

I'M IN CHARGE OF ME

a helper squad counseling game

- ★ SEL & CBT based
- ★ Great for 2nd - 5th
- ★ Engaging characters



Practice Key SEL Skills

An entertaining way to practice


- identifying feelings
- positive self-talk
- calming strategies
- setting goals
- understanding others
- solving problems
- and MORE!



When bad things happen, there are things we can and can't control.

Your friend is moving to another town this summer. You can't stop the moving van. What are some things you can do?


1



You didn't put a lot of effort into your part of the group project. You can tell everyone is annoyed.

What can you do now?

2




Close your eyes and imagine your favorite peaceful place.

How does it make you feel?

Can you tell us about it?


3



Let's all take a deep breath together.

Breathe in for
1 ... 2 ... 3 ... 4
Breathe out for
1 ... 2 ... 3 ... 4

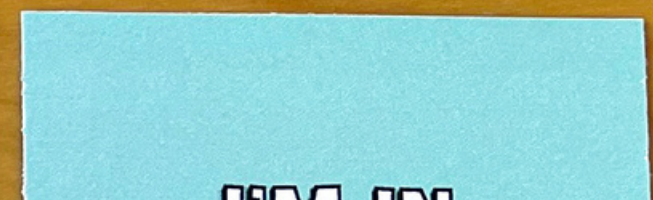
Let's do that two more times.



