

How to use *in counseling and assessment*



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Create and build upon coping skills

Introduce the wellness areas
Ask if they have any favorites



Relax



Think



Feel



Connect



Move



Refuel



Create

1st

Let the student select between
the English and Spanish versions
of the toolkit, or both



Give them time to look over
the cards (2-4 mins)

Let them pick a card or two

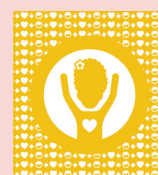
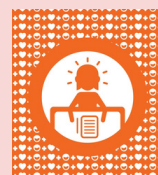
Ask them if they want to read
or have one read to them

Do the activity with them

and

Learn and practice skills

Example: "When I'm sad,
I like to color. It helps get my
feelings out".



Planning for Empowerment