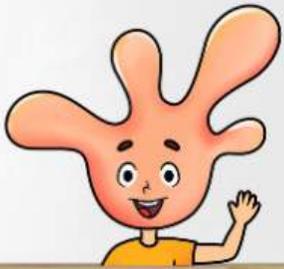
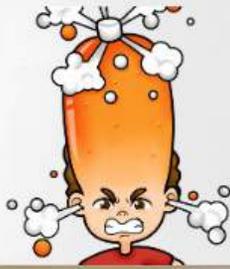


JULIA COOK BOOK BUNDLE

Bubble Gum
Brain



Soda Pop
Head



Wilma Jean,
Worry Machine



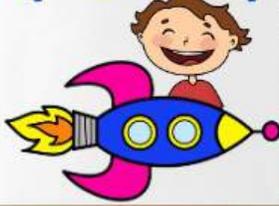
Tease Monster



Anti-Test
Anxiety



Personal
Space Camp



The Worst
Day Ever!



I Am Vape



Bully BEANS



9 COMPANION LESSONS
COUNSELING & SEL



THIS BUNDLE INCLUDES:

1. "Personal Space Camp"
2. "Soda Pop Head"
3. "Tease Monster"
4. "Bubble Gum Brain"
5. "Bully B.E.A.N.S."
6. "Wilma Jean, the Worry Machine"
7. "The Anti-Test Anxiety Society"
8. "I Am Vape"
9. "The Worst Day of My Life Ever!"

PERSONAL SPACE CAMP



PERSONAL SPACE CAMP



PERSONAL SPACE FACTS

The size of our bubble chart



Pay attention to body language



PERSONAL SPACE

The area around our bodies that makes us feel safe and comfortable.



Describe one of the activities Louis did in Personal Space



What is

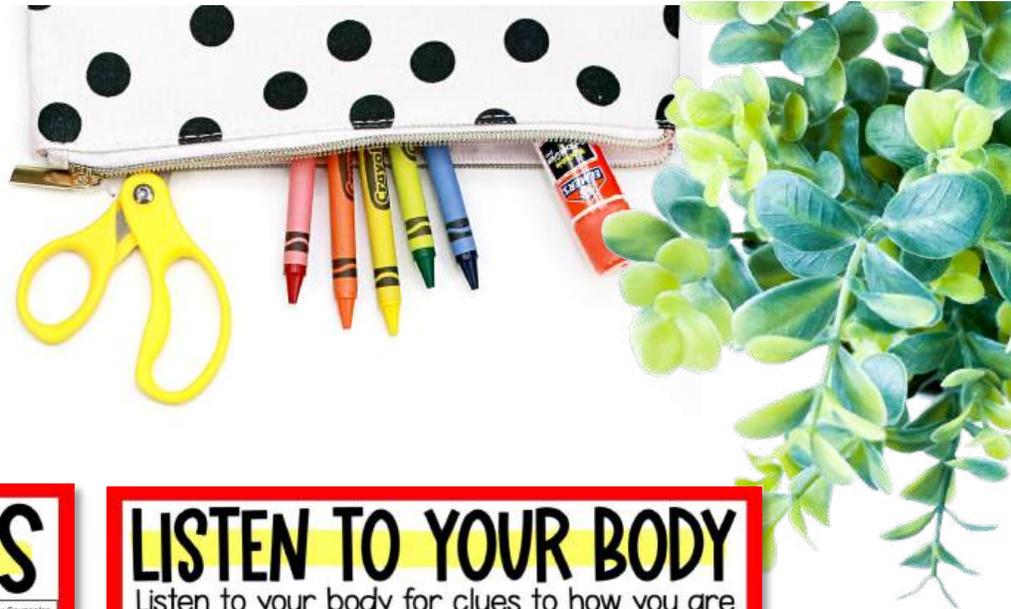


Name: Joanna Meyers

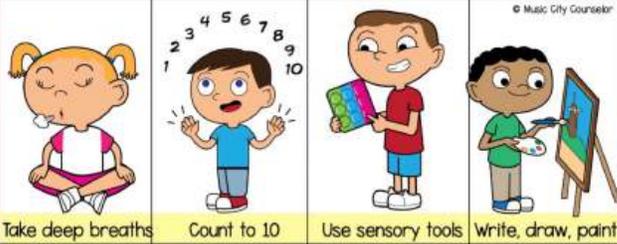
PERSONAL SPACE CAMP

I respect personal space when I...
give others enough room to learn and
play. If I am not sure if someone
has enough space, I can ask them
politely.

