

MEET THE HELPER SQUAD

Activities & tools to introduce the elementary school counseling series

- ★ grades 2nd – 5th
- ★ cbt-based
- ★ for individual & small groups



Learn & Practice SEL Skills

An entertaining way to practice

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





What's Included

6 character descriptions and visuals

8-page character activity booklets

Feelings charts

36 Calming strategy cards

8 positive thinking strategy cards

Goal setting lesson and worksheets

Making hard choices worksheet

Repair plan guide and prompts

FEELINGS FORECASTER

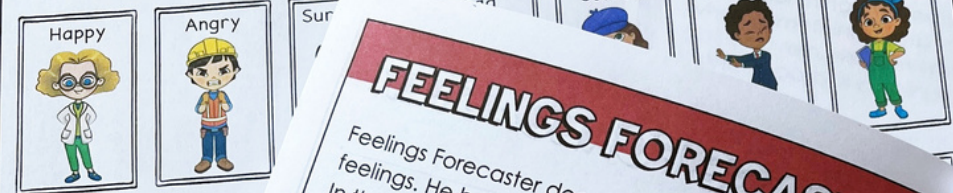
Hi there! I'm the Feelings Forecaster!

The Feelings Forecaster is like a weatherman for your emotions. He helps us understand and predict our feelings, just like the weatherman can tell us what the weather will be like.

Happy and silly one day, and the next, you're under a stormy sky. It's completely normal! The Feelings Forecaster teaches us that our feelings change often. He can help us figure out why we feel the way we do and to understanding our big feelings better!

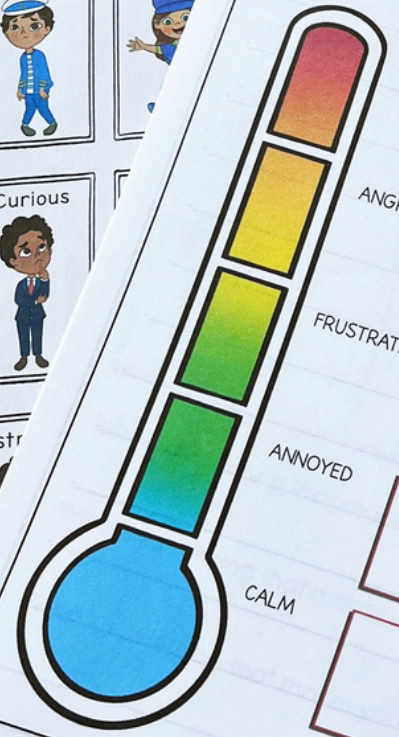
The Feelings Forecaster can do is help us guess how we might feel in the future. Just like we know we might need an umbrella if it's raining, we can prepare for our feelings. If we know a big test or a big change is coming, we can prepare for how it might make us feel.

HOW ARE YOU FEELING?



FEELINGS FORECASTER

Feelings Forecaster doesn't just tell you about your feelings. He helps you predict and prepare for them. In the boxes, write down when you feel this way and what can help you feel calmer or stay calm.



FURIOUS

ANGRY

FRUSTRATED

ANNOYED

CALM

FEELINGS FORECASTER

What is one situation where you have big feelings, like angry, furious, terrified, or depressed?

What do you do when you feel this way?

What strategy can you use to help you handle this big feeling?

The Feelings Forecaster is ready to help us become pros at understanding and managing our feelings. Remember, it's always okay to feel your feelings, and with some help, you can learn to weather any storm!

Feelings Forecaster



The feelings forecaster helps students identify and understand their feelings. He shows them how to prepare for tough situations and manage their big feelings.

