
EVERY DAY MATTERS
SCHOOL+YOU = SUCCESS
NO BULLY ZONE
Welcome to the Elementary Social-Emotional Learning Virtual Counseling Office!
Click on the "You Are Not Alone"sign to meet your teams!
Click on the phone and/or laptop for our numbers and emails!
Click on all of the items around each room and see what happens!
SADNESS
JOY
FEAR
DISGUST
ANGER
WHAT YOU SAY
In Here...
STAYS IN HERE
UNLESS:
1. Someone is hurting you.
2. You want to hurt someone.
3. You want to hurt you.
4. You give permission to share with another trusting adult.
YOU ARE NOT ALONE
Resources
family

Auburn Enlarged City School District

Click on your school mascot to learn about your

Elementary Social-Emotional Team

Casey Park
Bulldogs



Seward
Stingers



Herman Ave.
Hawks



Genesee
Pride (Lions)



Owasco
Owls



Casey Park Elementary School



Ms. Carey-Dixon

School Social worker

315-255-8752

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Ms. VanArsdale

School Psychologist

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Ms. Szewczyk

School Counselor

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Seward Elementary School



Mrs. Anthony

School Social Worker

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Mrs. Solomon

School Psychologist

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Mrs. Stock

School Counselor

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Herman Avenue Elementary School



Mrs. Poole

School Social worker

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Mrs. Vuono

School Psychologist

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Mrs. Kmieczak

School Counselor

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Genesee Elementary School



Miss. Evans

School Social worker

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Miss. Coomey

School Psychologist

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Ms. Graham

School Counselor

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Owasco Elementary School



Mrs. Ouderkirk

School Social Worker

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Ms. DankerStiles

School Psychologist

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Ms. Orfano

School Counselor

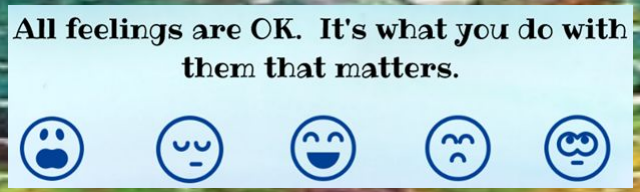
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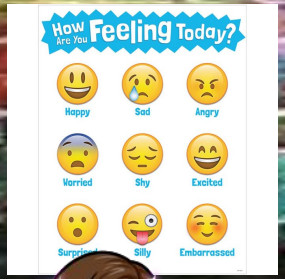
alyssandraorfano@aecsd.education


