

JULIA COOK BOOK BUNDLE

Bubble Gum
Brain



Soda Pop
Head



Bully BEANS



Anti-Test
Anxiety



Personal
Space Camp




The Worst
Day Ever!



Wilma Jean,
Worry Machine



SEL & COUNSELING LESSONS



THIS BUNDLE INCLUDES:

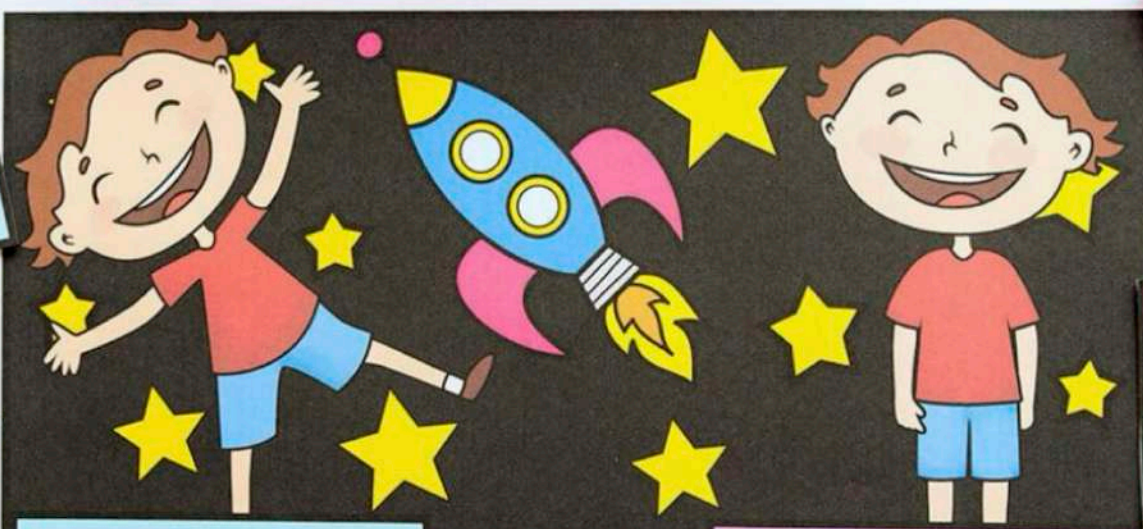
1. "Personal Space Camp"
2. "Soda Pop Head"
3. "Bubble Gum Brain"
4. "Bully B.E.A.N.S."
5. "Wilma Jean, the Worry Machine"
6. "The Anti-Test Anxiety Society"
7. "The Worst Day of my Life Ever!"

"PERSONAL SPACE CAMP"



Marty and Jimena gave each other space at the table.

Horatio kept his hands to himself.



SPACE INVADER CHOICES

Marcus, Minh, and Kylie gave each other space in the hallway.

SPACE RESPECTER CHOICES

"PERSONAL SPACE CAMP"



PERSONAL SPACE FACTS

The size of our bubble chart

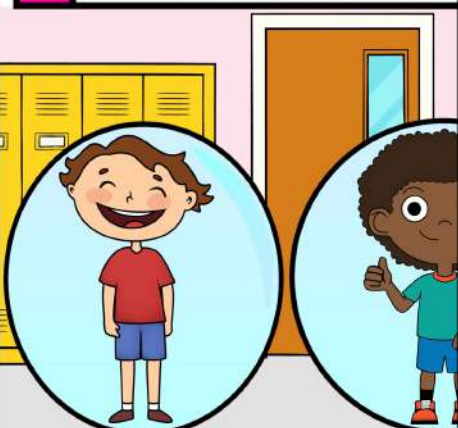


Pay attention to body language



PERSONAL SPACE

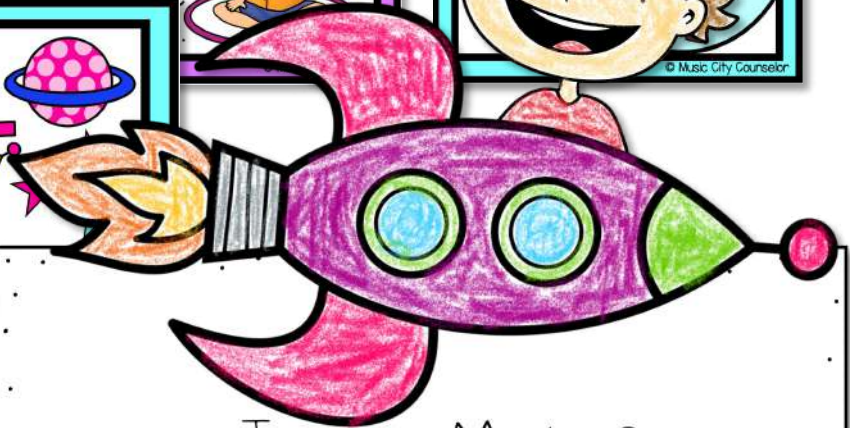
The area around our bodies that makes us feel safe and comfortable.



