



TCMS School Counselor Choice Board

Grades 5-8

Week of May 26th-June 2nd

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 some positive things about yourself that you see when you look in the mirror.</p> 	<p>Who do you admire? Why do you admire this person? What qualities does this person possess?</p> <p>Look at yourself. What qualities do you possess that are the same as the person you admire?</p>	<p>My personal Car Design and draw your personal car with information about yourself.</p> <p>One the hood of the car, write the qualities of being a good friend that you possess. One the door, write something you would like others to say about you. On the wheel, write your best quality. On the other wheel, write a kind thing you have done. On the roof, write your dream</p> 	<p>About Me Complete the following sentences. I wish... Something that I have done to help others.... Someone I respect.... Something I am good at.... Something I value..... Someone I value..... Something someone may not know about me is</p>	<p>My dream What is your dream in life? Where are you headed? What can you do to make your dream come true? What are some obstacles that may be in the way? How can you overcome them?</p>
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