Counselor PLC 10/15/2015

Make and Take ideas

Stress balloons-

Anger management, calm down tips, stress management

Setting- Whole class, small group, individual

Materials needed- 12 inch balloons, play doh, (sand, flour,)

Feelings ball-

Feelings,

Setting- Whole class, small group, individual

Materials- Small tennis balls pack (8)(target pet aisle), googley eyes, hot glue,

sharpie, yarn optional

Fabric pocket hearts-

Grief, worry, separation anxiety

Setting- Small group, individual

Materials- Fabric swatches, heart pattern, scissors, sharpie, hot glue, (fabric glue),

batting for fluff

Worry stone-

Worry, anxiety, stress management

Setting- small group, individual

Materials- clay (baking), oven at 230 degree for 10mins

Choose 2-3 colors, roll into a ball, roll into a snake and coil around, roll into a ball

Again, then flatten out and imprint thumb, bake in oven.

Glitter bottle-

Calm tip, anger management, stress management

Setting- whole class, small group, individual

Materials- small water bottles, food color, glitter, hot glue

Find its- calm tip, whole class, bird seed, water bottles, mini objects