SODA POP HEAD



COPING SKILLS



Take deep breaths Count to 10 Use sensory tools Write, draw, paint

LISTEN TO YOUR BODY

Listen to your body for clues to how you are feeling. If you feel signs of anger, try a coping skill before you blow your bottlecap.



What is a Soda Pop Head?



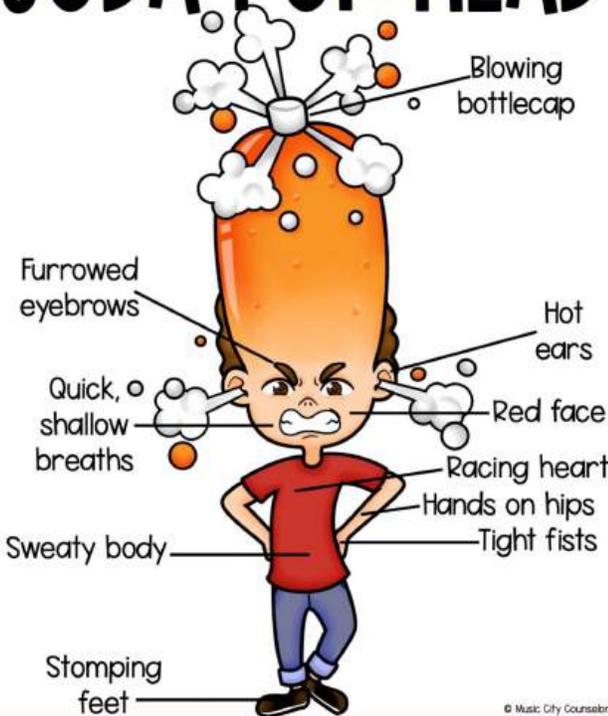
SODA POP HEAD

What is a coping skill?



SODA POP HEAD

SODA POP HEAD



What is your favorite coping skill?



SODA POP HEAD

What does it mean to "listen to your body"?



SODA POP HEAD

TEASE MONSTER



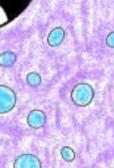
MEAN TEASING:



 Negative	 Hurtful	 Someone is left out
 Negative	 Hurtful	

NICE TEASING:



 "You're such a scaredy-cat! Meow!"

 "You can't sit with us."

 "You're so good at soccer, you could play in your sleep!"

 "You're so fast, you run like the wind!"

 "You seem like a superhero in disguise!"

TEASE MONSTER

The Tease Monster has 2 types of "bites":
Nice Teasing and Mean Teasing.



Name: Jorge Macias

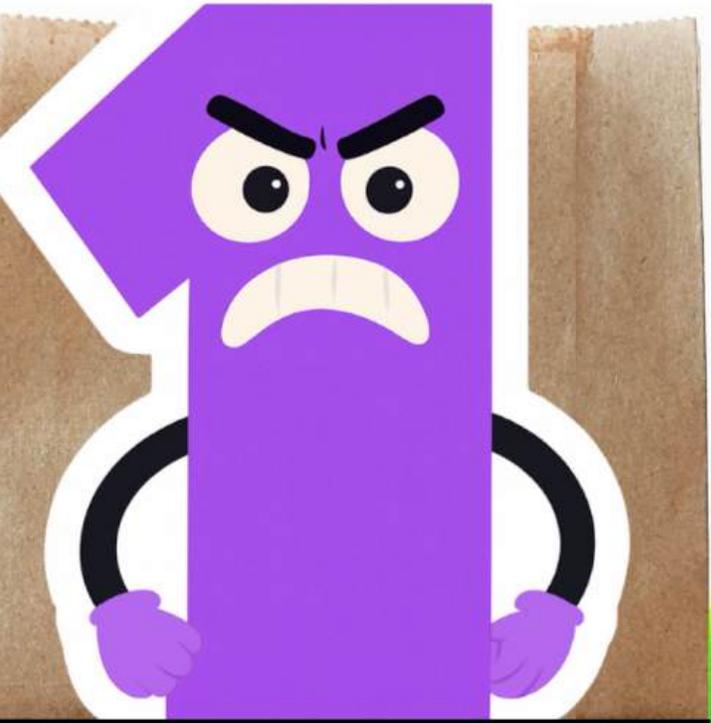
TEASE MONSTER

An example of Nice Teasing is:

"You're so fast, you run like a superhero!"

