.

Think About It:

Who is someone who helps you to make good decisions?

Character Trait of the Day:

friendly
friend · ly adjective
acting like a friend towards others

How will you be friendly today? _____

Try this Mindful Stretch!

Child's Pose

1. Start on your hands and knees.
2. Spread your knees apart, but keep your toes touching.
3. Bow forward and bring your head towards the ground.
4. Bring your arms to the ground towards your feet.



Draw a picture of someone being friendly.

How are you feeling today?



content

worried

sad

tired

happy

silly

scared

annoyed

angry

sick

Name:

Date:

Gratitude Tip:

Go outside and find something in nature that you are thankful for.

Think About It:

Who is a person that makes you feel special? Why?

Character Trait of the Day:

caring

car · ing (adjective)

cares and thinks about the feelings of others

How will you be caring today?

Try this Mindful Stretch!

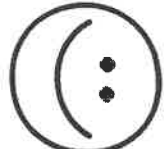
Butterfly Pose

1. Sit up straight.
2. Bring your feet together.
3. Pull your feet towards your body.
4. Drop your knees towards the floor.



Draw a picture of someone being caring.

How are you feeling today?



content



worried



sad



tired



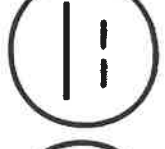
happy



silly



scared



annoyed



angry



sick

Name:

Date:

Gratitude Tip:

Draw a picture of an animal that you are thankful for.

Think About It:

What can you do if you see someone being bullied?

Character Trait of the Day:

determined
de · ter · mined adjective
working hard to do something without giving up

How will you be determined today? _____

Try this Mindful Stretch!

Cat Cow Pose

1. Get on your hands and knees.
2. Breathe in and drop your belly towards the floor. (Cow)
3. Breathe out and pull your head up towards the ceiling. (Cat)



Draw a picture of someone being determined.

How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Name: _____

Date: _____

Gratitude Tip:

Close your eyes and think of a place that you are grateful for.

Think About It:

How can you be a role model for other kids?

Character Trait of the Day:

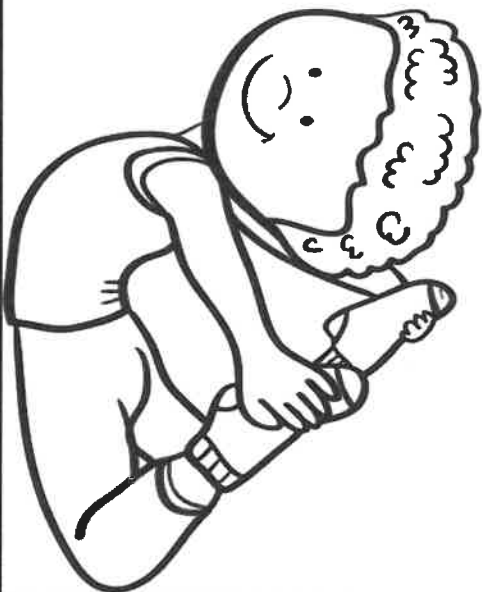
fair
fair (adjective)
treating people equally and doing what is right for everyone.

How will you be fair today?

Try this Mindful Stretch!

Bow Pose

1. Lay flat on your stomach.
2. Bend your knees and pull your feet towards you head with both hands.



Draw a picture of someone being fair.

How are you feeling today?



content worried sad tired happy silly scared annoyed angry sick

Name: _____

Date: _____

Gratitude Tip:

Write
someone a
thank you
note.

Think About It:

What makes you feel sad?

Character Trait of the Day:

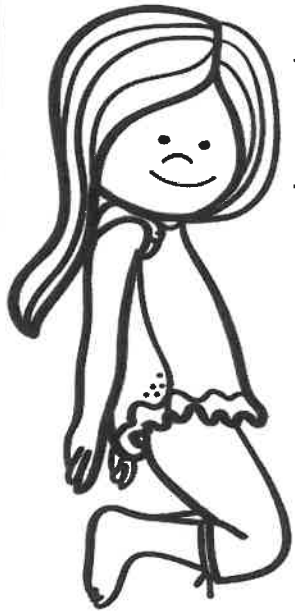
patient
pa · tient adjective
Able to remain calm and not annoyed when
waiting for something

How will you be patient today? _____

Try this Mindful Stretch!

Bridge Pose

1. Lay flat on your back with your arms at your sides.
2. Bend your knees and place your feet flat on the ground.
3. Lift up your hips.



Draw a picture of someone being patient.

How are you feeling today?



content

worried

sad

tired

happy

silly

scared

annoyed

angry

sick

Name:

Date:

Gratitude Tip:

Thank your body for all of the things it does for you.

Think About It:

What is something nice someone has done for you?

Handwriting lines for writing a response.

Character Trait of the Day:

generous
gen · er · ous (adjective)
giving more to others than is expected

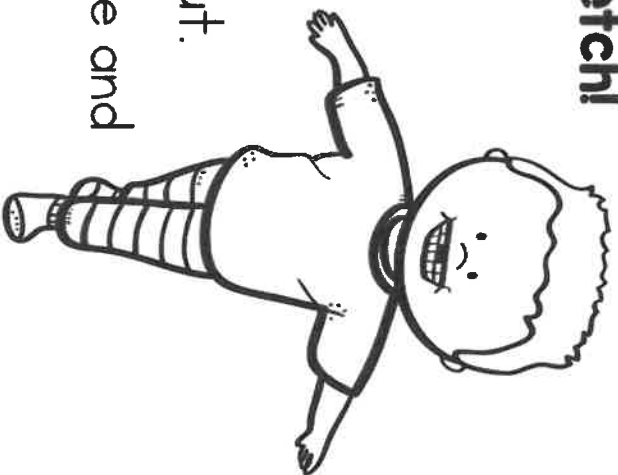
How will you be generous today?

Handwriting lines for writing a response.

Try this Mindful Stretch!

Airplane Pose

1. Stand on one foot.
2. Lean your body forward.
3. Spread your arms out.
4. Focus on your balance and breath.



Draw a picture of someone being generous.

Large empty box for drawing a picture of someone being generous.

How are you feeling today?



content



worried



sad



tired



happy



silly



scared



annoyed



angry



sick

Name:

Date:

Gratitude Tip:

Take time to be grateful for your food before you eat it.

Think About It:

Who is your hero? Why?

Character Trait of the Day:

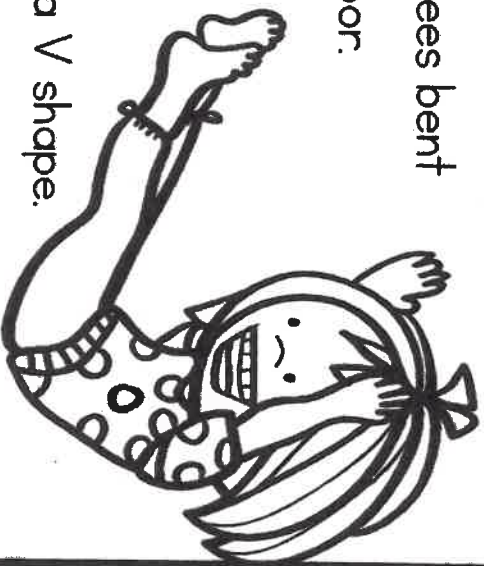
confident
 con · fi · dent adjective
 believing you can do things well or success

How will you be confident today? _____

Try this Mindful Stretch!

Boat Pose

1. Sit down with your knees bent and feet flat on the floor.
2. Lean back and lift your feet to straighten your legs.
3. Bring your body into a V shape.



Draw a picture of someone being confident.