

WELCOME

I am your **SCHOOL COUNSELOR**
I Don't Have
A Magic Wand,
Crystal Ball, or
All the Answers
I Do Have
A Heart to care,
Ears to Listen,
Ideas to Share,
& An Open Mind
I may not be able to fix all your problems, but I can
promise that you won't have to face them alone.
I AM HERE FOR YOU!

MS. CHISHOLM'S OFFICE

How can I help?
Press Here 

Click around and have fun

High School Planning

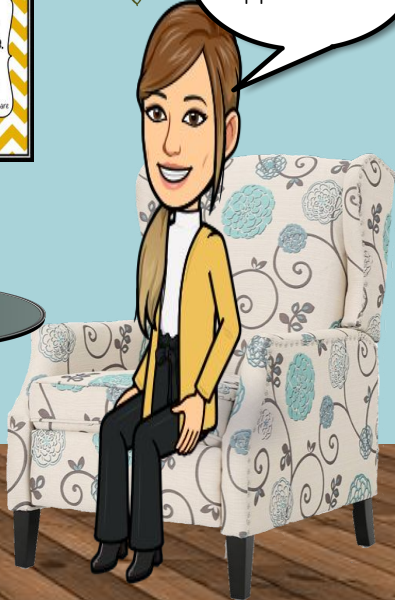
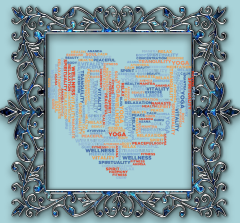


What you say in here... stays in here.
Unless:
• Someone is hurting you
• You want to hurt someone
• You get me permission to share with a trusted adult

Click on me to make an appointment

[Click here for brain breaks](#)

[Click here for Calming Activities](#)





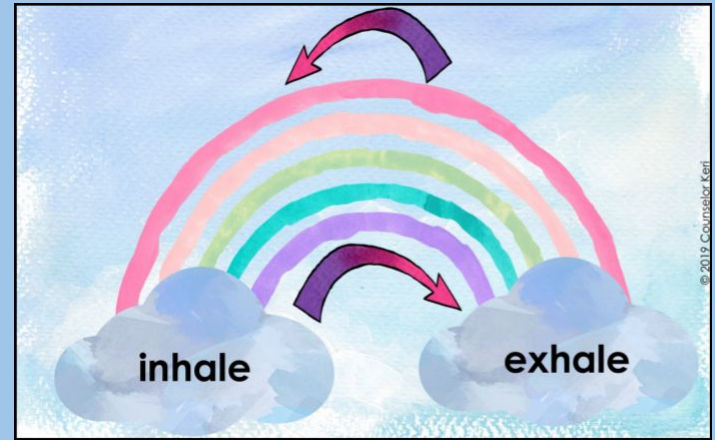
MAKE A MINDFUL MOMENT

BODY SCAN

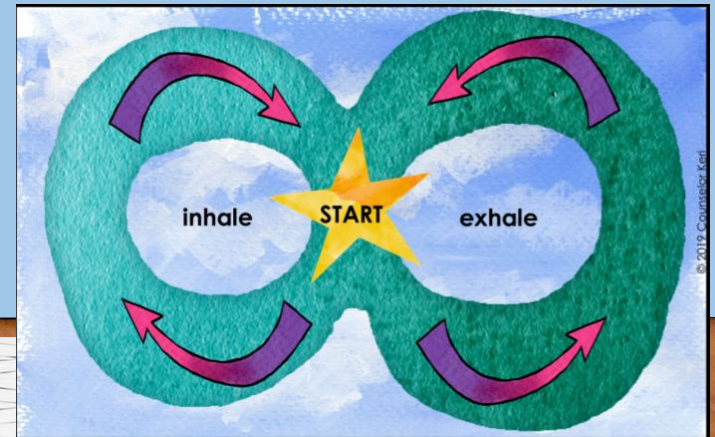
Tune in to one area of your body at a time. Notice how it feels. Is there tension? Is it comfortable? What sensations do you notice?

- | | |
|--------------|------------|
| 1. HEAD | 6. HEART |
| 2. NECK | 7. STOMACH |
| 3. SHOULDERS | 8. LEGS |
| 4. ARMS | 9. FEET |
| 5. FINGERS | 10. TOES |

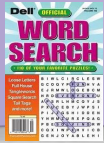
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Students,

Click around this virtual room to see if you can find all of the hidden links! Some are to help you take a break, some to calm down or refocus, and some are just for fun!

- Ms Chisholm



IF YOU GET TIRED,
LEARN TO REST, NOT QUIT.



THEBESTBRAINPOSSIBLE.COM





Welcome to the Calm-Down Room

Almost everything in this room can be clicked on and will take you to a video or activity page



LAZY 8 BREATHING
Start on an 8 in the air. Starting in the middle, go down, then up, then down, then up. You get to the middle of the 8 again. Repeat! Move you from the right end of the 8 with your finger.

TRIANGLE BREATHING
Start at the bottom, go up the right side, across the top, down the left side, and back to the bottom. Repeat! Move your finger from the bottom to the top with your finger.

SQUARE BREATHING
Start at the bottom-right of the square, and follow the arrows around the square 10 times. Hold for 5 seconds.

STAR BREATHING
Start at the top, hold your breath at the top, then breathe out. Keep going until you've gone around the whole star 10 times.

COPING SKILLS FOR KIDS



I Can Calm Down By:

Count Slowly to 10

1, 2, 3, 4, 5, 6,
7, 8, 9, 10

Take 5 Deep Breaths

Smell the Roses



Blow out the Candles



Use a Fidget/Calm
Down Tool



Draw a Picture or
Write Down Feelings



Think of Something
Happy/Funny



Squeeze a fist for 10
seconds, Then Slowly
Relax your Muscles



20 INTENTIONS

to make your day happier

1) believe:

I will believe in myself and my abilities.

2) gratitude:

I will be thankful for all that I am given.

3) love:

I will approach every living being with love and acceptance.

4) kindness:

I will be kind to everyone and everything.

5) hope:

I will keep a positive attitude.

6) confidence:

I will acknowledge my strengths.

7) joy:

I will smile and live my day with playful curiosity

8) ease:

I will be at ease and enjoy simple moments.

9) integrity

I will be true to myself and my values.

10) balance

I will consciously create balance in my day.

10) balance

I will consciously create balance in my day.

11) generosity

I will give of myself and share all that I have.

12) flexibility

I will bend so that I do not break.

13) courage

I will face my fears with strength and courage.

14) tolerance

I will keep an open mind and not judge.

15) humor

I will keep a light heart.

16) harmony

I will work with the world around me.

17) forgiveness

I will forgive and not hold grudges.

18) truth

I will seek truth in every situation.

19) humility

I will acknowledge my weaknesses.

20) simplicity

I will simplify complicated situations.

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High School

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The more that you read,
the more things you will know.
The more that you learn,
the more places you'll go.
- Dr. Seuss



Email with any question:

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**Sound
School
Application**

