



# SMART GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

NOTES

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# THERAPY THEMES

## BY MONTH

### AUGUST

Back to School  
All About Me  
Icebreakers  
Senses  
School bus Safety  
Summer Vacation  
Classroom Routines  
School Safety  
Community Building  
Pets

### SEPTEMBER

Autumn  
Labor Day  
Leaves  
Pirates  
Corn  
Apples  
Harvest  
Squirrels  
Community Helpers  
Orange Shirt Day

### OCTOBER

Hispanic Heritage  
Thanksgiving  
Pumpkins  
Monsters  
Superheroes  
Fire Safety  
Diwali  
Halloween  
Day of the Dead  
Mental Health

### NOVEMBER

Family  
Owls  
Kindness  
Gratitude  
Remembrance Day  
Pie  
Football  
Louis Riel Day  
Construction  
Baking

### DECEMBER

Bears  
Hibernation  
Candy Canes  
Cookies  
Gingerbread Man  
Chanukah  
Kwanzaa  
Holidays  
Christmas  
Giving

### JANUARY

Winter  
New Year's  
Chinese New Year  
Snow  
Resolutions  
Hot Chocolate  
Hockey  
Ice Skating  
Penguins  
Fabric Fun

### FEBRUARY

Groundhog Day  
Valentine's Day  
Chocolate  
Friendship  
Super Bowl  
Black History  
Teeth  
Polar Animals  
Vision  
Temperatures

### MARCH

Spring  
St. Patrick's Day  
Weather  
Shamrocks  
Leprechauns  
Basketball  
Baseball  
Life Cycles  
Caterpillars

### APRIL

April Fool's Day  
Earth Day  
Recycling  
Gardens  
Farm  
Frogs  
Insects  
Autism Acceptance  
Easter  
Rainbow

### MAY

Jordan's Principle  
Wilderness  
Hearing  
Space  
Police  
Plants  
Transportation  
Textures  
Flowers  
Accessibility

### JUNE

Summer  
Juneteenth  
Indigenous History  
Doughnuts  
Flag Day  
Ice Cream  
Dinosaurs  
Ocean  
Vacation  
Sports

### JULY

Art History  
Fireworks  
Shells  
Sharks  
Beach  
Camping  
Hiking  
Zoo  
Jungle  
Desert