What's Included

IMPACT INSPECTOR

You have to go to your



152 cards so you can play again and again

Each character has 24 cards + 8 group response cards

Printable game board and dice

In color and blackline

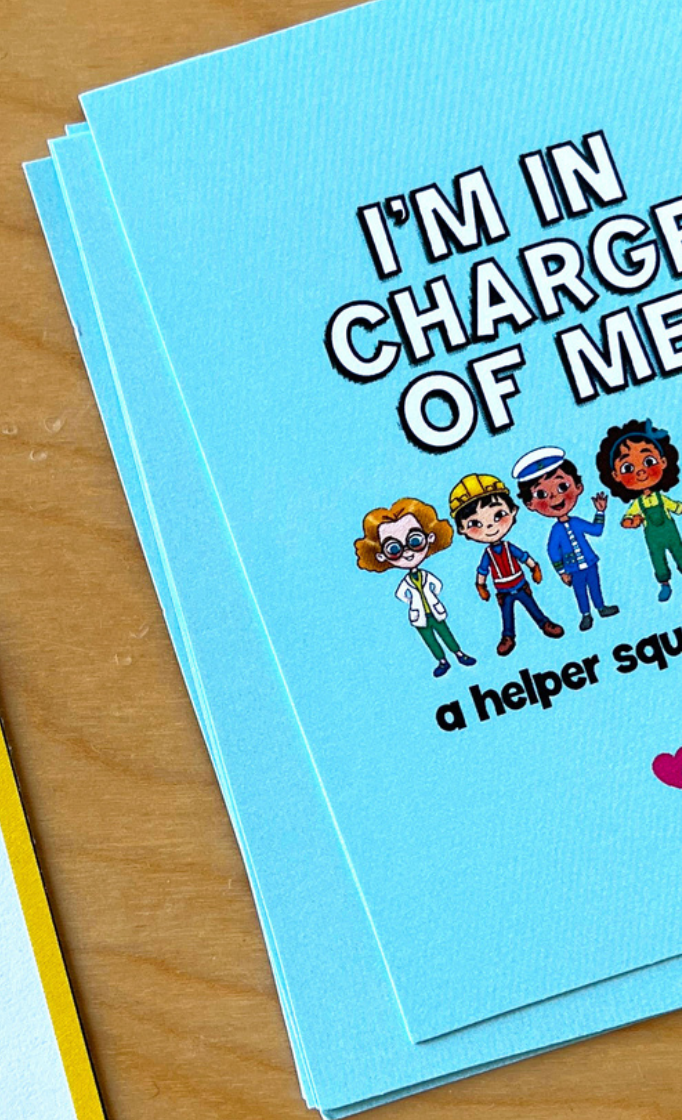
