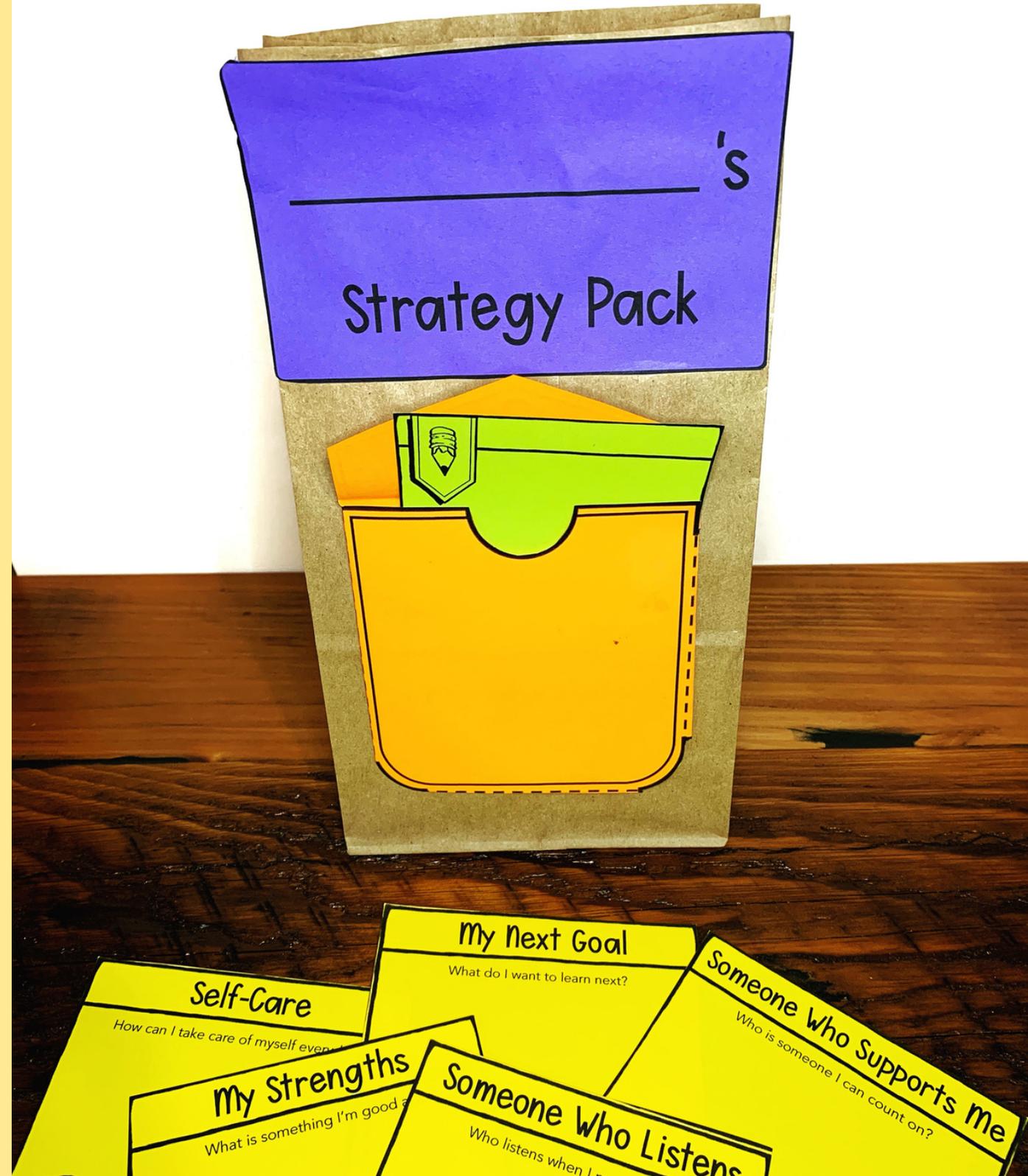


# COUNSELING LAST SESSION

Wrap up counseling with research-based activities that promote independent success.