The Zen Den
UNO
BRING IT DOWN
OFFICE

Feeling Exploration Room







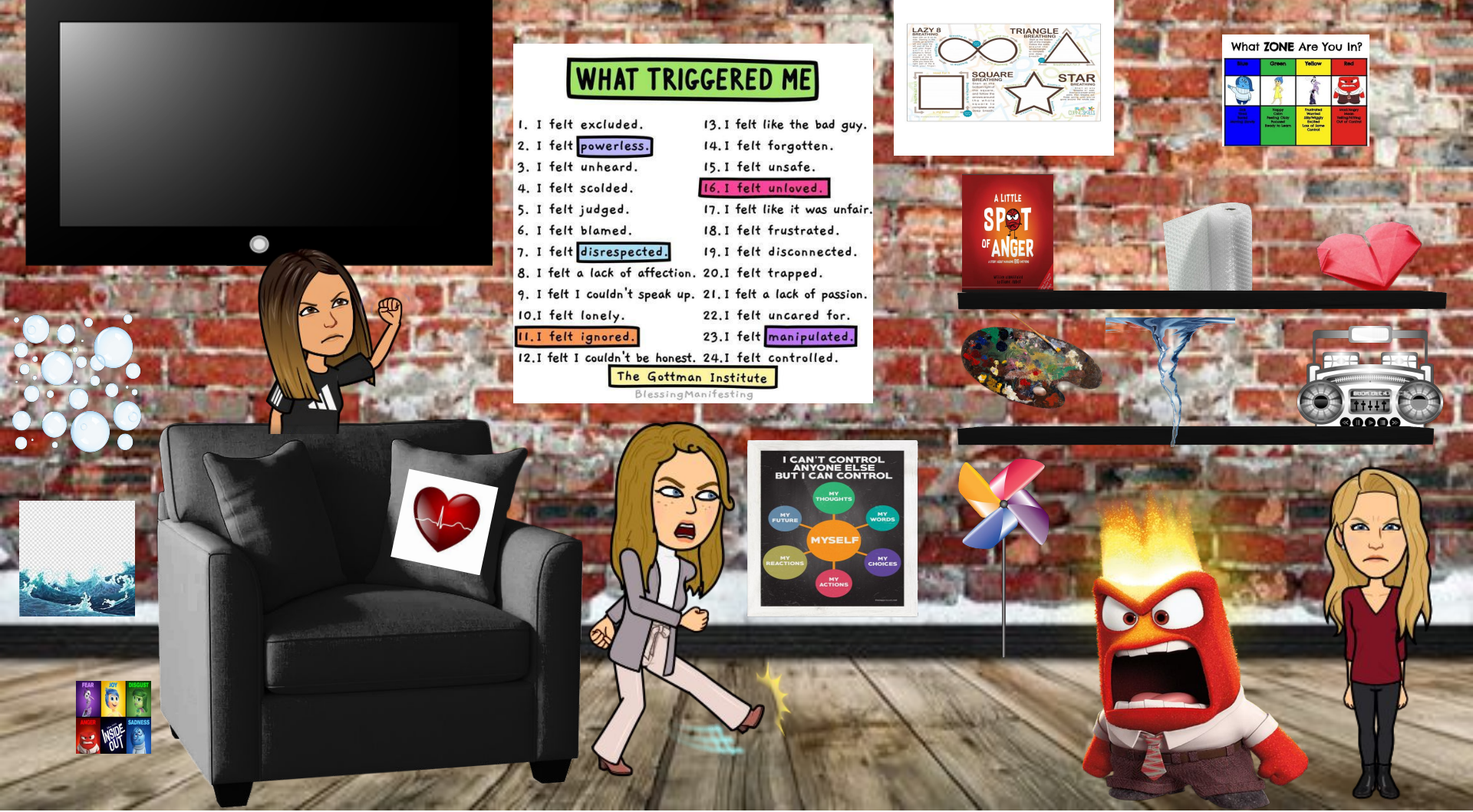


Please click on each Inside Out character to learn more about feelings and coping skills!

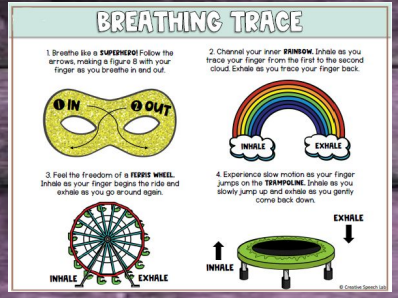


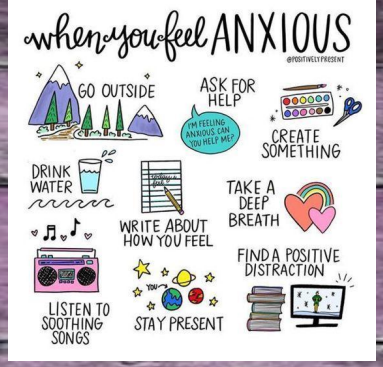

BELIEVE THERE IS GOOD IN THE WORLD
LEGO
DC
TAKE the time to do WHAT MAKES your soul happy
FEAR
JOY
DISGUST
ANGER
INSIDE OUT
SADNESS
Be the REASON someone SMILES today