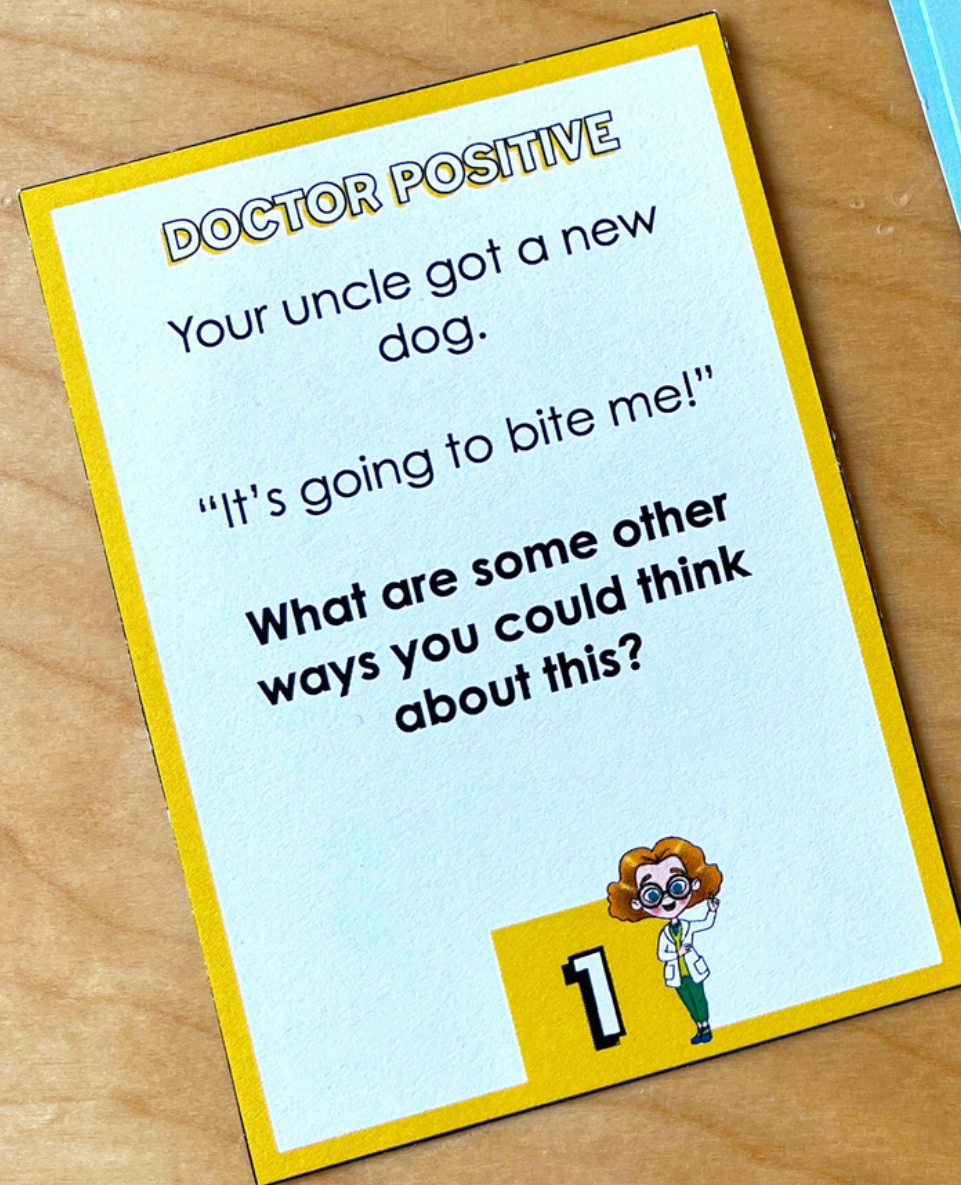


Feelings Forecaster Cards

These cards will have students identifying feelings, thinking about how they would feel in different scenarios, and considering strategies that can help them manage big feelings.

