



Green Meadow

Counseling Corner

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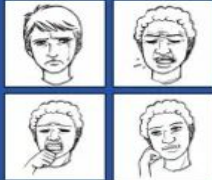


What Can School Social Workers/Counselors Do To Help At School?

- School Social Workers and Counselors at the Elementary Level help support students in their academic and social emotional development at school:
 - *Academic Support:* Help students with study skills and time management
 - *Social Emotional Counseling:* Assist in teaching students emotional regulation to be successful in the school environment
 - *Promoting Positive Behavior:* Teach social skills, conflict resolution and healthy coping skills relevant to school
 - *Crisis Support:* Help students if a mental health concern arises at school and refer families to community resources
 - *Collaboration:* Work with teachers, parents, administrators and outside providers to create a positive learning environment

Resources for Teaching Social Emotional Skills













The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

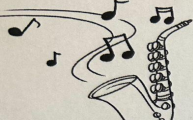



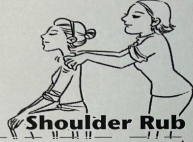

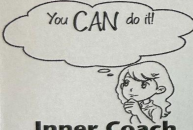

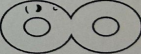

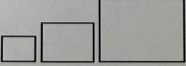

Ideas for Coping/Self Regulation Skills

ZONES Tools Menu

 Carry	 Read	 Jump
 Bounce	 Run	 Push
 Tickle	 Pull	 Swing
 Talk to Adult	 Hug	 Animal Walks

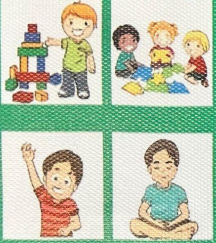


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ZONES Tools Menu

 Listen to Music	 Squishes	 Walk
 Jumping Jacks	 Shoulder Rub	 Belly Breath
 Inner Coach	 Take a Break	 Lazy 8 Breathing
 Fidget Ball	 Size of Problem	 Six Sides of Breathing

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Ideas for Coping/Self Regulation Skills

<p>My Feelings</p> 	<p>What I Can Do:</p> <ul style="list-style-type: none">★ I'm feeling good★ I can play and learn★ I can help a friend★ I can try new things★ I can practice my calming strategies for when I need them most	<p>My Feelings</p> 	<p>What I Can Do:</p> <ul style="list-style-type: none">★ Count to 20★ Take deep breaths★ Go to a safe space★ Push or squeeze something★ Draw, write, or talk about it
<p>My Feelings</p> 	<p>What I Can Do:</p> <ul style="list-style-type: none">★ Stretch★ Go for a walk★ Drink some water★ Talk to someone you trust★ Think happy thoughts	<p>My Feelings</p> 	<p>What I Can Do:</p> <ul style="list-style-type: none">★ Walk Away★ Stop what I'm doing★ Be safe★ Ask for a break★ Get help

Additional Resources

The counseling staff at Green Meadow are available to consult with parents and caregivers to help connect them to needed community services and resources.

This may include:

- Counseling and mental health service referrals to community agencies
- Parenting resources
- Food, housing, and basic needs resources

