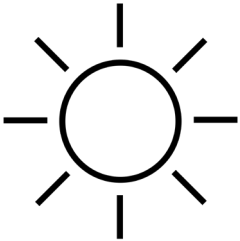
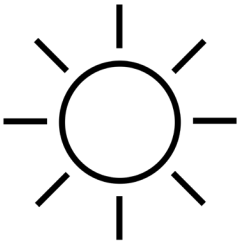
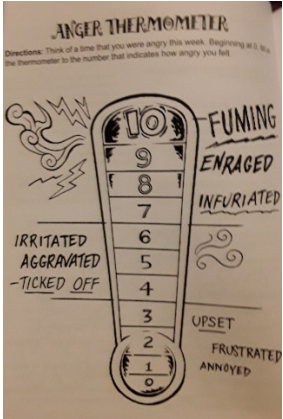


TCMS School Counselor Choice Board

Grades 5-8

Week of May 4th-8th

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>On the lines, write the people that support you.</p> 	<p>Complete the following sentences.</p> <ol style="list-style-type: none">1. A time I felt happy_____2. A time I felt sad_____3. A time I felt confused_____4. A time I felt accepted_____5. A time I felt furious_____6. A time I felt lonely_____7. A time I felt surprised_____8. A time I felt ecstatic_____9. A time I felt content_____10. A time I felt anxious_____	<p>On the lines below, write the ways that you care or have cared for others. If you need more lines, add them.</p> 	<p>Think of a time when you were angry this week. Beginning at 0, fill in the thermometer to the number that indicates how angry you felt.</p> 	<p>Write examples of words associated with anger. (Example- Aggressive)</p>
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