

INCLUDES 80 BOOKMARKS!

INCLUDES 8 BOOKMARKS FOR EACH OF THESE TOPICS:

- Bullying Prevention
- Coping Skills
- Diversity & Inclusion
- Feelings
- Friendship
- Growth Mindset
- Kindness
- Mindfulness
- Self-Esteem
- Self-Control
- Every bookmark comes in color & BW

WAYS TO USE THESE BOOKMARKS:

- Students can color the black & white versions as a part of your counseling and SEL lessons
- Let students choose a bookmark to take home after your lessons
- Put the bookmarks in a treasure chest or offer them as a reward for growth or good behavior
- Place them in your school library to encourage SEL school-wide

KEEP SCROLLING TO SEE THE BOOKMARKS

BULLYING PREVENTION & COPING SKILLS

WALK AWAY
from the person
doing the bullying




Tell an **adult** about bullying right away!



STAY CALM
Don't bully back!




Tell the person doing the bullying to **STOP!**



STAND UP for what is **RIGHT!**




Be **A Buddy Not A Bully.**



I Am An UPSTANDER!



Say BOO To Bullying!




IT'S OKAY TO BE **MAD**, BUT IT'S NOT OKAY TO BE **MEAN!**



3 STEPS TO MANAGING YOUR FEELINGS

- 1 Listen To Your Warning Signs**
Pay attention to the things you are doing and saying. How does your body look and feel?
- 2 Freeze**
If you notice yourself starting to feel angry, worried or upset, stop what you are doing and...
- 3 Calm Down!**
Choose a few things that you can do to feel better. Some strategies to try are: Taking deep breaths, walking away, talking to someone, thinking happy thoughts, or writing about how you feel.

I CAN CALM DOWN!



5 CALMING STRATEGIES I CAN TRY

- Taking slow, deep breaths
- Thinking about things that make me happy
- Talking to someone I trust
- Walking away or taking a break
- Doing something I enjoy

THINK HAPPY THOUGHTS.




I WILL FOCUS ON WHAT I CAN CONTROL

- MY ACTIONS
- MY WORDS
- MY EFFORT

FEELING SAD, MAD, OR WORRIED?

TALK ABOUT IT!



TRACE AND BREATHE

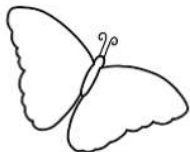


DIVERSITY/INCLUSION & FEELINGS



**Be Somebody Who
Makes Everybody
Feel Like A Somebody**

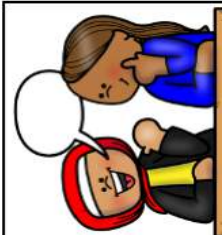
JUST
BE
YOU.



EVERYONE IS
UNIQUE

5 WAYS TO
WELCOME
OTHERS

- 1 Smile and say hi
- 2 Ask what their name is
- 3 Invite them into what you are doing
- 4 Introduce them to your friends
- 5 Think about how you can help them



**WE CAN LEARN
SO MUCH FROM
EACH OTHER**



**DIFFERENCES
Make Us
BEAUTIFUL**



**We Are
STRONGER
TOGETHER**

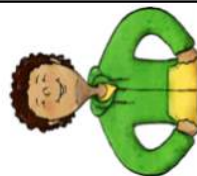


**Let's CELEBRATE
What Makes
Us UNIQUE**

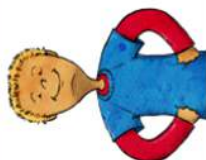


**ALL FEELINGS
ARE OKAY!**

**IT'S
OKAY
TO TALK
ABOUT
HOW YOU
FEEL!**



**My feelings
AREN'T the
boss of me!**



**HOW DO
YOU FEEL
TODAY?**



**ALL ABOUT
ANGER**

WHAT IT MIGHT
LOOK LIKE:

- Yelling and arguing
- Red face
- Not listening to anyone
- Clenched fists
- Trying to hide

WHAT IT MIGHT
FEEL LIKE:

- Fast breathing
- Not being able to focus
- Tense body
- Upset stomach
- Sweating

WHAT YOU CAN DO:

- Deep breathing
- Talk to someone
- Walk away
- Get a drink
- Take a break

**ALL ABOUT
WORRY**

WHAT IT MIGHT
LOOK LIKE:

- Walking back and forth
- Looking away
- Being quiet
- Not smiling

WHAT IT MIGHT
FEEL LIKE:

- Fast heartbeat
- Not being able to focus
- Hard to breathe
- Upset stomach
- Not wanting to eat

WHAT YOU CAN DO:

- Deep breathing
- Talk about it
- Distract yourself
- Focus on what's happening now
- Write about how you feel

**ALL ABOUT
SADNESS**

WHAT IT MIGHT
LOOK LIKE:

- Crying
- Not talking
- Not smiling
- Looking away
- Trying to hide

WHAT IT MIGHT
FEEL LIKE:

- Sleepiness
- Wanting to be alone
- Not being able to focus
- Slow body

WHAT YOU CAN DO:

- Talk about it
- Do something you enjoy
- Think of a happy place
- Exercise

**ALL ABOUT
JOY**

WHAT IT MIGHT
LOOK LIKE:

- Smiling
- Doing things you enjoy
- Sitting up straight
- Talking to others
- Laughing

WHAT IT MIGHT
FEEL LIKE:

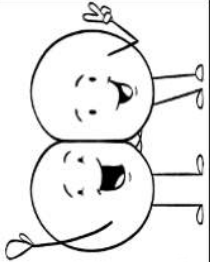
- Relaxed body
- Focused mind
- Regular breathing
- Having a lot of energy

WHAT YOU CAN DO:

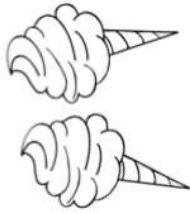
- Be kind to others
- Think about why you are happy
- Be thankful
- Help someone else
- Smile!

FRIENDSHIP & GROWTH MINDSET

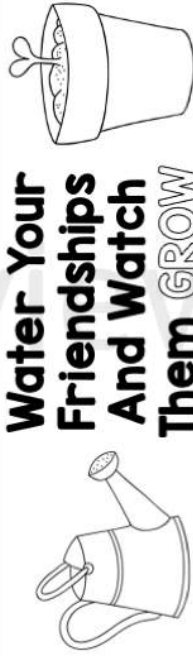
THE BEST WAY
TO HAVE A FRIEND
IS TO BE ONE



FRIENDS MAKE
LIFE SWEET!



Water Your
Friendships
And Watch
Them GROW



FRIENDSHIP
BRIGHTENS
UP OUR LIFE



5 WAYS
TO MAKE
FRIENDS

- 1 Introduce yourself
- 2 Smile and be kind
- 3 Find out what you have in common
- 4 Ask questions to learn more
- 5 Invite them to spend time with you

5 WAYS
TO BE A
FRIEND

- 1 Listen to what others are saying
- 2 Think about how others feel
- 3 Encourage others with kind words
- 4 Help and support others
- 5 Apologize and forgive

IT'S OKAY
TO
DISAGREE!
YOU CAN TRY...

- Listening to the other person
- Calmly sharing how you feel
- Making a compromise
- Sharing or taking turns
- Playing a game of chance

A GOOD
FRIEND IS

- HELPFUL
- HONEST
- KIND
- CARING
- GENEROUS
- THOUGHTFUL

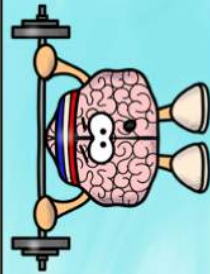
ICAN
LEARN
NEW
THINGS



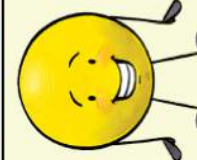
It's OKAY To
Make Mistakes!



I CAN TRAIN
MY BRAIN!



My Attitude
Makes A
Difference!



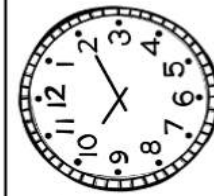
I
WON'T
GIVE
UP!



Everything Is
HARD Before
It Is EASY



Reaching
My Goals
Takes Time



YOU DON'T FAIL UNLESS
YOU STOP TRYING.