If someone Mean Teases me, I can:
walk away and find a friend. I
can also tell a grown-up I trust.

TEASE MONSTER

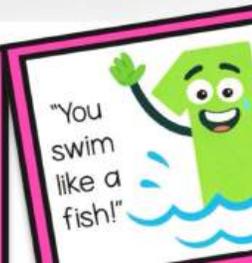
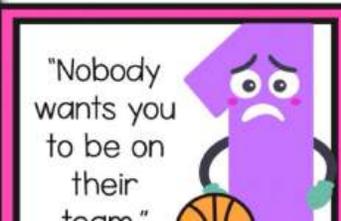


**MEAN
TEASING**

© Music City Counselor

**nice
TEASING**

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BUBBLE GUM BRAIN



BUBBLE GUM BRAIN

I can't do this yet...but I will!

No one can stop me!

I learn by making mistakes.

I persevere. I don't give up!

Trying new things helps me grow.

I have creative ideas to share.

What is Bubble Gum Brain?

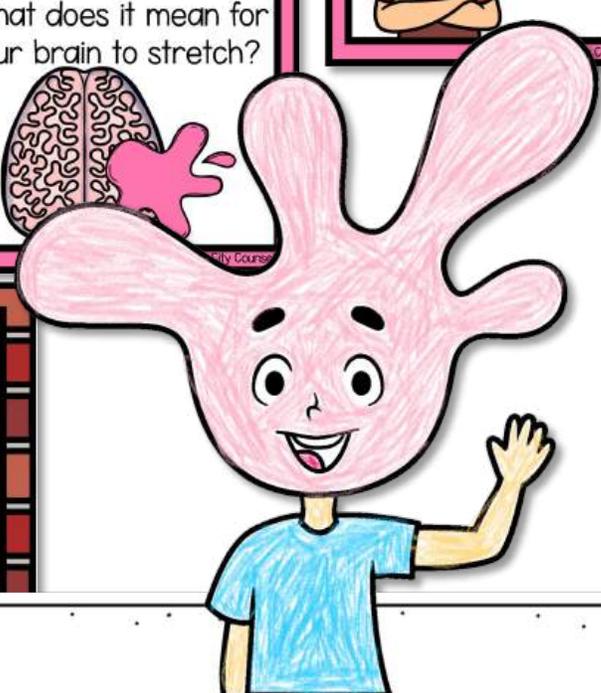
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What is Brick Brain?

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What does it mean for our brain to stretch?

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BRICK BRAIN

This is too hard. I give up!

Effort won't change anything.

Why bother? I'll never get better.

I stick to what's comfortable.

What if I get it wrong?

I'm just not good enough.

What if I make a mistake?

I'm just not smart enough.

I'm not as good as they are.

I am what I can't change.

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Name: Jorge Silva

BUBBLE GUM BRAIN

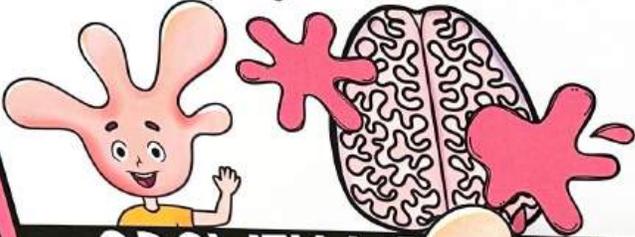
I have a Bubble Gum Brain when I...
 try my best and don't give up. I believe in myself and my abilities. Effort, time, and practice help me grow!

© Music City Counselor

BUBBLE GUM BRAIN

BUBBLE GUM BRAIN

The belief that our brains are stretchy, flexible, and bendy. With time, effort, and practice, we can achieve anything we set our minds to!