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# IDENTIFYING TRIGGERS

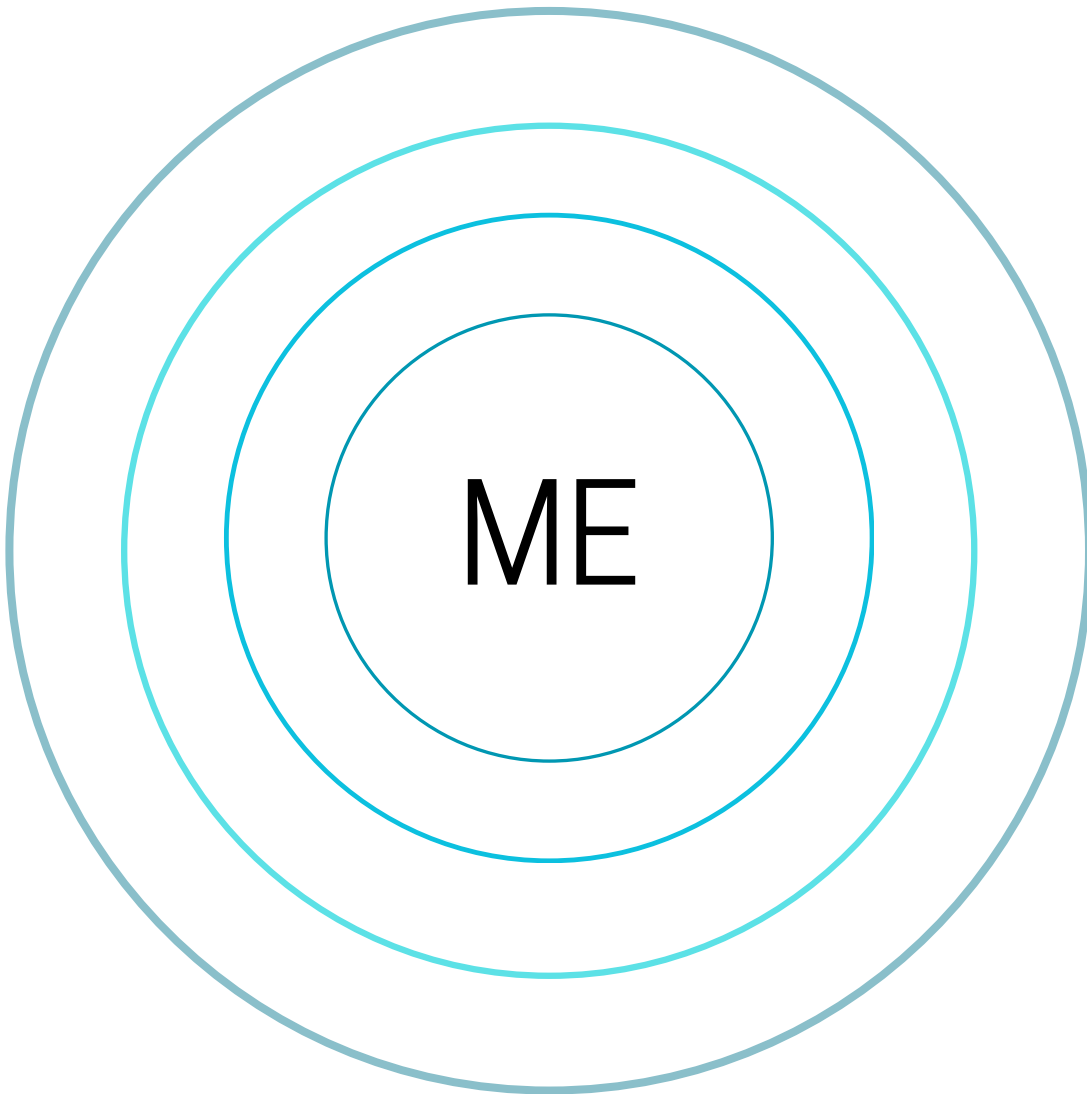
Which of the following makes you feel angry?

- Someone says you did something wrong.
- Someone belittles you.
- You want something you cannot have.
- Someone shouts at you.
- You are told you can't do something right.
- Someone doesn't agree with you.
- You are unable to finish your task.
- You are feeling left out.
- There's too many people.
- There's too much noise.
- Someone is disturbing you.
- There's too much homework.
- Nothing makes sense.
- Someone criticizes you.
- Someone hurts you.
- Someone threatens you.



# Safety Network

Name: .....



Write the names of your trusted network, in each layer of the circle.

The circle closest to you, would be those that you trust the most.

For example, the closest circle may be your parents, and the furthest circle is the neighbor. You can write more than one safety person in each layer.

# 5 FINGER AFFIRMATION

Write a positive word that describes you for each finger. Ask for help if you are unsure.

**When times get tough remember your 5!**



# All About Me



My name is

I like to be called

My birthday is

I don't like when...

For fun, I like to...

When I grow up, I want  
to be a...

This year, I hope to...

# Things I Love



**These are a few of my  
favorite things:**

Food:

Movie:

Book:

Animal:

Game:

Song:

Dessert:

Superhero:

**Interesting Things  
About Me**

**What makes me smile?**

# COPING TOOLS

## WHAT HELPS ME

- Take slow, mindful breaths
- Drinking from my favorite cup
- Rest and take a break
- Quick stretch or yoga
- Journal or draw
- Listening to my favorite music
- Talking to someone I trust
- Read or look through a book
- Cuddle something soft
- Positive affirmations
- Using a fidget
- Blowing bubbles
- Heavy lifting
- 
- 
- 





NAME:

DATE:

# FEELINGS CHECK-IN

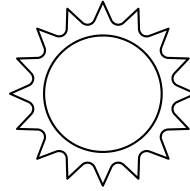
Today is...

Circle the day today:

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

The weather is...

Color the picture of your answer:



I feel...

