

Welcome to your virtual helpful space!
 Just about anything you see, you can click on and it will take you to an activity, video or website.
 There are many items you can click on, can you find them all?

If you need help or someone to talk to during school hours, your counselor is there for you.
 You can also talk to a trusted adult if you need help before or after school.



How to Calm Down

Stop—use your signal

Name your feeling

Calm down: Use your calm down plan (like positive self-talk)

CLICK TO PLAY

Why do we lose CONTROL of our emotions?

Problem-Solving Steps

S Say the problem without blame

T Think of solutions safe and respectful

E Explore consequences what could happen if...

P Pick the best solution make your plan



How do you feel today?

Happy	Scared	Upset
Excited	Stressed	Angry
Confused	Silly	Sad

Be the REASON someone SMILES today

MY TRUSTED TRIANGLE

PRACTICE USING YOUR "I MEAN BUSINESS" VOICE