- Activity booklet
- Character description
- Feelings chart with 3 variations

Doctor Positive

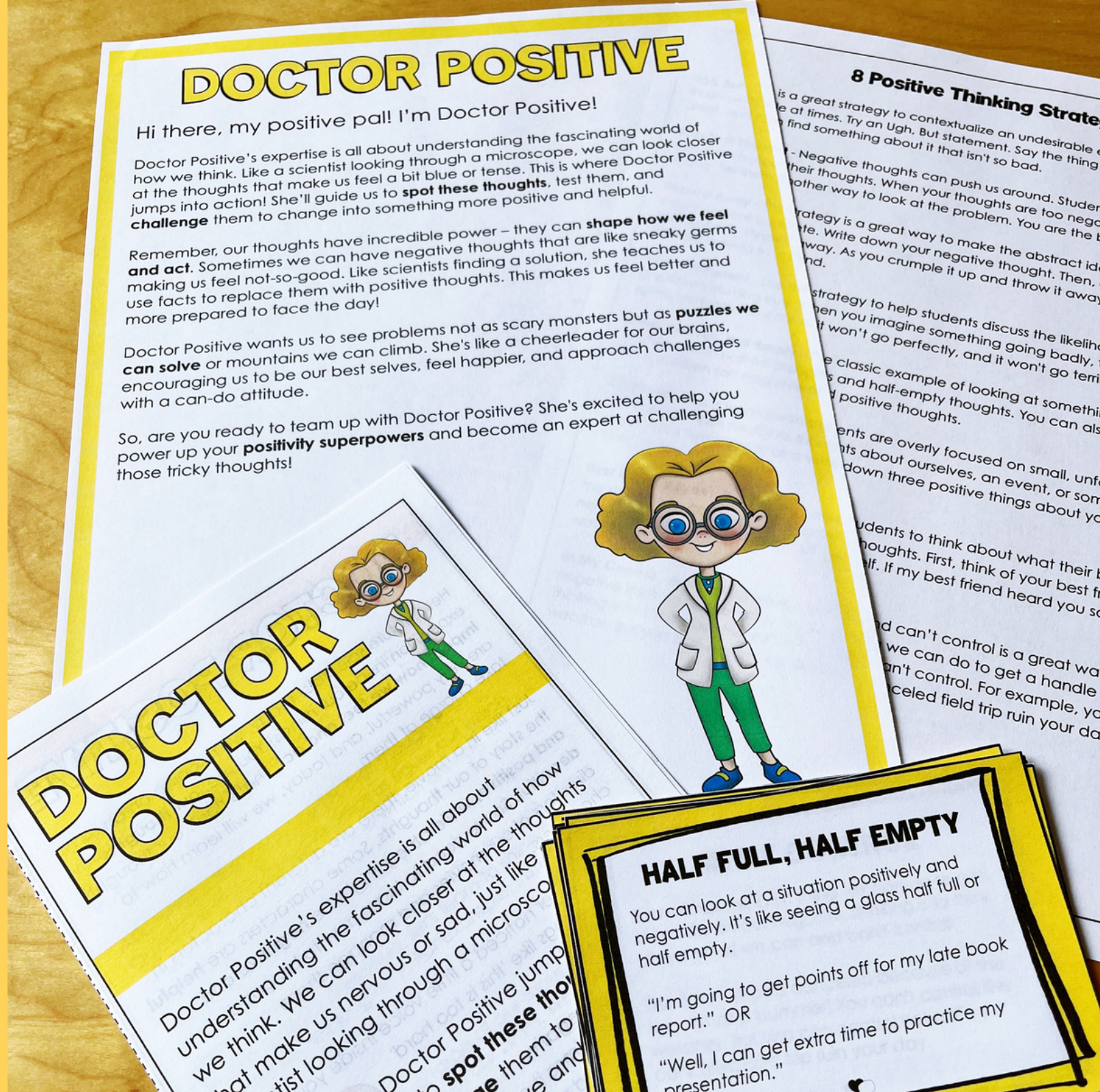


These activities will have students spotting automatic thoughts, understanding if thoughts are helpful and true, learning to challenge negative thoughts, and practicing positive thinking.

Activity booklet

Character description

8 positive thinking strategies



Ahoy, my calm crew members!

You know those times when our feelings are as big and wild as a stormy sea? The Coping Captain is our trusted guide during those times, teaching us how to navigate our ship through these rough waters.

Like a ship's captain at the helm during a fierce storm, Coping Captain shows us how to ride the waves of our feelings without getting swept away. He helps us understand that **having these feelings is okay** and teaches us super valuable **strategies to handle them**. We're all different, so what works for one person might not work for another. Coping Captain helps us discover the best ways to sail our ship.

Who is cool about Coping Captain? He reminds us that we're not alone. Our helpful crew who can help us when we're down or stressed includes parents, teachers, or school counselors. It's okay to ask for help. They'll help us how.












Coping Captain
















These activities will get students practicing calming strategies, finding the ones that work best for them, and considering when they might use them.