Describe one of the activities Louis did in Personal Space



What is

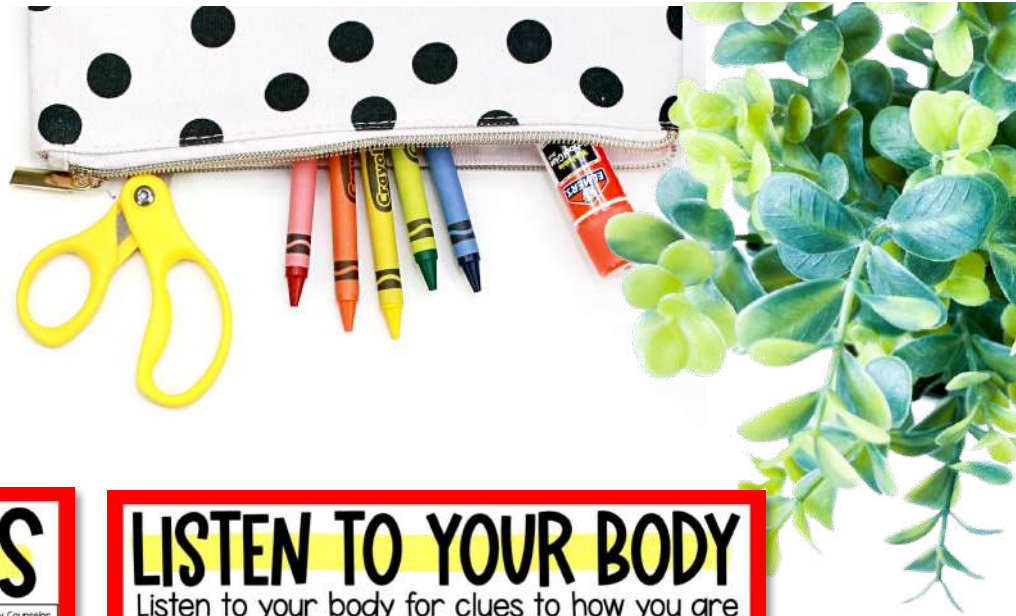


Name: Joanna Meyers

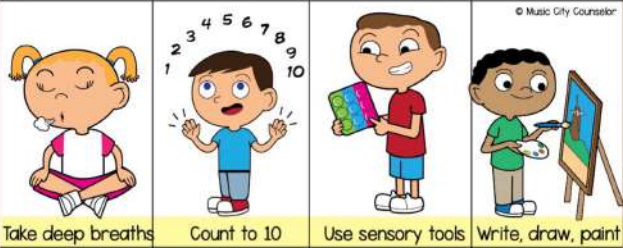
PERSONAL SPACE CAMP

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

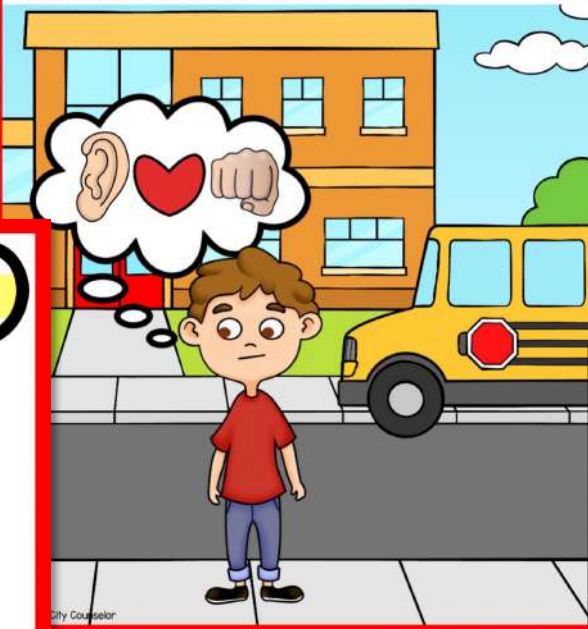


COPING SKILLS



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?