when you feel sad
WRITE YOURSELF A LOVE LETTER
TAKE A NAP
TREAT YO' SELF
PUT ON A OUTFIT YOU LOVE
DRINK SOME HOT TEA
CALL UP A FRIEND
LISTEN TO HAPPY SONGS
BUY FRESH FLOWERS
WATCH A FUNNY FILM + HAHAHA
READ A BOOK
WRITE DOWN YOUR FEELINGS
CREATE SOMETHING
SMILE AT YOURSELF IN THE MIRROR
LOOK AT THE BIG PICTURE
TAKE A WALK
Dani DiPirro '17
If it makes you feel better,
cry,
talk,
sleep,
CHIBIRD
but don't harm yourself or others.
COPING TOOLS: What Helps Me
Read A Book or Magazine
Hug or Climb a Tree
Journal or Write a Letter
Use Kind & Compassionate Self-Talk
Make a Collage or Scrapbook
Rest, Nap or Take a Break
Go on a Hike, Walk or Run
Take Good Care of the Earth
Drink Water
Play a Board Game
Do Something Kind
Make and Play with Slime
Discover Treasures in Nature
Take a Shower or Bath
Exercise
Drink a Warm Cup of Tea
Forgive, Let Go, Move On
Practice Yoga
Garden or Do Yardwork
Jump on a Trampoline
Cuddle or Play with Your Pet
Practice Gratitude
Do a Puzzle
Blow Bubbles
Smile and Laugh
Ride a Bike or Skateboard
Create Origami
Cook or Bake
Ask for Help
Talk to Someone You Trust
Weave, Knit or Crochet
Build Something
Get a Hug
Visualize a Peaceful Place
Stretch
Make Art
Use Positive Affirmations
Take Slow, Mindful Breaths
Clean, Declutter or Organize
Use Aromatherapy
Cry
Try or Learn Something New
Listen to Music
Use a Stress Ball or Other Fidget
Get Plenty of Sleep
Kick, Bounce or Throw a Ball
Take or Look at Photographs
Eat Healthy
Play Outside
Sing and/or Dance
just breathe
FEAR
JOY
DISGUST
ANGER
SADNESS
INSIDE OUT
HD


WHAT TRIGGERED ME
1. I felt excluded.
2. I felt powerless.
3. I felt unheard.
4. I felt scolded.
5. I felt judged.
6. I felt blamed.
7. I felt disrespected.
8. I felt a lack of affection.
9. I felt I couldn't speak up.
10. I felt lonely.
11. I felt ignored.
12. I felt I couldn't be honest.
13. I felt like the bad guy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt like it was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt a lack of passion.
22. I felt uncared for.
23. I felt manipulated.
24. I felt controlled.
The Gottman Institute
BlessingManifesting
LAZY 8 BREATHING
TRIANGLE BREATHING
SQUARE BREATHING
STAR BREATHING
What ZONE Are You In?
Blue
Green
Yellow
Red
A LITTLE SPOT OF ANGER
I CAN'T CONTROL ANYONE ELSE BUT I CAN CONTROL
MY THOUGHTS
MY WORDS
MY CHOICES
MY ACTIONS
MY REACTIONS
MY FUTURE
MYSELF
FEAR
JOY
DISGUST
ANGER
SADNESS
INSIDE OUT


KEEP
CALM
AND
COUNT WITH ME


BREATHING TRACE
1. Breathe like a SUPERHERO! Follow the arrows, making a figure 8 with your finger as you breathe in and out.
1 IN
2 OUT
2. Channel your inner RAINBOW. Inhale as you trace your finger from the first to the second cloud. Exhale as you trace your finger back.
INHALE
EXHALE
3. Feel the freedom of a FERRIS WHEEL. Inhale as your finger begins the ride and exhale as you go around again.
INHALE
EXHALE
4. Experience slow motion as your finger jumps on the TRAMPOLINE. Inhale as you slowly jump up and exhale as you gently come back down.
EXHALE
INHALE


when you feel ANXIOUS
@POSITIVELYPRESENT
GO OUTSIDE
ASK FOR HELP
I'M FEELING ANXIOUS CAN YOU HELP ME?
CREATE SOMETHING
DRINK WATER
WRITE ABOUT HOW YOU FEEL
TAKE A DEEP BREATH
FIND A POSITIVE DISTRACTION
LISTEN TO SOOTHING SONGS
STAY PRESENT







