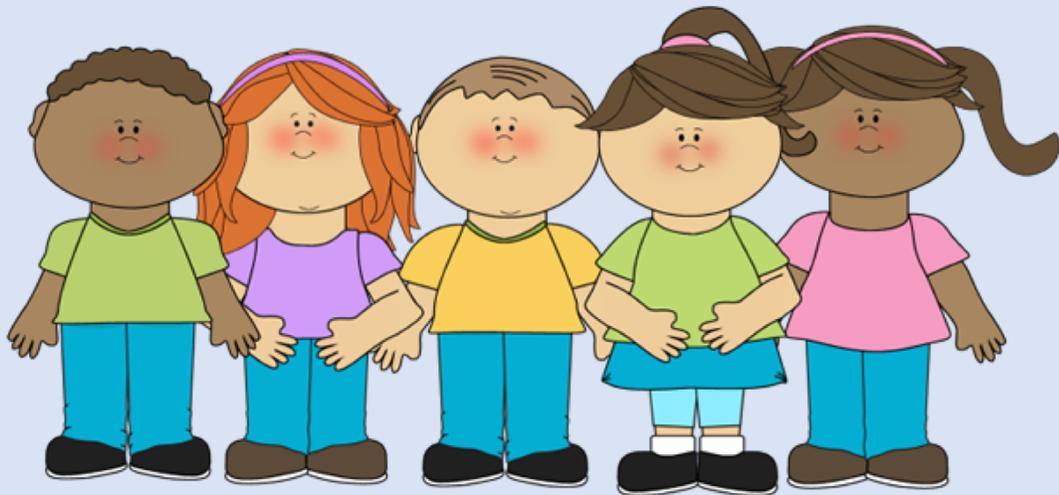


Ready...
Set...
Here We Go!



**Prompts to Begin
Elementary
Counseling Groups**

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Ready...Set...Here We Go!

I once asked a kindergarten teacher how I could best help her students. She quickly rattled off a list of behaviors many of her children struggled with.

Wanting to touch upon these actions each week, I created these cards to start each counseling group.

As soon as I grab the set of cards, the students are ready to go.

Read each card and ask the students to repeat them back. Basically, the students are practicing affirmations.

By saying these affirmations week after week, the students memorize positive behaviors and attitudes that are expected of them. They believe they can, helping them to meet with success in school.

Helpful Hint: Print two copies and laminate them together back to back to ensure students can see the cards from wherever they are sitting!

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Discussion Topics

I wait my turn.

- A classroom has many students. It is often difficult for students to wait for the teachers attention.
- Waiting on lines occur throughout the school day. It is natural for kids to want to be first.
- It is an important reminder to be patient as well as kind to allow others to go first.
 - Waiting is part of being safe in school.

I come to school prepared.

- Students often "forget" their belongings or blame their mom for not packing their backpack. Students need to take ownership.
- Students know what they should bring to school. Ask, "Who is in charge of bringing your things?" "I am!"
- Sometimes students need reminders of what not to bring to school.
- Check in to make sure kids have the supplies they need to succeed.

I ask for help.

- Needing help is a natural process of learning.
- When frustrated, it is important to ask for help in a positive way.
- All adults in school are there to help and keep students safe.

I listen to the teacher.

- Teachers give instructions throughout the day.
- It is important to listen to all teachers in school; lunch ladies, recess monitors, substitutes.
 - Teachers ask you to do things that help create a positive learning environment.

I am nice to my friends.

- Friendship is an important experience for all students.
- When you are nice to your friends, they will be nice back to you.
- If you want to make a friend, you should be nice first.

I will talk out my feelings.

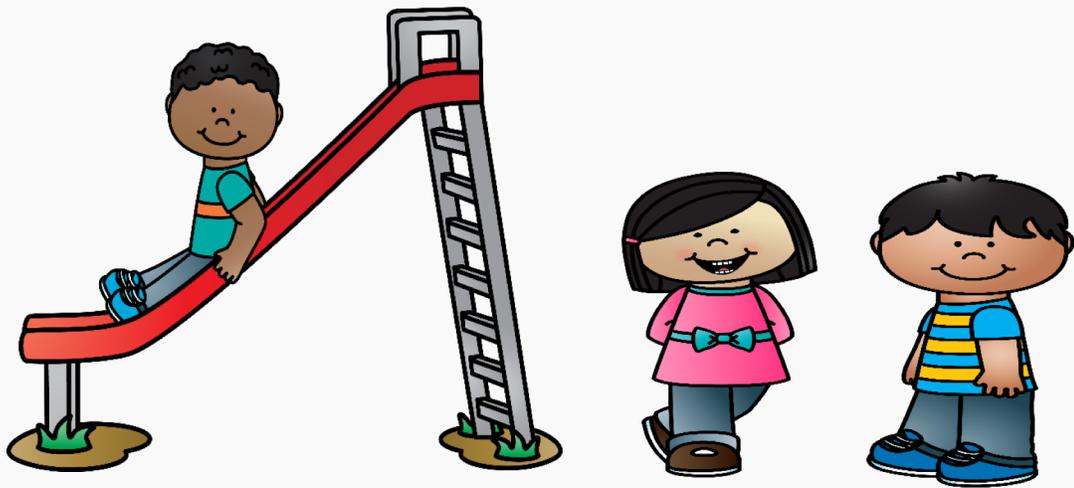
- Things happen everyday that make us upset.
 - If you are upset, fighting never helps.
- When you tell someone your feelings and the action that made you upset, they will most likely be sorry. This will help you feel better.

I try my best.