GROWTH MINDSET

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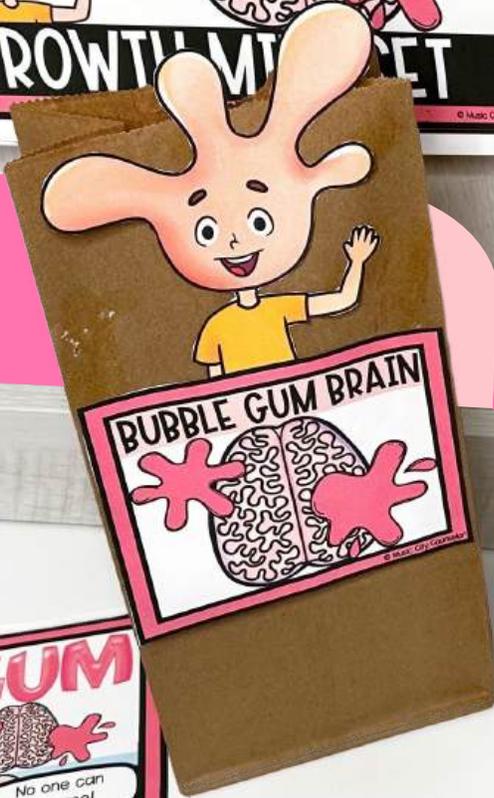
BRICK BRAIN

The belief that our brains are rigid, stiff, and unchanging. We are born with certain abilities and even with practice, we can't grow, learn, or improve.



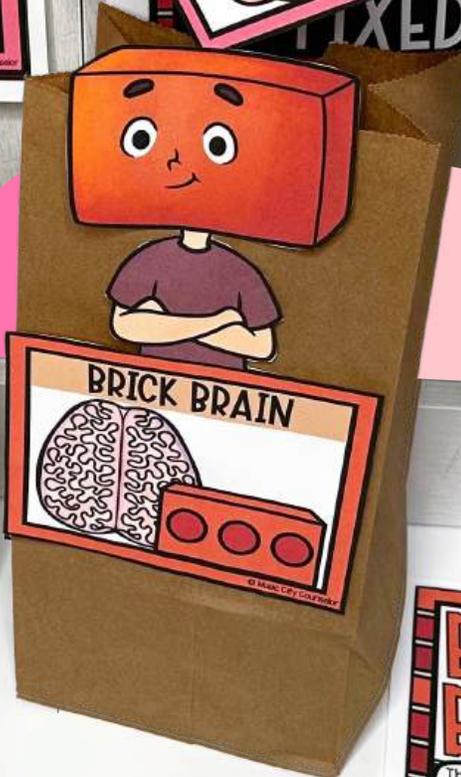
Mistakes mean I can't do it.

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BUBBLE GUM BRAIN

© Marc City Courses



BRICK BRAIN

© Marc City Courses

BUBBLE GUM BRAIN



No one can stop me!

I persevere. I don't give up!

I have creative ideas to share.

I face challenges head on.

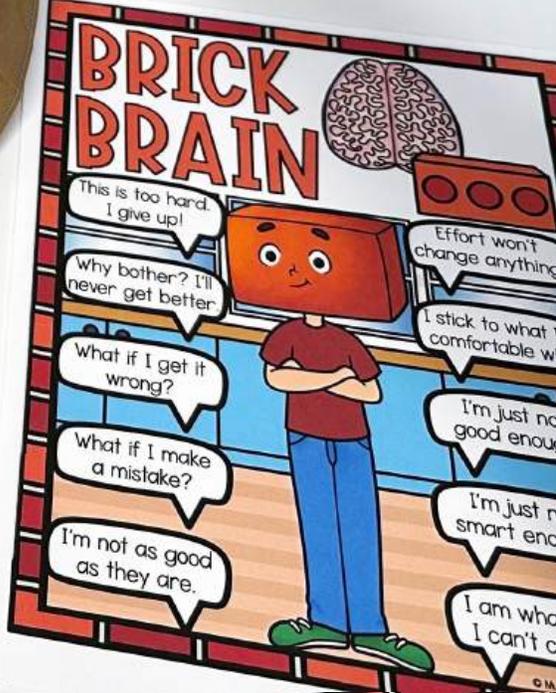
I'll keep trying until I figure it out.

© Marc City Courses



There's no point in trying.

What if I get it wrong?



This is too hard. I give up!

Why bother? I'll never get better.

What if I get it wrong?

What if I make a mistake?

I'm not as good as they are.

Effort won't change anything.

I stick to what's comfortable.

I'm just not good enough.

I'm just not smart enough.

I am who I am. I can't change.

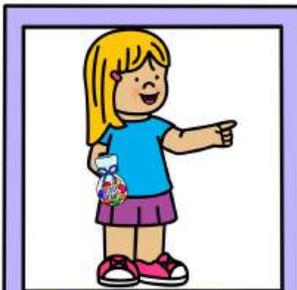
BULLY B.E.A.N.S.