- Activity booklet
- Character description
- 36 calming strategy cards

COPING CAPTAIN


✓	☆	STRATEGY
		Drawing Time 
		Listen to Music 
		Give Yourself a Hug 
		Build Something 
		Read 
		Take a Short Break 
		Take a Walk 
		Get a Drink of Water 
		Think Happy Thoughts 
		Count to 100
		Hug Someone
		Eat a Healthy Snack
		Use Positive Self-Talk
		Hum or Sing
		Talk About It
		Blow Bubbles

COPING CAPTAIN

✓	☆	STRATEGY
		Take Deep Breaths 
		Help Someone 
		Use a Calm Bottle 
		Use a Fidget 
		Do Wall Push-Ups 
		Mindful Movements 
		Carry Something Heavy 
		Do Stretches 
		Get Some Rest 
		Play with a Friend 
		Chew Gum 
		Do a Puzzle 
		Laugh at Something Funny 
		Write About It 
		Draw the Rainbow 
		Use the Coping Captain

WAVE BREATHS

Waves rise and fall back down. Take a deep breath in like a rising wave. Slowly breathe out as the wave crashes on the shore. Deep breath in, hold it, and slowly let your wave fall.



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Goal Gardener



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

- Activity booklet
- Character description
- Goal setting lesson & worksheets

GOALS WILL YOUR GROW?
and then write down one you want to work on.

WHAT GOALS WILL YOUR GROW?
Here are some ideas for possible goals to help get you started.

learn to tell jokes	be more positive	be nicer to my sister
learn to play an instrument	take care of my teeth	finish my chores
learn to dribble a basketball	pack my lunch	keep my room clean
learn a new dance	feed the dog	
	go to bed on time	
	read every day	

SKILLS

get started right away

get better grades in _____ (subject)

remember my homework

arrive on time

ask for help

SCHOOL

GOAL GARDENER

Hi, future dream grower! I'm the Goal Gardener!

helps plants grow, Goal Gardener is here to help your dreams sprout and blossom!

ed needs the proper care to become a beautiful flower? Well, your dreams are like those seeds. Goal Gardener helps you care for them so they can grow into something extraordinary! She'll show you how to transform your dreams into reality. Here are some steps - like breaking a giant cookie into yummy, bite-sized pieces.

making a dream-growing plan perfect for you! She'll help you find ways to get around those weeds. Goal Gardener helps you care for them so they can grow into something extraordinary! She'll show you how to transform your dreams into reality. Here are some steps - like breaking a giant cookie into yummy, bite-sized pieces.

It's like when weeds grow around our plants, Goal Gardener helps you care for them so they can grow into something extraordinary! She'll show you how to transform your dreams into reality. Here are some steps - like breaking a giant cookie into yummy, bite-sized pieces.

celebrating each goal you take a reason to

er them with Goal Gardener on and start

Workshop

IMPACT INSPECTOR

Hi, fellow problem solver! I'm the Impact Inspector!

Impact Inspector has some extraordinary skills - she can crack the code on how people feel and **how our actions change those feelings.**

Have you ever felt sad or angry? Impact Inspector is our great detective. She shows us how our actions can change someone's day for the better!

Impact Inspector also teaches us **how to be a good friend.** We can ask ourselves, "How might my actions affect others?" We look for clues so we can make sure our actions help others feel good or sad.

Let's practice our skills! Let's practice our skills! Let's practice our skills! Let's practice our skills!

Making Hard Choices

Choice 3

Choice 2

IMPACT INSPECTOR

An essential part of being a good friend and community member is understanding how others feel and what they think. So let's try some examples!

Anna made some silly mistakes on her quiz and got a bunch wrong. She has her head on her desk.

How does she feel?

What might she be thinking?

Thomas was making fun of Jon at lunch, and Jon overheard him. Unfortunately, Tomas didn't think about how Jon would feel.

How do you think Tomas feels now?

IMPACT INSPECTOR

Circle five traits you think make someone a good friend. Put a star next to the two you feel are most important.

Fair	Trustworthy	Forgiving
Caring	Respectful	Patient
Cooperative	Good Listener	Understanding
Includes Others	Dependable	Fun
Thoughtful	Honest	Supportive
Loyal	Good Sport	Helpful

What about being a good citizen or community member? Circle four actions and put a star next to the most important two.

