

TCMS School Counselor Choice Board

Grades 5-8

Week of May 11th-15th

These are some stress-management activities made by the Taylor County School Counselors that can be completed by all students grades 5-8. If you choose to complete one of these activities, please email them to Mrs. Mahon and Mr. Dooley at rmahon@k12.wv.us or jerry.dooley@k12.wv.us. You can also message us through livegrades. These activities are just for fun and to help students and parents learn positive coping skills.

<p>Write 5 positive decisions you made this week.</p>	<p>Write factors that influence your decisions. (Example: Friends)</p>	<p>Write who or what influences your decisions at home and school.</p>	<p>Write the answers to the following questions:</p> <ol style="list-style-type: none">1. A good decision I made was _____2. A poor decision I made was _____3. The worst decision I made was _____4. The hardest decision I ever made was _____5. The easiest decision I ever made was _____6. A decision I wish I could change is _____7. I major decision I will have to make in the near future is _____	<p>Write down healthy ways you can get rid of anger.</p>
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