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