Ways to be an UPSTANDER



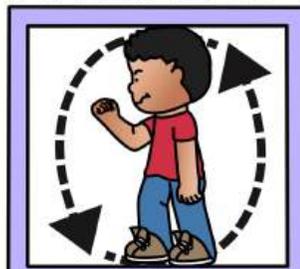
Decide if it's safe for you to help.



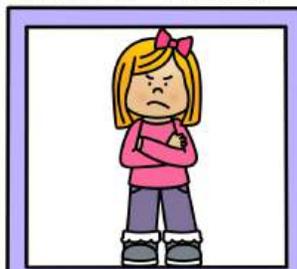
Distract attention so they can get away.

What is BULLYING?

A hurtful choice that:



HAPPENS REPEATEDLY



IS DONE ON PURPOSE



What is an UPSTANDER?

A hero that is brave and strong enough to **STAND UP** to bullying.



I won't give bullies the attention or power they want.



IS ONE-SIDED

I am unique and valuable just the way I am.

WILMA JEAN



How my mom feels

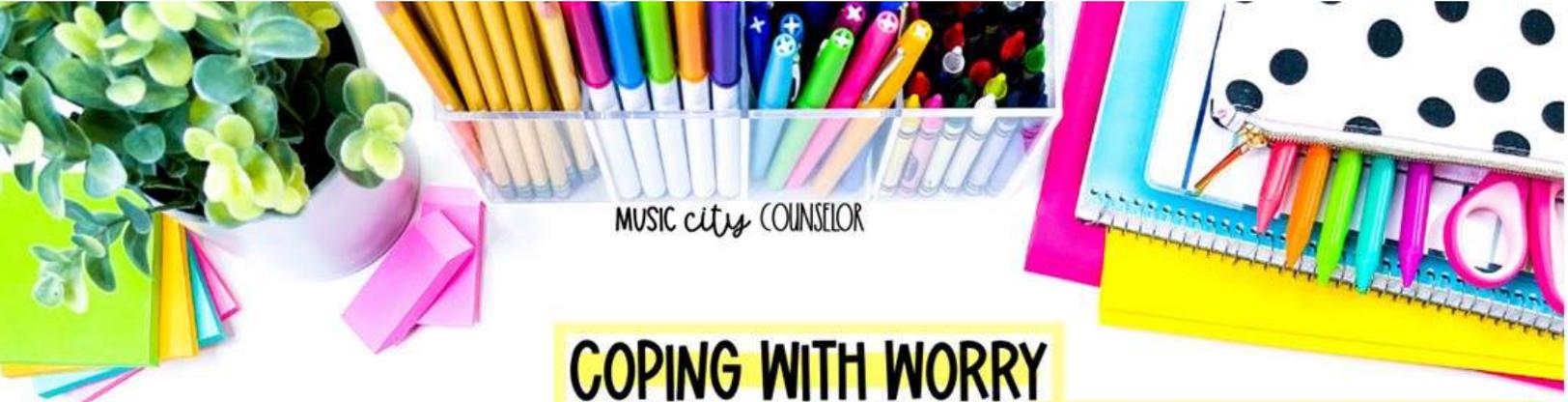
MY WORRY HAT

My grandpa's cancer

How often my dad calls me

What my best friend does

WILMA JEAN

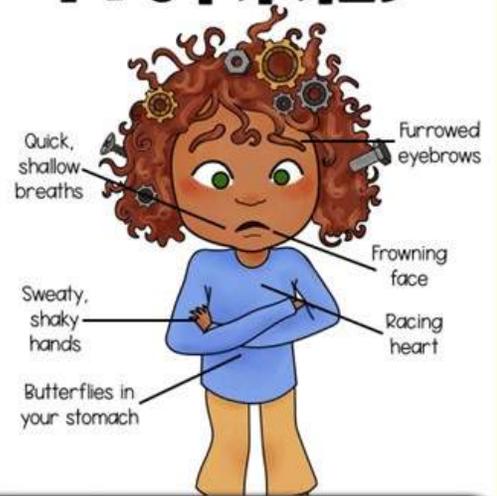


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COPING WITH WORRY

<p>Imagine a happy place</p>	<p>Take deep breaths</p>
<p>Write or draw</p>	<p>Count to 10</p>
<p>Squeeze a stress ball</p>	

WORRIED



Name: Laura

WORRIES I CAN CONTROL

Write two of your "in control" worries on the notecards. Then, write one way that you can solve each of your worries.

