

TCMS School Counselor Choice Board

Grades 5-8

Week of April 27th – May 1st

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>Make a list of Positive Coping Skills (Example- Listening to music)</p>	<p>Write the letters STRESS vertically on a piece of paper. Think of a letter that begins with each of the letters in the word stress and describe one way a person can handle stress. Example- Stretch Talk Relax Exercise Silence Sing</p>	<p>Success in school, with friends and in a job relates to positive traits you possess. Based on the following traits, rate yourself on a scale of 1 to 5 as to much of these traits you possess. One is low and 5 is high. 3 would be average. Fairness Respectfulness Helpfulness Confidence Listening Responsibility Promptness Academics Conscientious Trustworthiness</p>	<p>Read the following scenarios given. Write what the right thing to do is for each scenario. Peer Pressure-Your friends want you to go to the mall after school. You have a major project due tomorrow in social studies class and need time to complete it. What will you decide to do? Home- Your parents told you that if you get your work completed, you may go with your friends</p>	<p>Change each of the negative statements into positive statements.</p> <ol style="list-style-type: none"> 1. I can't do this work. 2. I don't care 3. It doesn't matter 4. I can't do anything right.
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