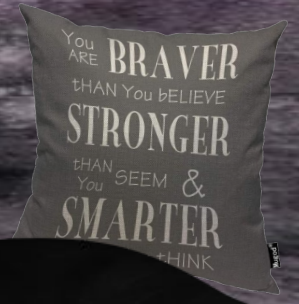











You ARE BRAVER
tHAN You bELIEVE
STRONGER
tHAN You SEEM &
SMARTER
tHINK









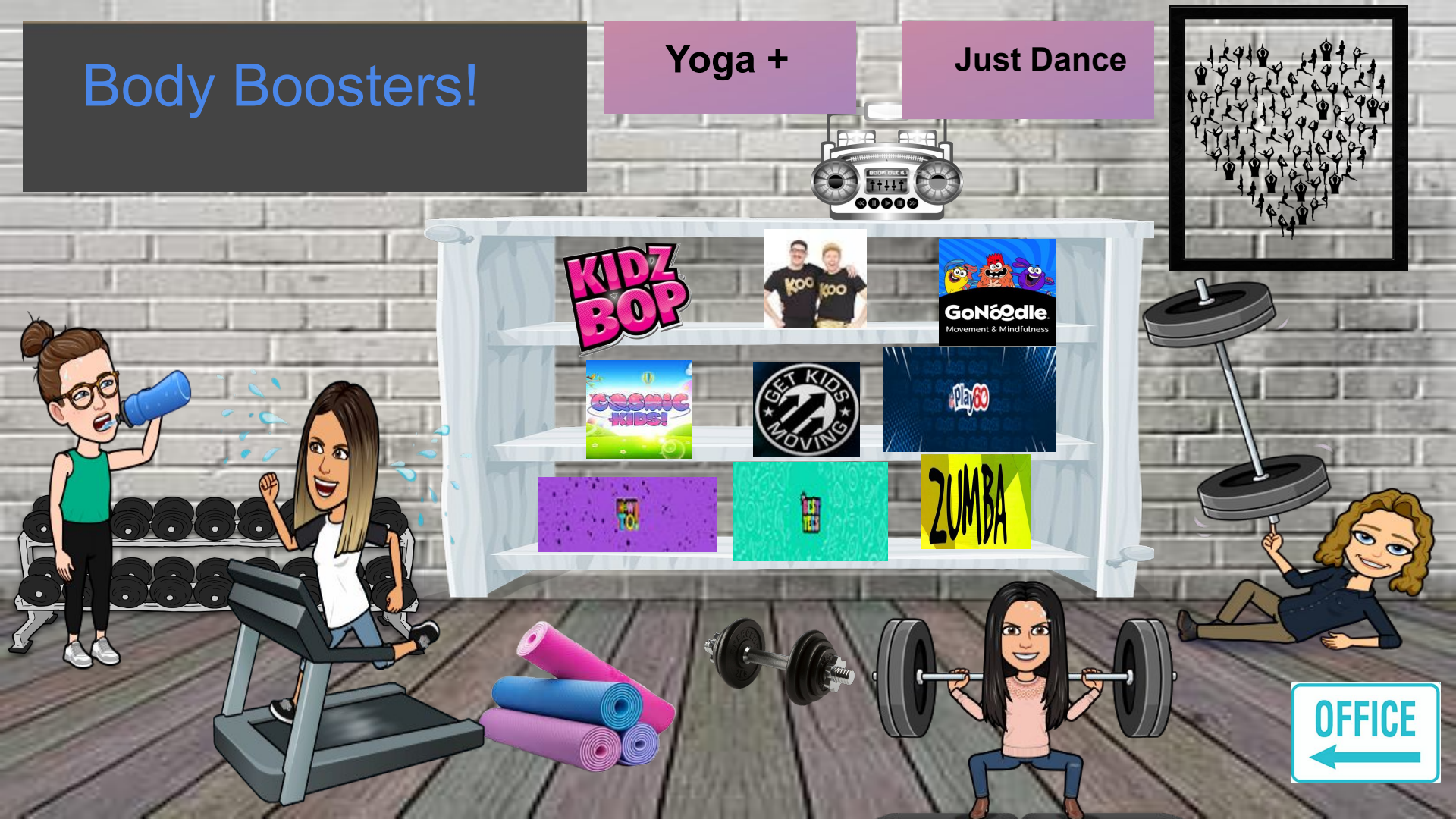



FEAR
JOY
DISGUST
ANGER
SADNESS
INSIDE OUT

Body Boosters!

Yoga +

Just Dance






KIDZBOPKIDS
INTENTIONS


RAIN ON ME


KIDZBOPKIDS
SHUT UP AND DANCE


Savage
Love




KIDZBOPKIDS
Truth
Hurts


FIGHT
SONG
Dance
Along!

