





VALENTINE SEL & Counseling BUNDLE





3 Valentine's Day Resources for Counseling & SEL:

- 1) Valentine's Day Feelings Game
 - 2) Valentine's Day Feelings & Coping Skills Lesson
 - 3) Valentine's Day Kindness Notes
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Valentine's Day Feelings Game



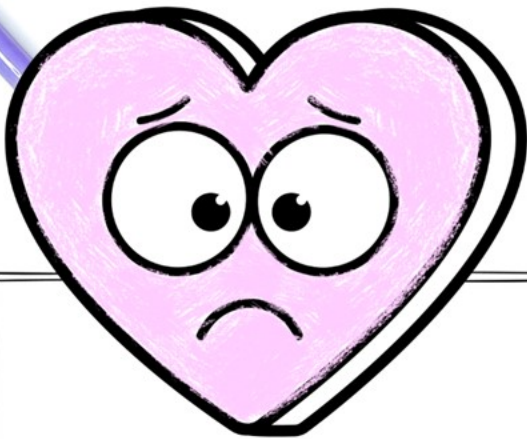
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Valentine's Day Feelings Game



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Valentine's Day Feelings & Coping Skills Lesson



Name: Juana M.

I feel SAD when...

my brother doesn't include me in his videogames.

When I feel SAD, I can...

think happy thoughts and talk out my feelings.



COPING SKILLS

Drag the ✓ to your favorite coping strategies.

Take deep breaths. 	Spread kindness and joy. 	Talk it out. 	Think happy thoughts.
Count to 10. 	Ask for a hug. 	Relax in a safe spot. 	Take a walk.

MUSIC BY COUNSELOR

My Valentine's Day FEELINGS

Happy	Angry	Nervous	Scared
Sad	Excited	Proud	Surprised

MUSIC BY COUNSELOR



Valentine's Day Feelings & Coping Skills Lesson

Sometimes I feel...

SAD

I feel sad when...

Type here my brother doesn't include me when his friends come over.

I felt sad when Sarah laughed at my gift.

MUSIC CITY COUNSELLOR



Valentine's Day Kindness Notes



LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE

Let's spread
VALENTINE CHEER
and
KINDNESS
to our peers!

LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE

KINDNESS VALENTINE

To: Carla
From: Amy

You brighten my day when you...
greet me with a hug every morning at the bus stop. You start my day in such a friendly and nice way.

HAPPY VALENTINE'S DAY!

© Miss City Counselor

LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE

KINDNESS VALENTINE

To: Juliette
From: Everett

Thanks for sharing the swings with me at recess. You are a great friend.

LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE LOVE YOU CUTIE PIE

KINDNESS VALENTINE

To: Juan Carlos
From: Maria

You are special to me because...
you invited me to your birthday party when I was a new student at school.

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