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### I WOULD LIKE TO SEE THE SCHOOL COUNSELOR

### I AM FEELING:







☐ MAD



☐ SCARED OR WORRIED

is \_\_\_

I um in . \_\_\_

(Te\_\_\_hor' N....o)

## I WC JIE I IKE, TO SELLOR

### I AM FEELING:







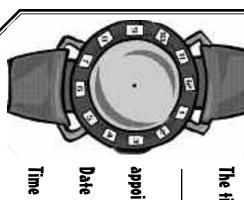
☐ SCARED OR WORRIED

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

I am in \_\_\_\_\_\_ class.

(Teacher's Name)

# SCHOOL COUNSELING APPOINTMENT



The time for

(Student's Name)

appointment with the school counselor is:

The time for

**SCHOOL COUNSELING APPOINTMENT** 

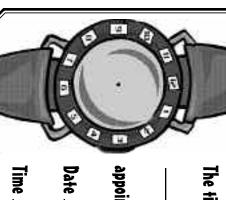
(Student's Name)

appointment with the school counselor is:

Date

Time

# SCHOOL COUNSELING APPOINTMENT

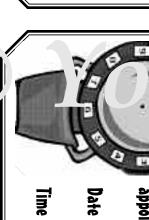


The time for

(Student's Name)

appointment with the school couns

Date



The time for

**SCHOOL COUNSELING APPOINTMENT** 

(Student's Name)

appointment with the school counselor is:

Handout:





## 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 c	aterpillar named	She looked like a regular caterpillar on the outside
with a	body and	
gathered. She liked	ed across the meadow to the po I to be at the pond except when	some of the forest creatures
	ney would say, "	"
And "		" This made
	feel She o	crawled away with her
head down. She kr	new she was a regular caterpillar o	on the outside but a terrific
caterpillar on the in	side — but they didn't seem to t	ake the time to notice. She
began to question t	he good things about her own se	elf. She began to cry. The
wise owl who had b	peen sleeping nearby awoke whe	n he heard her crying. He
asked what was wro	ong and the caterpillar told him.	The wise owl said,
<i>''</i>		" The caterpillar
thanked the wise or	wl for his help	, the caterpillar, became tired so she made herself
comfortable in the	oranch of a tree. She started to	twist and turn and before you knew it she had spun a cocoon
around herself. Fee	ling warm and comfortable she fe	eel asleep. She had a good dream about herself - of the good
things about her. S	She dreamed that she was	
		When she awoke she felt different. As she
moved about, the o	cocoon fell from her body. In the	e light of day she realized that she was not only beautiful on
$_{\scriptscriptstyle{\odot}}$ the inside but now	was beautiful on the outside for	she had become a beautiful butterfly. She spread her wings
and fluttered out in	to the world.	
•	y. Encourage the student to od character traits.	focus on the beauty on the inside – his / her good



### THE FRIENDSHIP PLAN

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.

′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.