Write the name or color of your feeling:

Circle the picture of what you are looking forward to today:

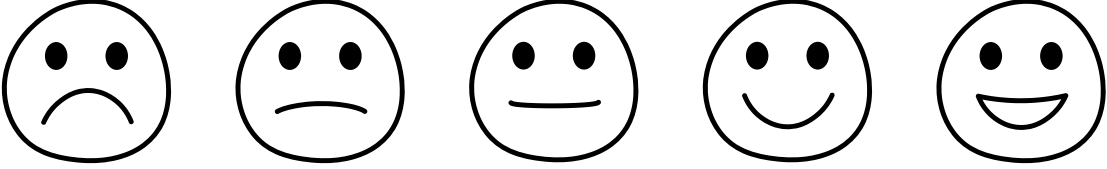


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Daily REFLECTION

Today is: \_\_\_\_\_

How I feel about today:



The image shows five circular smiley faces in a row. From left to right: the first has a downward-curving mouth (sad), the second has a flat line for a mouth (neutral), the third has a slight upward curve (neutral), the fourth has a wide upward curve (happy), and the fifth has a very wide upward curve (very happy). A large arrow on the right points from the happy faces towards the 'Reason for my rating' section.

My moment of the day

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Reason for my rating

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Something new I learned today:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Plan a

# STORY SETTING

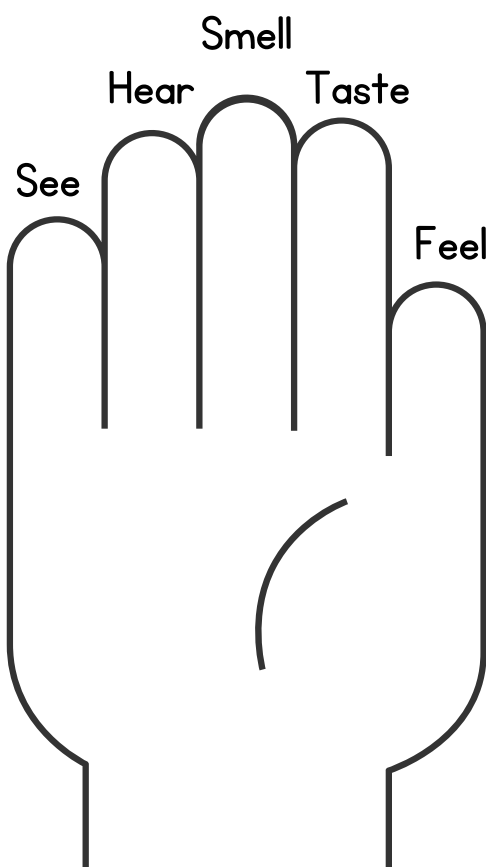
Imagine you're a character in your story. Describe the setting using the five senses. Try to be as descriptive as you can.

What would you hear?

What would you smell?

What would you taste?

What would you see?



What would you feel?

# Two Stars and a Wish

What did you like?

What else did you like?

What do you wish could be different?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# ANXIETY BREAKDOWN

What is making you feel anxious?

What thoughts are going through your head?

How is your body responding?

What is the worst thing that can happen?

What can you control in this situation?

What can you do to calm your body?