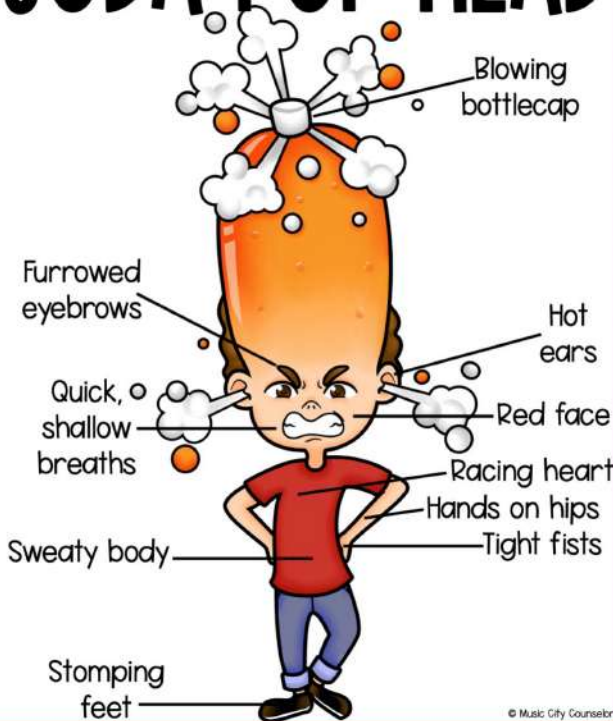
SODA POP HEAD

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

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.

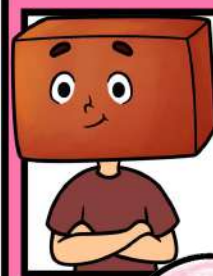
I have creative ideas to share.

What is Bubble Gum Brain?



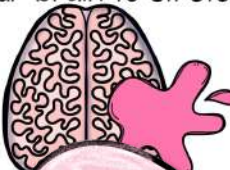
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What is Brick Brain?

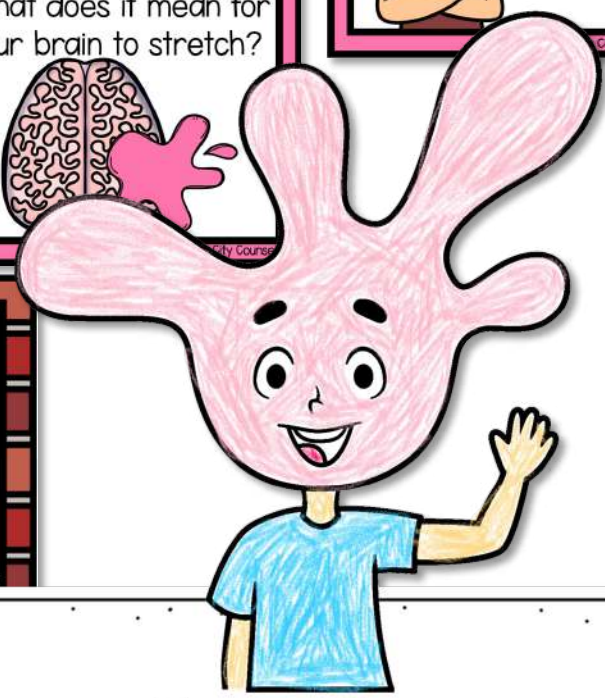


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What does it mean for our brain to stretch?



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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

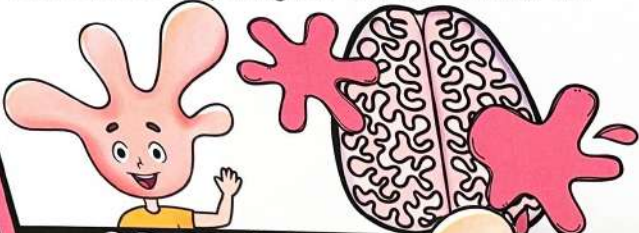
I have a Bubble Gum Brain when I...
try my best and don't give up. I believe in myself and my abilities. Effort, time, and practice help me grow!

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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.

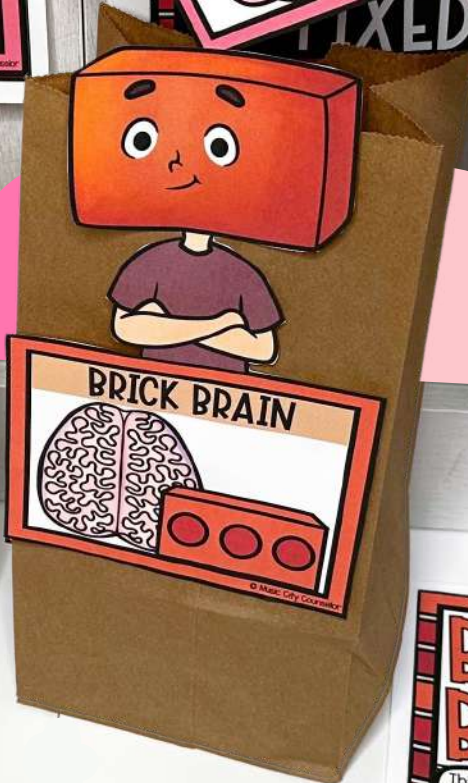
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BUBBLE GUM BRAIN



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BRICK BRAIN



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No one can stop me!