- Learning is difficult for many students.
- It is important that students know their effort means more than a perfect paper.
- Trying is not only academic, it is for all areas of school. Art and gym can trigger frustration. It is important for kids to be patient with themselves.
 - Positive behaviors also require effort.

I learn from my mistakes.

- Everyone makes mistakes.
- Mistakes are part of learning.
- It is important to forgive yourself when you make mistakes.
- It is important to forgive other people when they make mistakes.



I wait my turn.



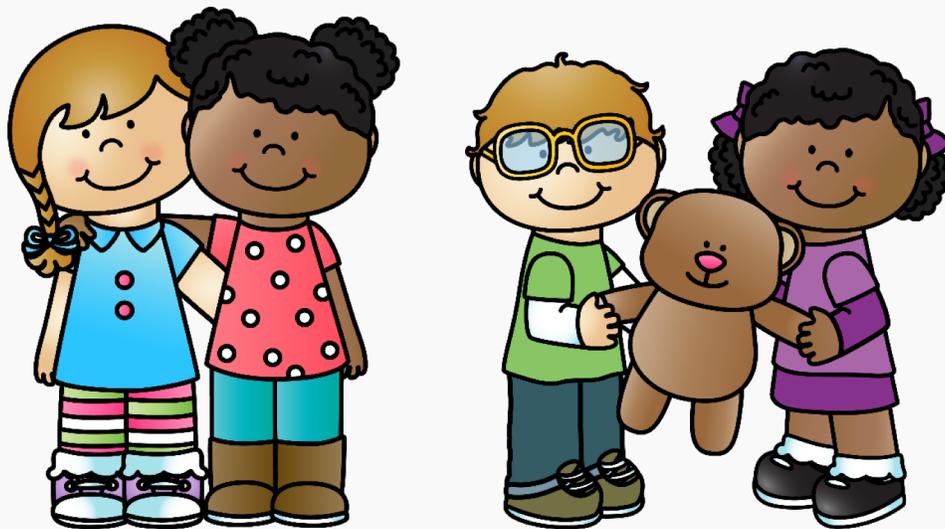
I come to school prepared.



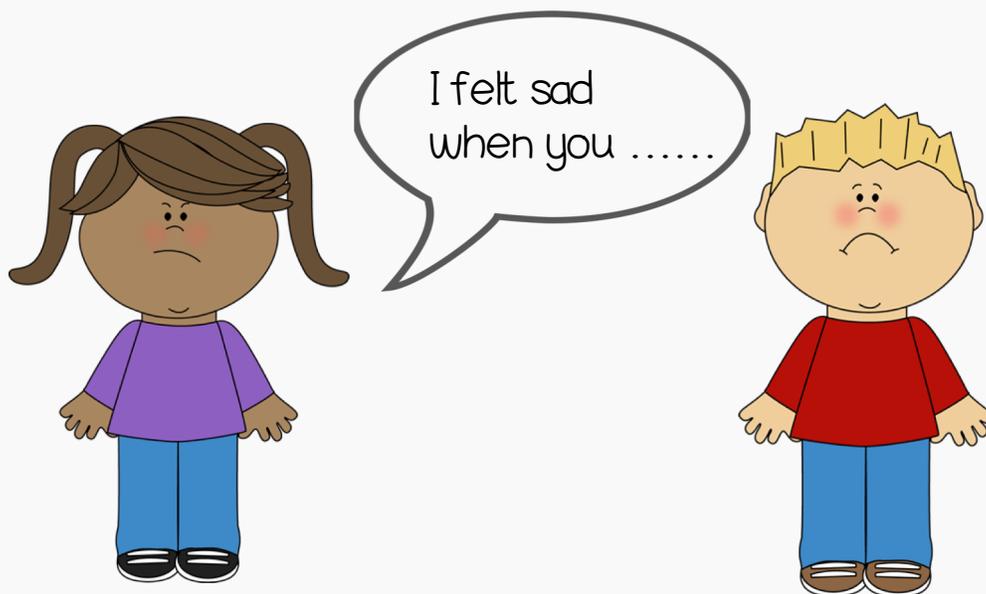
I ask for help.



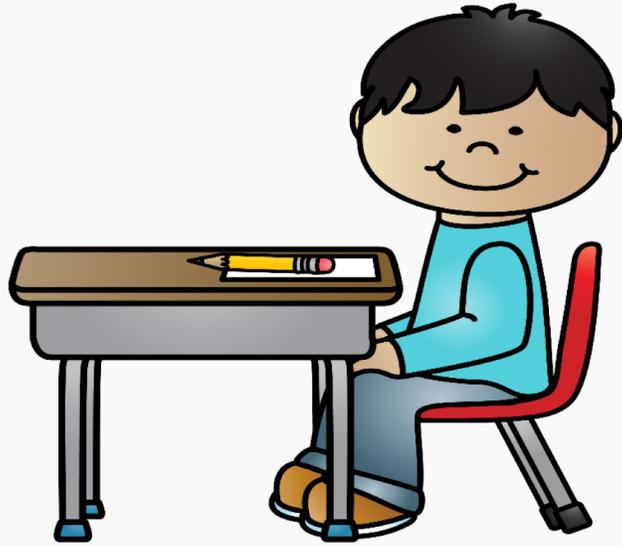
I listen to the teacher.



I am nice to my friends.



I will talk out my feelings.



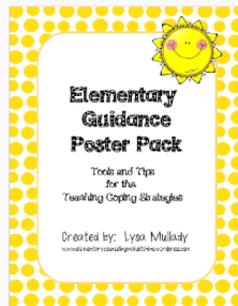
I try my best.



I learn from my mistakes.

Thank You!

You may also like:



You can find me at:



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