Name: \_\_\_\_\_ Date: \_\_\_\_\_

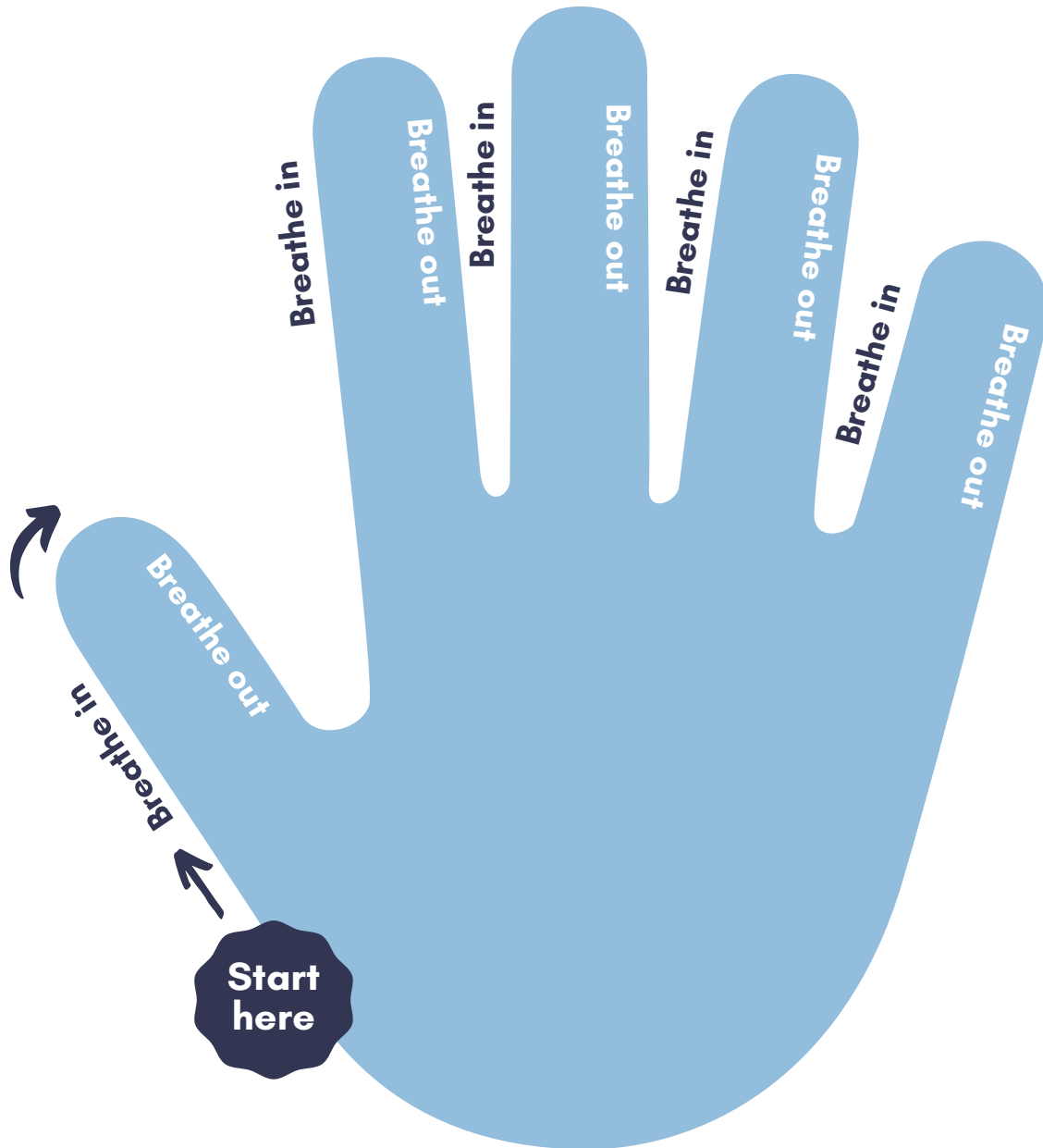
# I MADE A MISTAKE

Things I can do when I make a mistake?

- Own that I've made a mistake.
- Sincerely apologize to anyone affected.
- Forgive myself for making a mistake.
- Think of ways to do it better next time.
- Remind myself that everyone makes mistakes.
- Breathe, stay calm, and try again.
- Reflect on the mistake.
- Colour my emotions.
- Address the root cause of my mistake.
- Share what I've learned.
- Allow myself to feel my emotions.
- Be patient with myself.
- Ask for help.
- Avoid the urge to dwell on the mistake.
- Remember that I am not a mistake.



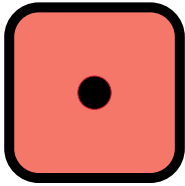
CALM YOURSELF WITH A  
**5 FINGER BREATHING**  
BRAIN BREAK



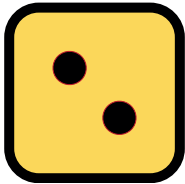
Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

# ROLL & SHARE

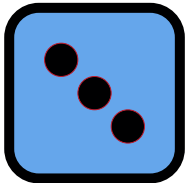
Sometimes emotions can get the best of us,  
Roll the die and lets get into a better zone.



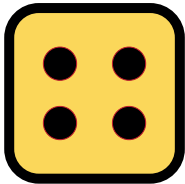
What is the yummiest meal you've ever had?



If you could have a superpower,  
what would it be?



If you could have any animal as a pet,  
what would it be and what would you name it?



What is something you are good at?



If you won a million dollars,  
what would you spend it on?



If you were a teacher, what would you teach  
and what would you do to make your class fun?