KINDNESS & MINDFULNESS

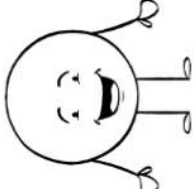


**Be A RAINBOW
In Someone
Else's Cloud**

**A SMALL Act Of Kindness
Can Make A BIG
Difference!**



**Be The Reason
Someone
SMILES Today!**



IN A
WORLD
WHERE YOU
CAN BE
ANYTHING,

**BE
KIND!**



**THERE'S
ALWAYS A
WAY TO BE
KIND**



Smile



Hold the door
open



Say please
and thank you



Share



Say hi to
someone new

**KINDNESS COSTS NOTHING
BUT MEANS EVERYTHING**



**IT'S
COOL
TO BE
KIND**



**Plant Seeds Of
KINDNESS
And Watch Them Grow**



TRY TO FIND:

5 THINGS YOU
CAN SEE

4 THINGS YOU
CAN TOUCH

3 THINGS YOU
CAN HEAR

2 THINGS YOU
CAN SMELL

1 THING YOU
CAN TASTE

DO A RAINBOW SEARCH!

FIND SOMETHING RED, ORANGE, YELLOW,

GREEN, BLUE AND PURPLE!



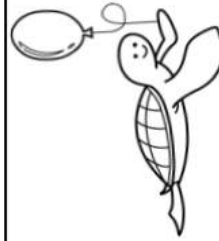
**I Can Pay
Attention To
How I Feel**

TAKE 3 DEEP BREATHS

When you
breathe in,
pretend to smell
a flower



When you
breathe out,
pretend to blow
on a leaf



**Slow And
Steady Wins
The Race**

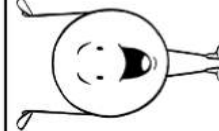
**STOP
AND
SMELL
THE
ROSES**



**Look For
BEAUTIFUL
Things!**

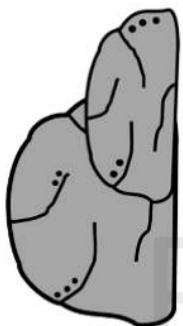


**FOCUS
On The
MOMENT**



SELF-ESTEEM AND SELF-CONTROL

YOU
ROCK!



BE-LEAF
In Yourself!



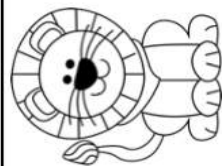
YOU
GOT
THIS!



You Make The
World A
BETTER PLACE



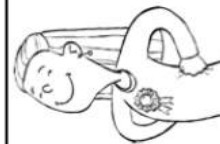
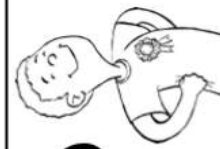
I AM
BRAVE!



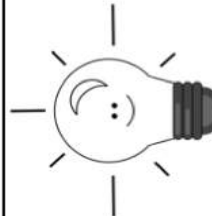
I AM
LOVED



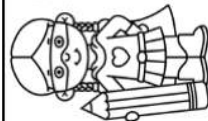
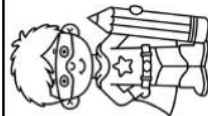
I AM PROUD
OF MYSELF



I AM
SMART!

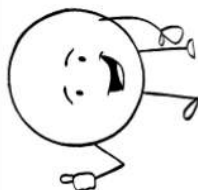


SELF-CONTROL
IS MY
SUPERPOWER



What I Do
MATTERS!

I CAN MAKE
GOOD CHOICES!



BEFORE
YOU
SPEAK,
THINK!
IS IT...
TRUE?
HELPFUL?
IMPORTANT?
NECESSARY?
KIND?



STOP

AND

THINK

BEFORE YOU

GO

I CAN
CONTROL
MY...

WORDS



ACTIONS



DECISIONS



EFFORT



TIPS FOR
USING
SELF-CONTROL

Make sure
you are calm

Count to 3
before you act

Slow down

Think about what
will happen next

Take deep
breaths

MY
CHOICES
IMPACT
MY
FUTURE!