Doctor Positive Cards

These cards will have students spotting automatic thoughts, understanding if thoughts are helpful and true, learning to challenge negative thoughts, and practicing positive thinking.



COPING CAPTAIN

Close your eyes and
imagine your favorite
peaceful place.

How does it make you
feel?

Can you tell us about it?

3



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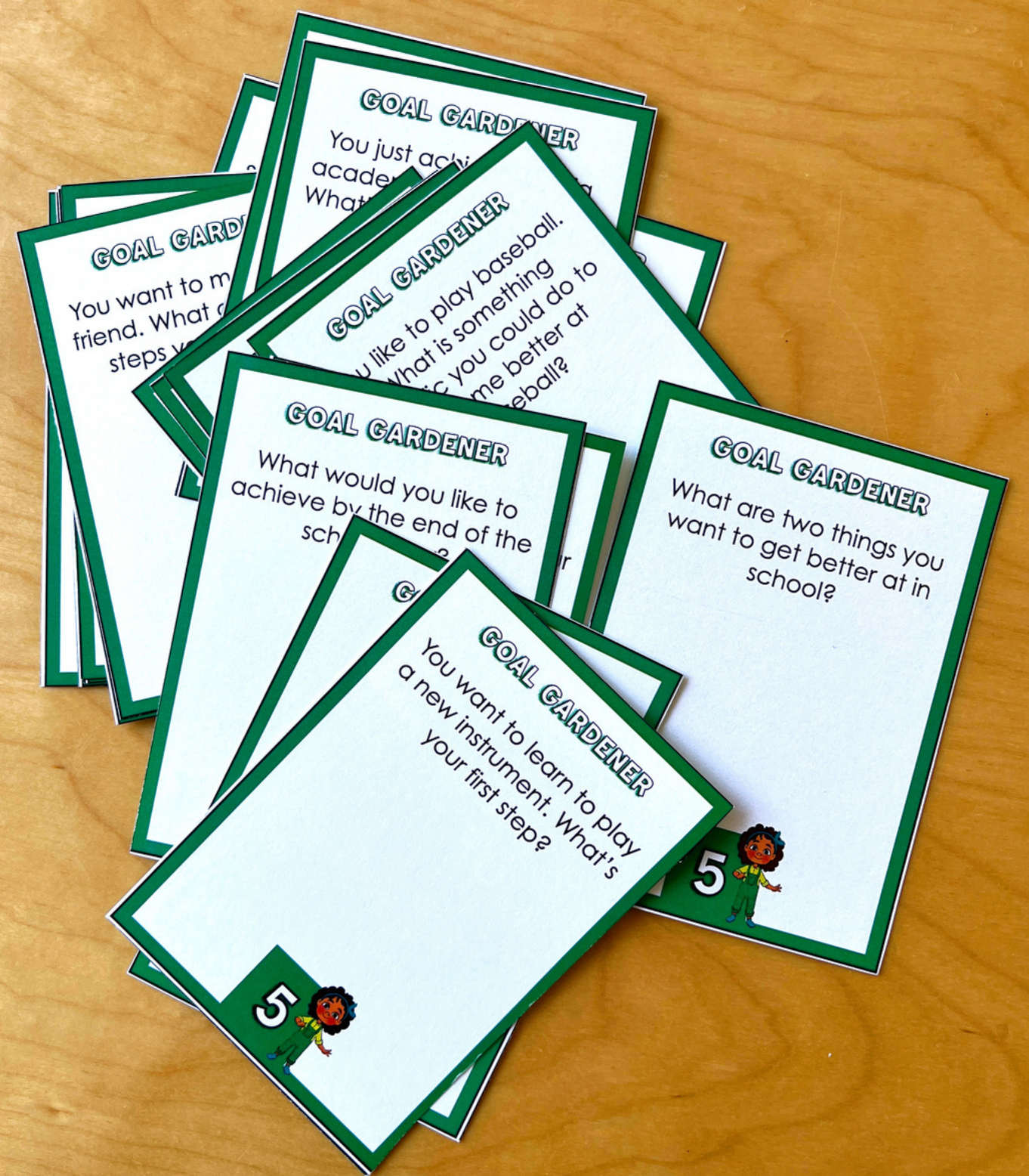


Coping Captain Cards

These cards will have students practicing calming strategies, finding strategies that work best for them, and considering what strategy to use in different situations.