I persevere. I don't give up!

I have creative ideas to share.

I face challenges head on.

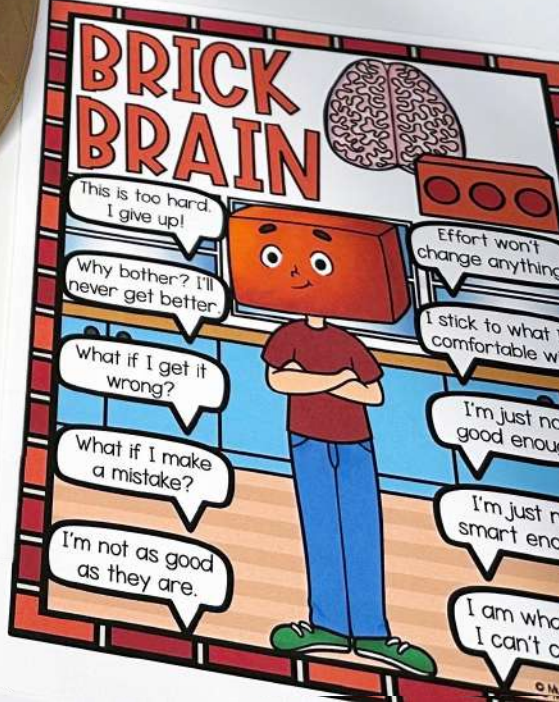
I'll keep trying until I figure it out.

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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.

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.

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What is an UPSTANDER?

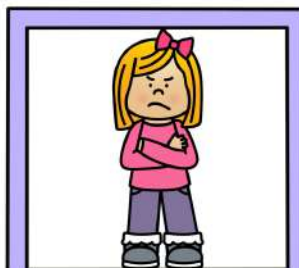
A hero that is brave and strong enough to **STAND UP** to bullying.

What is BULLYING?

A hurtful choice that:



HAPPENS REPEATEDLY



IS DONE ON PURPOSE



counselor



IS ONE-SIDED



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

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

- Imagine a happy place**: Illustration of a child sitting on a beach with a beach ball.
- Take deep breaths**: Illustration of a child sitting cross-legged with hands on knees.
- Write or draw**: Illustration of a child sitting at a desk with a pencil and paper.
- Count to 10**: Illustration of a child wearing a headband and counting on their fingers.
- Squeeze a stress ball**: Illustration of a child sitting in a wheelchair holding a stress ball.

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.

- My Worry:** Will I miss the bus?
How I Can Fix It: I can set an alarm.
- My Worry:** Will I be late to school?
How I Can Fix It: I can make a routine.

Name: Laura

WORRIES I CAN CONTROL

- My spelling test on Friday**
- My piano recital next week**

WORRIES I CAN'T CONTROL

- My grandpa's cancer**
- The weather**

WHAT DO YOU WORRY ABOUT?

- School**: Illustration of a school building.
- Home & Family**: Illustration of a house.
- Friendships**: Illustration of two girls talking.
- My Choices**: Illustration of two girls, one holding a coin.

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

THINK POSITIVE

TEST-TAKING TIPS

Believe in yourself

Study each day

Picture in brain

Be active

Get enough sleep

Calm your nerves

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.

Which shape is a quadrilateral?

DON'T GIVE UP

TAKE BREAKS

TEST ANXIETY

Sweaty body

Furrowed eyebrows

Hair standing up on the back of your neck

Quick, shallow breaths

Racing heart

Jittery, fidgety feet

Tummy ache

Shaky hands

THE ANTI-TEST ANXIETY SOCIETY



TEST-TAKING TIPS

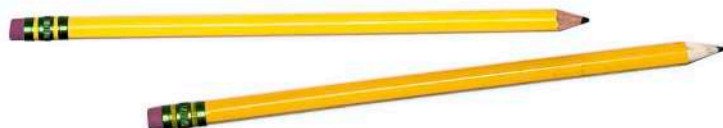
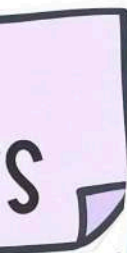
 Believe in yourself	 Study each day	 Picture in brain	 Be active
 Get enough sleep	 Calm your nerves	 Read directions	 Take your time
 Write down notes	 Start with easy	 X out wrong	 Check your work

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My Test Anxiety Coping

TALK OUT WORRIES

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THE WORST DAY OF MY LIFE EVER!



Follow
INSTRUCTIONS

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 he do recently to give his day a bad day?

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.

How To Be A GOOD LISTENER

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

- 3 Do what they ask right away.

LET'S SHARE!

What are two ways to be a great listener?

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