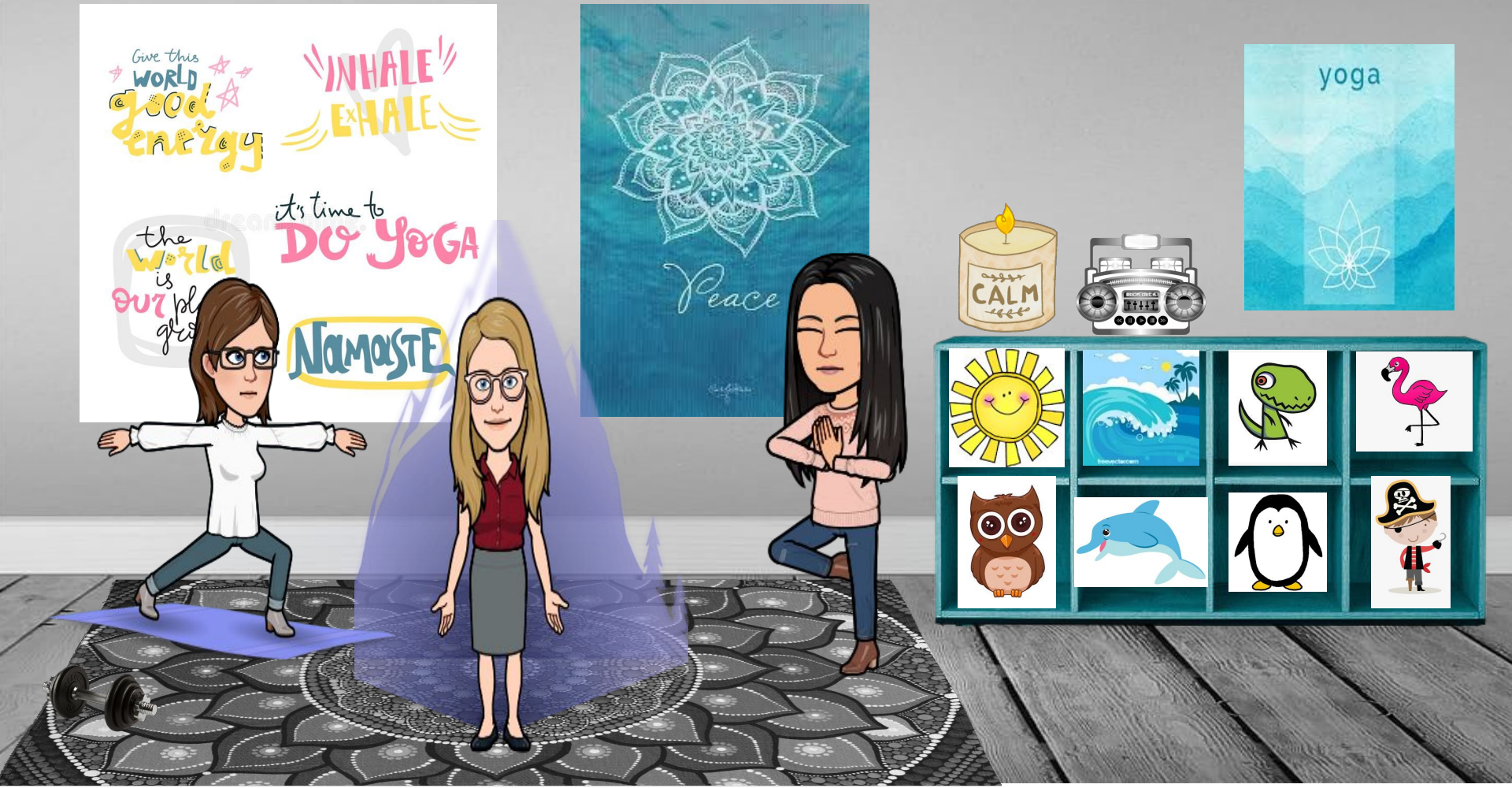

KIDZBOPKIDS
PANINI


KIDZBOP
MY HOUSE
OFFICIAL VIDEO


KIDZBOPKIDS
Thunder
FEATURED ON
KIDZ BOP '37


KIDZBOPKIDS
30 MINUTES
OF YOUR FAVORITE
DANCE ALONG VIDEOS


SO
HAPPY


Give this WORLD good energy
INHALE EXHALE
it's time to DO YOGA
Namaste
Peace
CALM
yoga


OFFICE
DIVERSE
INCLUSIVE
ACCEPTING
WELCOMING
SAFE SPACE
FOR EVERYONE
be KIND
LET'S READ
Choose LOVE
Just Love Yourself
STOP BULLYING
YOU ARE NOT ALONE
Love Shouldn't Hurt.
RUBY FINDS A WORRY
Anxious Ninja
A LITTLE SPOT OF ANXIETY
Wilma Jean Worry Machine
WHEN I AM WORRIED
A LITTLE SPOT OF HAPPINESS
When I'm Feeling HAPPY
THE JAR OF HAPPINESS
happy
My Heart Fills With Happiness
Jealous
WHEN I FEEL FRUSTRATED
A LITTLE SPOT OF ANGER
THE COLOR MONSTER
When I'm Feeling SAD
a kids book about DEPRESSION
A LITTLE SPOT OF SADNESS
WHEN SADNESS IS AT YOUR DOOR
My Friend Is Sad
Mo Willems
CAN I JOIN YOUR CLUB?
HOW FULL IS YOUR BUCKET? for Kids
BE KIND
TRUDY LUDWIG
The Invisible Boy
PATRICK BARTON
Exploring Emotions
A LITTLE SPOT OF KINDNESS!
A LITTLE PEACEFUL SPOT
TEACH YOUR DRAGON TO STOP LYING
The boy who cried ninja
Lying Up a Storm
Julia Cook
Franklin Tells
Since We're Friends
SKIN LIKE MINE
Lakiesha M. Frost
What Do You Do With an IDEA?
100 GAMES

A Family is a family is a family...