<p>My Worry: Will I miss the bus?</p>	<p>How I Can Fix It: I can set an alarm</p>
<p>My Worry: Will I be late to school?</p>	<p>How I Can Fix It: I can make a routine</p>

Name: Laura

WORRIES I CAN CONTROL

<p>My spelling test on Friday</p>	<p>My piano recital next week</p>
-----------------------------------	-----------------------------------

WORRIES I CAN'T CONTROL

<p>My grandpa's cancer</p>	<p>The weather</p>
----------------------------	--------------------

WHAT DO YOU WORRY ABOUT?

<p>School</p>	<p>Home & Family</p>
<p>Friendships</p>	<p>My Choices</p>

THE ANTI-TEST ANXIETY SOCIETY



Anti-Test Anxiety Society TEST-TAKING TIPS

Read the directions.

Take your time.

Write down helpful notes.

Answer the easy questions first.

USE FIDGETS

TEST-TAKING TIPS

Believe in yourself

Study each day

Picture in brain

Be active

Get enough sleep

Calm your nerves

THINK POSITIVE

Anti-Test Anxiety Society TEST-TAKING TIPS

Read the directions.

Take your time.

Write down helpful notes.

Answer the easy questions first.

Cross out wrong answers.

Check your work.

DON'T GIVE UP

TAKE BREAKS

TEST ANXIETY

Sweaty body

Furrowed eyebrows

Quick, shallow breaths

Hair standing up on the back of your neck

Racing heart

Tummy ache

Shaky hands

Jittery, fidgety feet

THE ANTI-TEST ANXIETY SOCIETY



TEST-TAKING TIPS

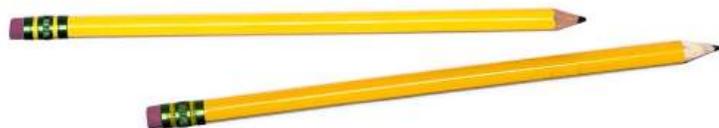
 Believe in yourself	 Study each day	 Picture in brain	 Be active
 Get enough sleep	 Calm your nerves	 Read directions	 Take your time
 Write down notes	 Start with easy	 X out wrong	 Check your work

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My Test Anxiety Coping Strategies

TALK OUT WORRIES

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I AM VAPE



Tips for Handling PEER PRESSURE

Use humor, make a joke



Suggest something else



Blame the rules

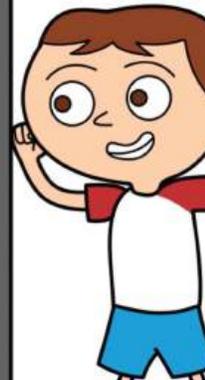


Talk to a grown-up



VAPE-FREE

is the way to be



NO Vaping PLEDGE

I promise to take care of my body and make healthy choices every day. Vaping is harmful to my lungs, my health, and my future. I will stay strong and say, "no" because...

VAPE-FREE IS THE WAY TO BE!

Signature: _____

Date: _____

Why is Vaping HARMFUL?

Hurts your lungs



Super addictive



Full of toxic poisons



Harder to breathe



Takes control



Trouble focusing



Harder to learn



Vaping can make you addicted to nicotine.



TRUE

FALSE

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THE WORST DAY OF MY LIFE EVER!



Follow
CTIONS

How To Be A GOOD LISTENER

1 Look at the person who is speaking.

2 Wait your turn to speak.

3 Nod your head and say, "okay."

What did you do recently to be his day better?

Share about a time when you were a good listener.

Why is it important to check back in with the person after you're done following instructions?

Name: _____

Like RJ, You Can Follow INSTRUCTIONS

Four flower icons.

Notes section with lines.

Name: _____

3 Ways to be a GOOD LISTENER

Write on the lines the 3 ways to be a good listener.

Three large checkmarks (red, blue, green).

THE WORST DAY OF MY LIFE EVER!



How To Follow INSTRUCTIONS

- 1 Look at the person who is speaking.
- 2 Say "okay" when they're done.
- 3 Do what they ask right away.

How To Be A GOOD LISTENER

- 1 Look at the person who is speaking.
- 2 Wait your turn to speak.

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LET'S SHARE!

What are two ways to be a great listener?