Goal Gardener Cards

These cards will have students thinking about what they want to work on, breaking goals down into manageable chunks, and thinking about how to celebrate success.





Impact Inspector Cards

These cards will have students thinking about how others feel, practicing empathy, and making decisions that are considerate of everyone involved.


Fantastic Fix-It Cards

These cards will have students practicing resolving conflicts, taking responsibility, solving everyday problems, and finding ways to be a better friend.


FANTASTIC FIX-IT

You and your friend argue over who won a game at recess. You both think you're right.


How might each of you feel?

2 

**I'M IN
CHARGE
OF ME**

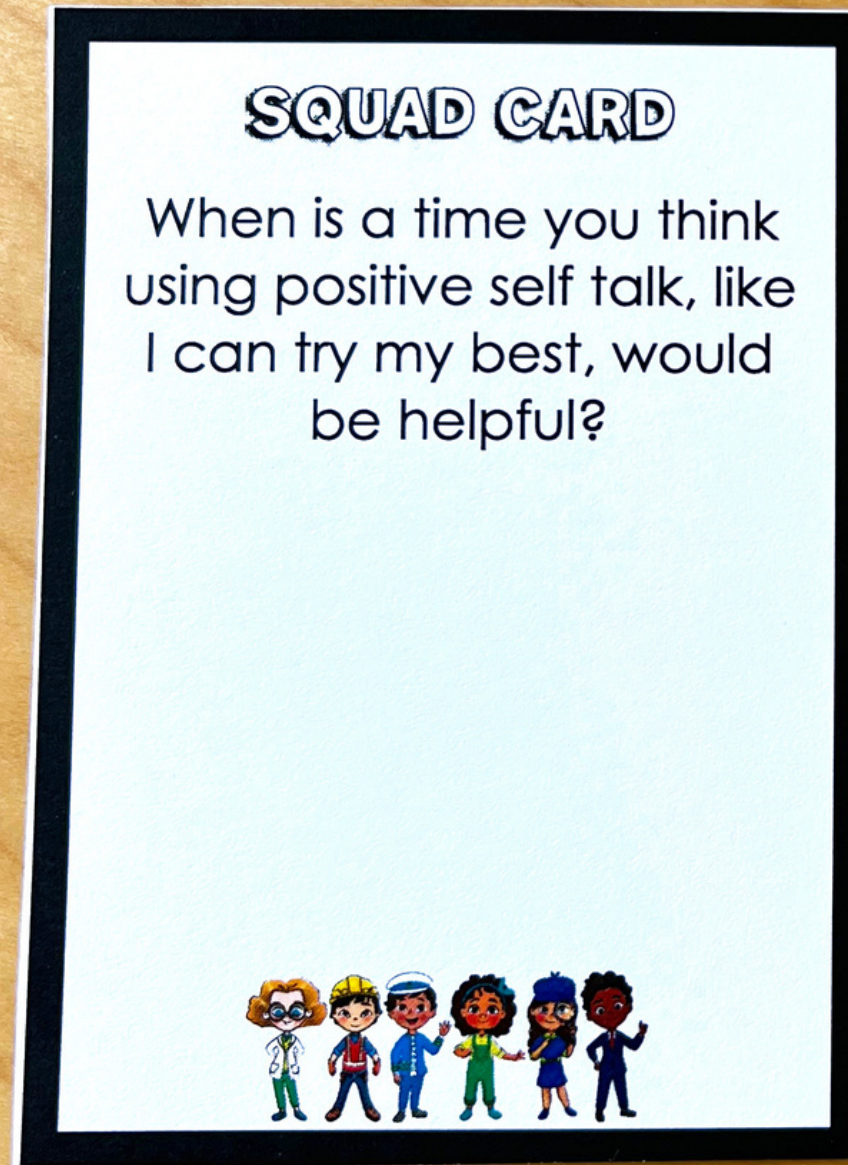


a helper squad game



Squad Cards

These cards are ones where all group members can respond in a quick round robin.