# About This Resource

Your last counseling session is often similar across students. Wrap up your work with a set of research-based activities that help a student continue their progress.

## **This resource will help you:**

- Discuss Termination
- Structure The Ending
- Model Healthy Goodbyes
- Review Progress
- Plan for Follow-Up



# Strategy Pack

Review their progress and create something they can take with them.



# Strategy Wallet

## Variation

Perfect for upper elementary and middle school students.

folding instructions included



# Token + Affirmation

power word keychain

digital vision board

POWER WORD PROMPTS

STRONG	CALM
HAPPY	DARING
COURAGE	GRATITUDE
BRAVE	STING



# Wish for You

print & digital



## Wish for You Notes

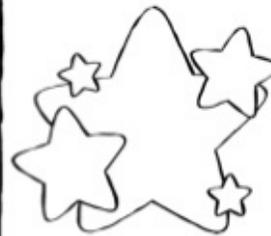
Write a note to the student that starts "My wish for you ..." and emphasizes what the student has accomplished and the goal they have reached.

For example, I wish you to continue to show others how funny you are and use your strategies to be brave in new situations.

My Wish for You



My Wish for You



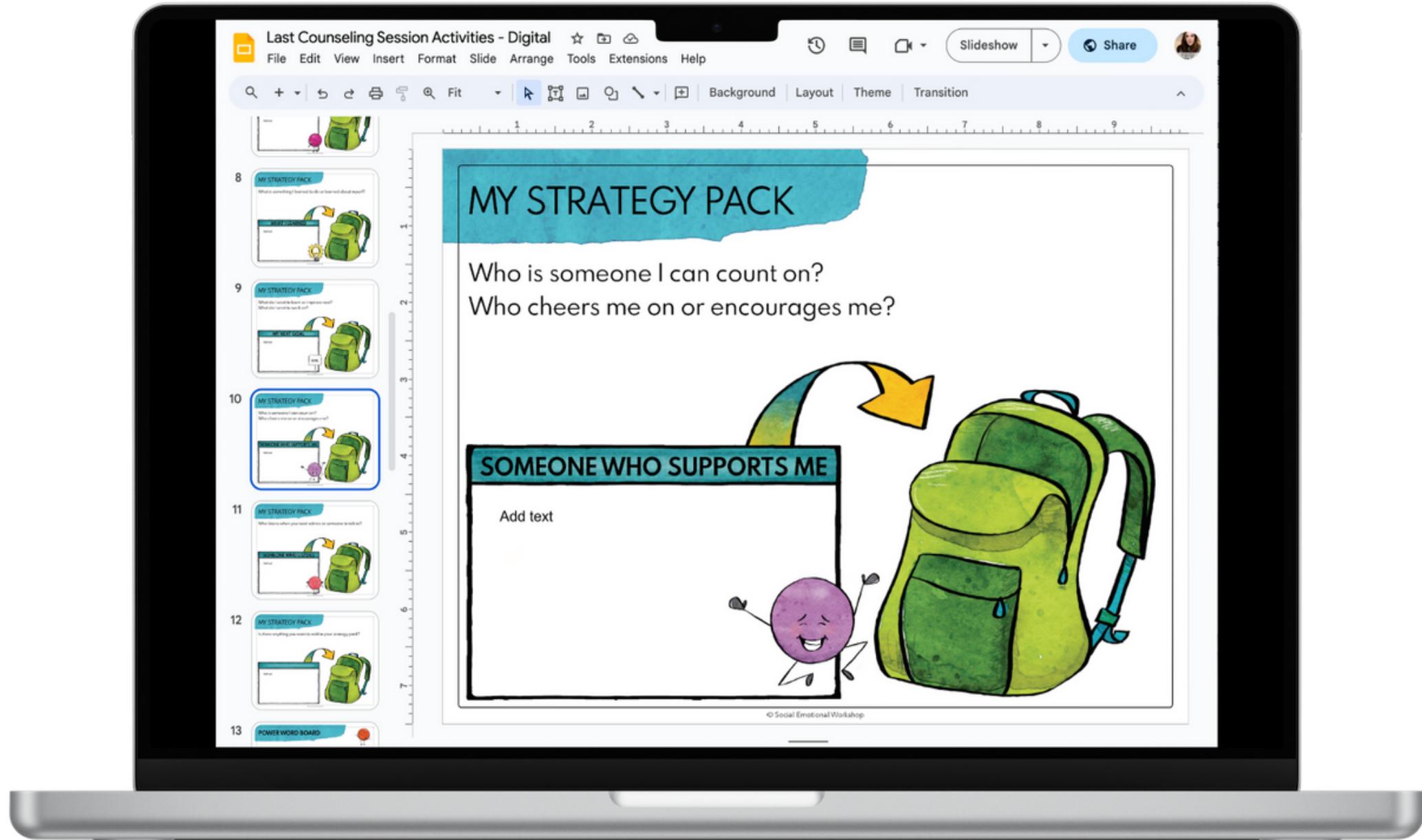
# Prevention Plan

## Activity

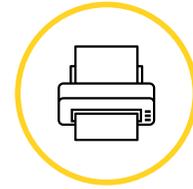
Create a simple plan that students can take with them and reference when they need.



