

## Counselor Intro Kit

1. Woody: I'm your partner
  2. Rock: Come to school with worries—feels like a rock in your tummy.
  3. Puzzle: Feeling confused, all jumbled up.
  4. Tissues: It's OK to cry.
  5. Band-Aids: dealing with painful things—all the Inside Out Feelings (Inside Out characters are on the Band-Aid box)
  6. Feelings Glasses: looking at things through what lens
  7. \*Eraser: Everyone makes mistakes; I can help you figure out how to deal with your feelings about that, and maybe brainstorm what you could try next time.
  8. \*Stretchy band: how to be flexible, encourage you to try something new
  9. Thumb War Book: Problems with others
  10. \*Soccer ball of feelings: How to set goals (feelings—how you feel about new challenges)
  11. \*Magic 8 Ball... Can I see into your future? No!
  12. Wand... Will I make your problems magically disappear? No!
  13. Easy Button... Can I make really hard things super easy for you? No!
  14. \*Battery: how to keep yourself going when things are difficult
  15. \*Pros/Cons Memo Pads: Brainstorming sticky situations
  16. \*Compass: Help you find your way—pick a path.
  17. \*Predict-o-Pen: Will this help us figure out the future? No, but...
  18. \*Blank Book: Help you realize each day's a new day, your blank page
  19. \*Sharpie: Sometimes we have a reputation we want to change, it takes time...
  20. Falcon Focus: explain monthly/weekly
- BONUS: \*Blue Slips—how to request to see me.
- (\*These are removed for grades 1-2)