USE WITH YOUR FAVORITE GAMES

Each card has a color and number so they can be used with storebought games like Jenga, Chutes and Ladders, Candyland, and more.


Colors: red, orange, yellow, green, blue, purple, and black.

Numbers: 1-6

DOCTOR POSITIVE

When bad things happen, there are things we can control and can't control.


Your friend is moving to another town this summer. You can't stop the moving van. What are some things you can do?

1 

FANTASTIC FIX-IT

You didn't put a lot of effort into your part of the group project. You can tell everyone is annoyed.

What can you do now?

2 

COPING CAPTAIN

Close your eyes and imagine your favorite peaceful place.

How does it make you feel?

Can you tell us about it?


3 

SQUAD CARD

Let's all take a deep breath together.

Breathe in for
1 ... 2 ... 3 ... 4
Breathe out for
1 ... 2 ... 3 ... 4

Let's do that two more times.



FEELINGS FORECASTER

If you got a gift that you didn't like, how would you feel?

4 

GOAL GARDENER


You want to learn to play a new instrument. What's your first step?

5 


IMPACT INSPECTOR

You have to go to your piano lesson instead of the school carnival. So you pout through your whole lesson.


How does this affect your piano teacher?

6 

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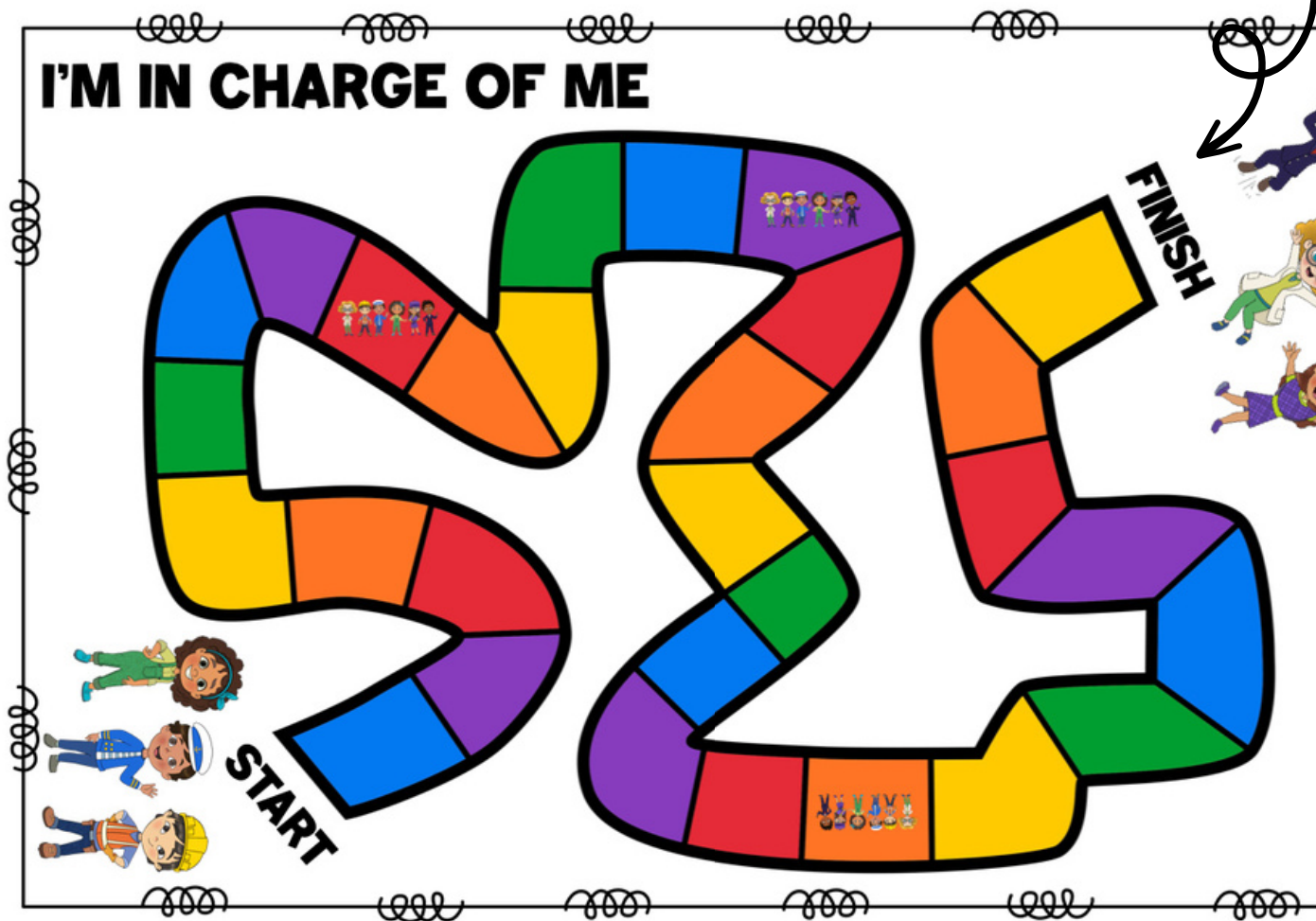