Stands up for others	Follows rules
Cleans up	Includes others

Impact Inspector



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

Activity booklet

Character description

Making hard choices worksheet

Fantastic Fix-It



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

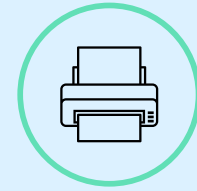
Activity booklet

Character description

Repair plan guide and prompts



PRODUCT DETAILS



Color and blackline



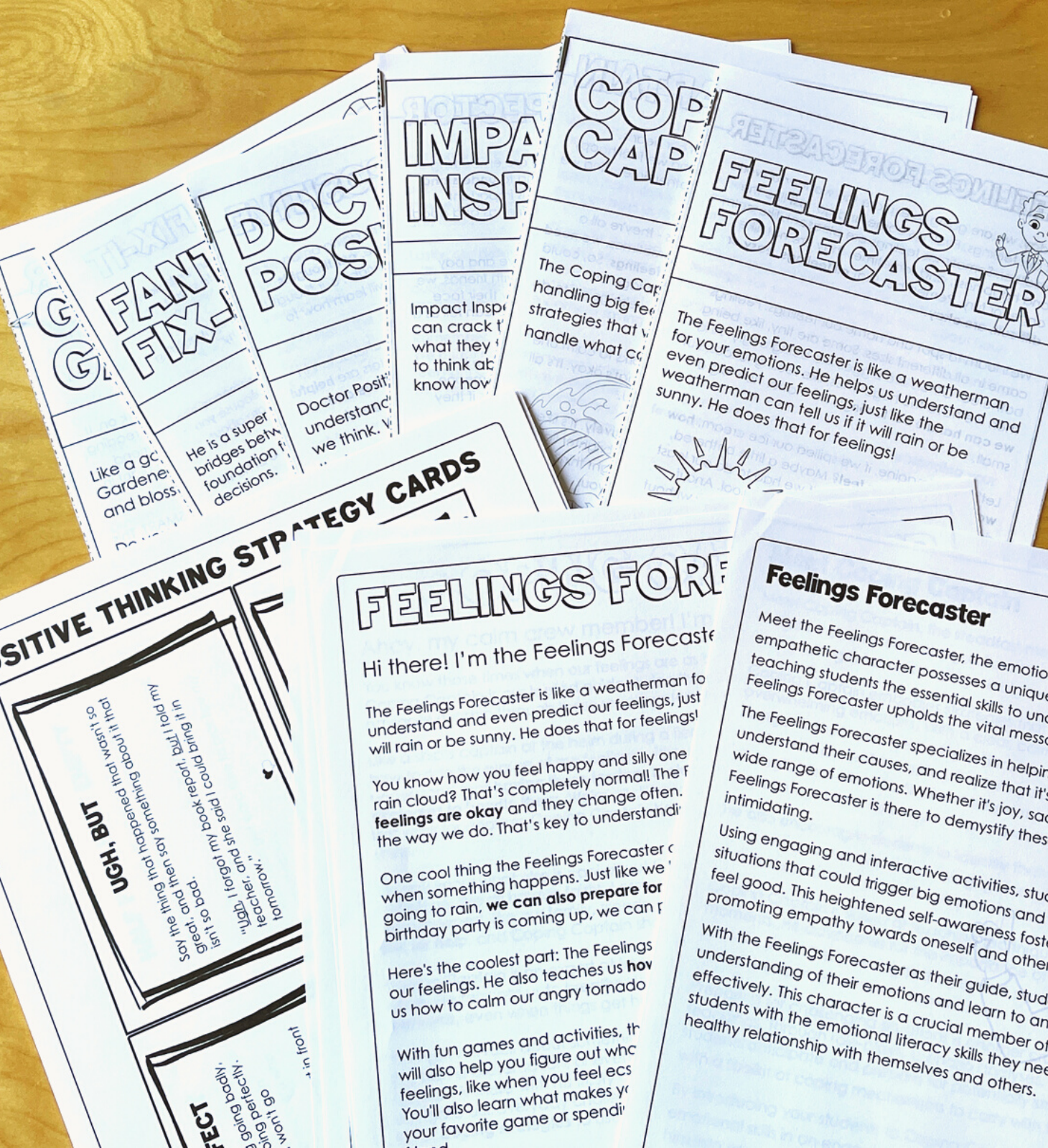
Best for 2nd to 5th grade



Use with individual students & small groups



[Download the free Coping Captain Intro](#)



ABOUT THE HELPER SQUAD

The Helper Squad is an elementary school counseling series using CBT-based approaches. It comprises six unique and charming characters that students can connect to and learn from to develop their social and emotional skills.

Perfect for counselors, social workers, and psychologists working with 2nd through 5th grade students in individual and small group counseling.

You can find all the Helper Squad resources [here](#).

**THE
HELPER
SQUAD**



GET MORE HELPER SQUAD

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

[View Resources](#)

DOCTOR POSITIVE

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



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



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



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