# Google Slides Version



# DETAILS



Color and blackline



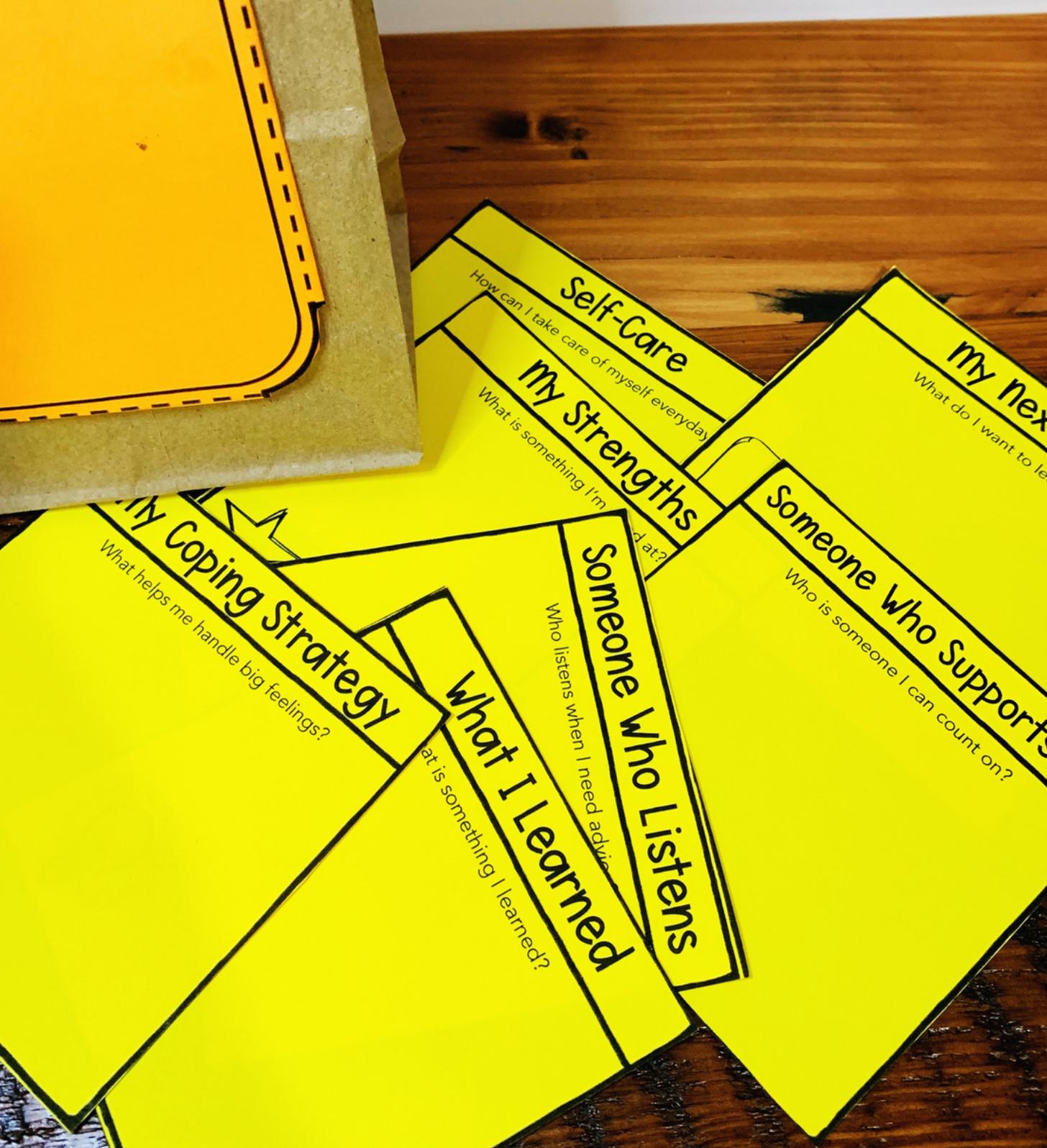
Best for 2nd-8th grade



Perfect for individual and group counseling



Google Slides version included



# Purposeful Last Sessions

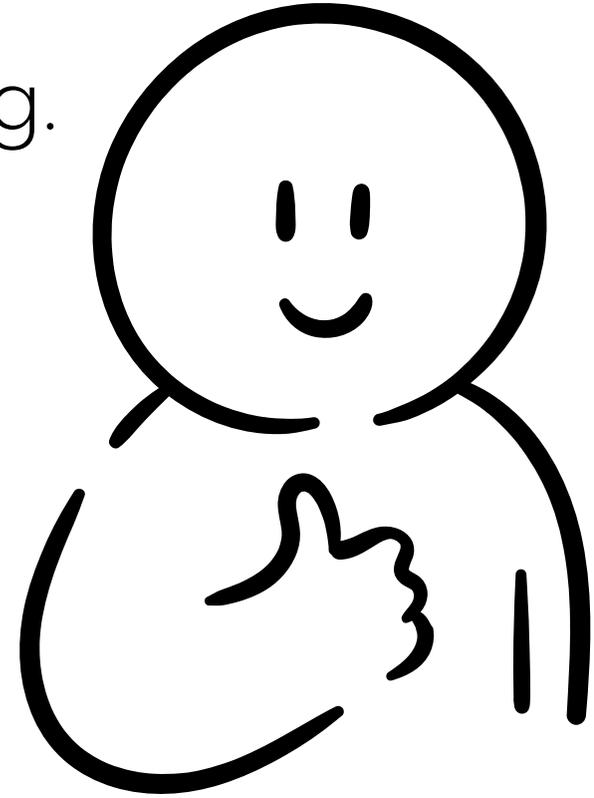
When ending counseling, research shows that successful termination includes the following:

Discuss termination and what it means.

Structure the ending so the student knows it is coming.

Have a last session where the student creates a permanent product they can use as a resource.

Model what healthy goodbyes look like.



# SIMPLIFY INDIVIDUAL COUNSELING

Flexible resources you can use to build individualized and effective counseling sessions.

[VIEW RESOURCES](#)



grab the counseling  
building blocks  
bundle and save

# Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

contact: [support@socialemotionalworkshop.com](mailto:support@socialemotionalworkshop.com)



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shop

