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SAMPLE PAGE

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# I WOULD LIKE TO SEE THE SCHOOL COUNSELOR

I AM FEELING:



**SAD**



**MAD**



**SCARED OR  
WORRIED**

My name is \_\_\_\_\_

I am in \_\_\_\_\_

(Teacher's Name)

\_\_\_\_\_ class

# I WOULD LIKE TO SEE THE SCHOOL COUNSELOR

I AM FEELING:



**SAD**



**MAD**



**SCARED OR  
WORRIED**

My name is \_\_\_\_\_

I am in \_\_\_\_\_

(Teacher's Name)

\_\_\_\_\_ class.

### SCHOOL COUNSELING APPOINTMENT



The time for

\_\_\_\_\_ (Student's Name)

appointment with the school counselor is:

Date \_\_\_\_\_

Time \_\_\_\_\_

### SCHOOL COUNSELING APPOINTMENT



The time for

\_\_\_\_\_ (Student's Name)

appointment with the school counselor is:

Date \_\_\_\_\_

Time \_\_\_\_\_

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The time for

\_\_\_\_\_ (Student's Name)

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The time for

\_\_\_\_\_ (Student's Name)

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Date \_\_\_\_\_

Time \_\_\_\_\_

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# Handout:

## THINGS THAT BUG ME



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# Activity:

## INSIDE BEAUTY - THE BUTTERFLY

**Purpose:** To focus on the importance of who we are versus how we look

**Materials:** (Optional) Caterpillar / butterfly changeable puppet

**Procedure:** Ask the student what they know about a caterpillar? Review how a caterpillar spins a cocoon and then emerges as a beautiful butterfly. Together create a story entitled: "The Caterpillar Alias: The Beautiful Butterfly." Use story sentences such as the following to provide a guideline for the student to create the story.

There once was a caterpillar named \_\_\_\_\_. She looked like a regular caterpillar on the outside with a \_\_\_\_\_ body and \_\_\_\_\_.

One day she headed across the meadow to the pond where the forest creatures gathered. She liked to be at the pond except when some of the forest creatures would tease her. They would say, " \_\_\_\_\_

\_\_\_\_\_."

And " \_\_\_\_\_." This made \_\_\_\_\_ feel \_\_\_\_\_.

She crawled away with her head down. She knew she was a regular caterpillar on the outside but a terrific caterpillar on the inside – but they didn't seem to take the time to notice. She began to question the good things about her own self. She began to cry. The wise owl who had been sleeping nearby awoke when he heard her crying. He asked what was wrong and the caterpillar told him. The wise owl said,

" \_\_\_\_\_." The caterpillar

thanked the wise owl for his help. \_\_\_\_\_, the caterpillar, became tired so she made herself comfortable in the branch of a tree. She started to twist and turn and before you knew it she had spun a cocoon around herself. Feeling warm and comfortable she feel asleep. She had a good dream about herself - of the good things about her. She dreamed that she was \_\_\_\_\_

\_\_\_\_\_. When she awoke she felt different. As she moved about, the cocoon fell from her body. In the light of day she realized that she was not only beautiful on the inside but now was beautiful on the outside for she had become a beautiful butterfly. She spread her wings and fluttered out into the world.

Discuss the story. Encourage the student to focus on the beauty on the inside – his / her good qualities and good character traits.



# THE FRIENDSHIP PLAN

SAMPLE PAGE

**Purpose:** To provide an outline to develop a plan to initiate a new friendship

**Materials:** Copy of the Friendship Plan

**Procedure:** Discuss the following plan completing the sheet. Role-play how to put the plan into action. Be sure to follow up with how the plan went and make adjustments if necessary.

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\_\_\_\_\_ 's FRIENDSHIP PLAN

Name of someone I'd like to get to know better: \_\_\_\_\_

Things we may have in common that I need to check out – things we may both like to do: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I will say to this person: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When: \_\_\_\_\_

Where: \_\_\_\_\_

If I don't "connect" with the person I will try again with someone else.  
If it does work – great! I have a new friend.