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ALSO INCLUDES

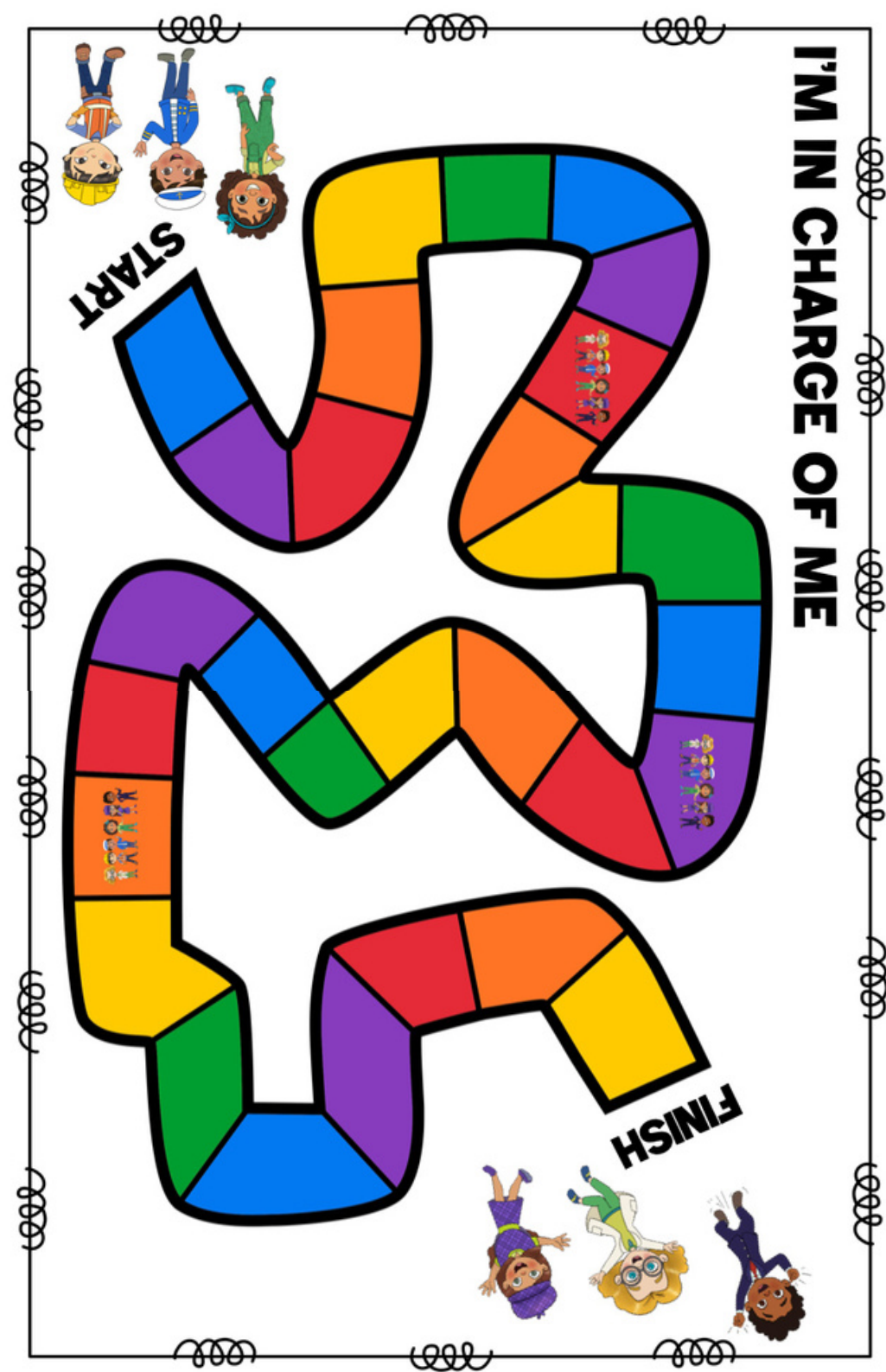
PRINTABLE GAME BOARD



<p>IMPACT INSPECTOR</p> <p>A classmate always seems overwhelmed. What are some reasons they might be stressed?</p> <p>6</p>	<p>IMPACT INSPECTOR</p> <p>Your friend is moving to a new school. What can you do to help stay in touch and make sure she doesn't feel sad?</p> <p>6</p>	<p>IMPACT INSPECTOR</p> <p>There is a new student in your class. What can you do to make this person feel welcome?</p> <p>6</p>	<p>IMPACT INSPECTOR</p> <p>Your friend didn't get invited to a birthday party. What might they be thinking?</p> <p>6</p>
<p>IMPACT INSPECTOR</p> <p>Your friend asks to copy your homework. What should you do?</p> <p>6</p>	<p>IMPACT INSPECTOR</p> <p>Your friend accidentally breaks something at your house and asks you to lie about it. What do you do?</p> <p>6</p>	<p>IMPACT INSPECTOR</p> <p>You find out someone has been spreading rumors about your friend. How do you handle this?</p> <p>6</p>	<p>IMPACT INSPECTOR</p> <p>A friend asks you to keep a secret that makes you uncomfortable. What do you do?</p> <p>6</p>

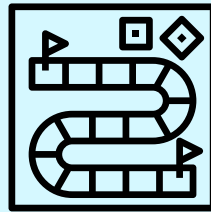
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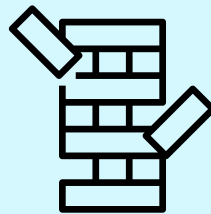
How to Use

Use in individual or small group counseling to help students practice key self-regulation and social skills.



Print the included game board and/or dice and grab player tokens.

-OR-



Each card has a color and number to easily be used with storebought games like Jenga, Chutes and Ladders, Candyland, and more.

HELPER SQUAD POSTERS AND GUIDES INCLUDED

Introduce students to each character to get even more out of the game.

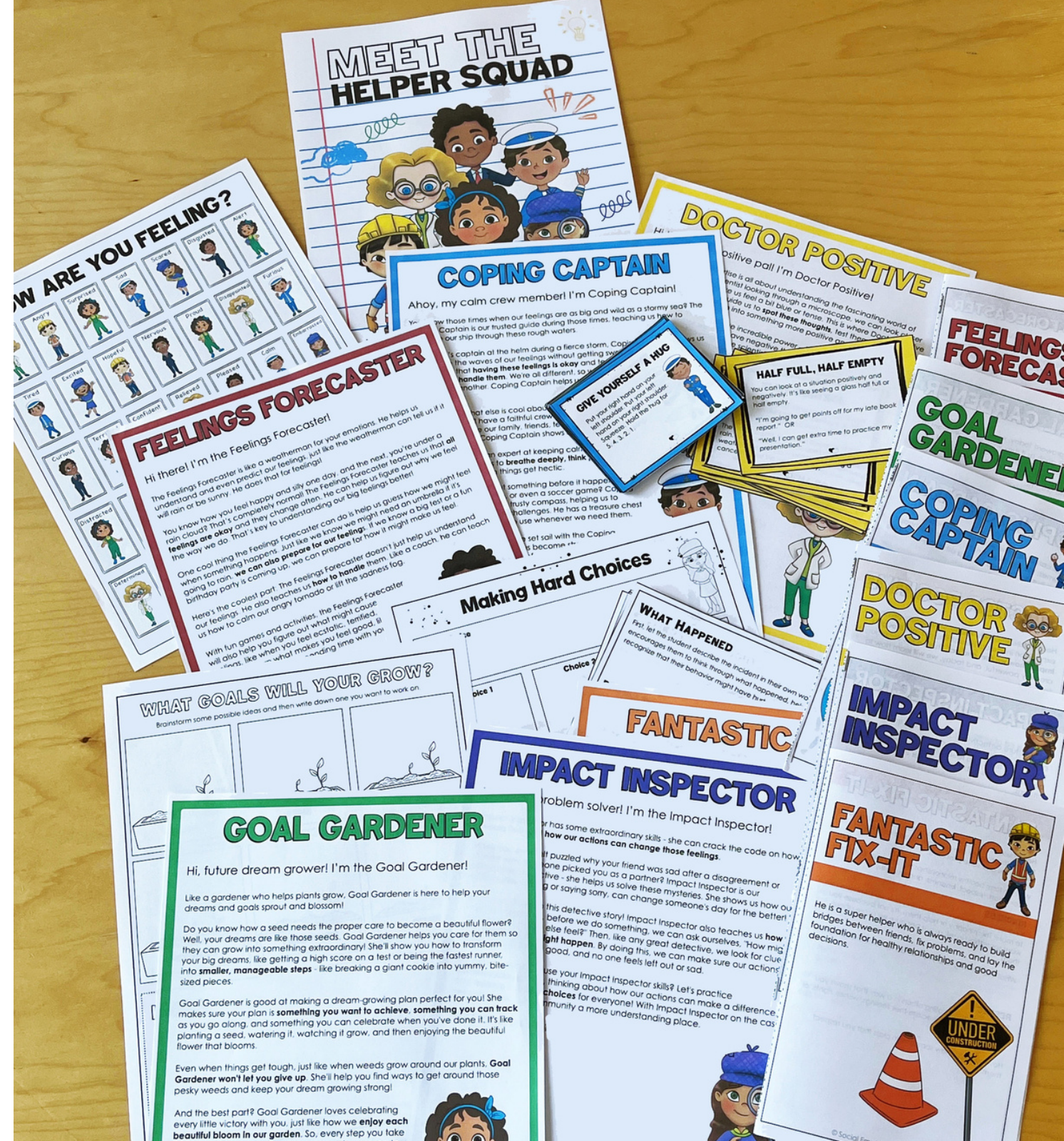
Includes posters, character cards and counselor guides.



GET MORE HELPER SQUAD

CBT-based series filled with activities and games for elementary school counseling

[View Resources](#)



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 and special education director, I wore all the hats - but the one I never took off was empowering other educators.

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

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

contact: support@socialemotionalworkshop.com