Single Parent Families

Divorce & Separation

Foster Care & Adoption

Kinship Care

Blended Families

















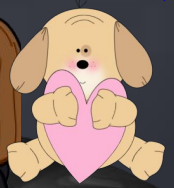












LIBRARY


Help Keep Kids Safe
NO MEANS NO
Love Shouldn't Hurt.
Calm
Double-Dip Feelings
Listening to My Body
By Gabi Garcia
Personal Space Camp
But It's Not My Fault
Julia Cook
Do You Have a Secret?
A Terrible Thing Happened
Your Body Belongs to You
ANGER IS OKAY VIOLENCE IS NOT
HANDS ARE NOT FOR HITTING
LIFE IS TOUGH BUT SO ARE YOU
LIBRARY

Children Affected By Substance Abuse

You didn't Cause the problem.
You can't Control it.
You can't Cure it.
But… You can help take Care of yourself
You can Communicate your feelings.
You can make healthy Choices.
You can Celebrate yourself!

NAMI
National Alliance on Mental Illness

Hazelden Betty Ford Foundation

SESAME STREET in Communities

I AM special



LIBRARY


ALL YOU NEED
IS LOVE
LOVE IS
ALL YOU
NEED


choose
kind


don't stand by!
stand up
stand strong
stand together


Friends




nickelodeon




STOP
BULLYING


Love
ONE
Another


Dignity
for all
Students


That Rule Doesn't Apply to Me!
STAND TALL, MOLLY LOU MELON
llama llama and the bully goat
The Juice Box Bully
MY STRONG MIND
What's Up, Maloo?
IN MY HEART
I Can Handle It!
The Pout-Pout Fish
The Bully Blockers Club
Bully
TYRONE
THE BIG BAD BULLY
GRUMPY MONKEY
The Way I Feel
LUCY'S BLUE DAY
Chrysanthemum
Eddie
BULLIES NEVER WIN
MY SECRET BULLY
DAVID and the WORRY BEAST
BELIEVE IN MYSELF
I WAS SO MAD
IRA CRUMB
Feels the Feelings
Bullying
Invisible Isabelle
The Little Bully
THE RECESS QUEEN
Exploring Emotions


Anonymous Alerts®
SMS
report incidents
LIBRARY










YOU MATTER
LOVE HAS NO LIMITS
LOVE WINS
SAFE SPACE
PRIDE
JACOB'S NEW DRESS
IT FEELS GOOD TO BE YOURSELF
PINK IS FOR BOYS
I Am Jazz
10,000 DRESSES
STELLA Brings the FAMILY
My Princess Boy
STONEWALL
JULIAN IS A MERMAID
A Family is a Family is a Family
INTRODUCING TEDDY
June is Pride Month. Take a look at some amazing books to help celebrate our LGBTQ+ community.
YOU ARE LOVED
LIBRARY
Created by
Bryel Weinlein


ONE KIND WORD
CAN CHANGE SOMEONE'S ENTIRE DAY
Life doesn't have to be perfect to be Wonderful
Be the REASON SOMEONE SMILES TODAY.
SESAME STREET and Autism
I See Things Differently
Can I Play Too?
It's Okay to Be Different
SAME SAME but DIFFERENT
My Brother Charlie
Don't Call Me Special
WHERE OLIVER FITS
UNIQUELY WIRED
A VERY SPECIAL CRITTER
Why Are You Looking At Me?
Fill My Stripes
Chloe Bella Blue
LIBRARY


BACK OF THE BUS
BLACK is a Rainbow Color
bell hooks
Skin Again
DARKNESS CANNOT DRIVE OUT DARKNESS ONLY LIGHT CAN DO THAT HATE CANNOT DRIVE OUT HATE ONLY LOVE CAN DO THAT
All Are Welcome
MOST PEOPLE
LOVE just LOVE
SESAME STREET
COMING TOGETHER
It's Okay to Be Different
Julius Lester
Let's Talk About Race
WE'RE DIFFERENT, WE'RE THE SAME
BOB MARLEY
GET UP, STAND UP
A is for activist
JACQUELINE WOODSON
THE DAY YOU BEGIN
SESAME STREET in Communities
PEACE LOVE EQUALITY
24
Crayola
COLORS OF THE WORLD
CRAYONS
24
LIBRARY


I AM NOT BEAUTIFUL LIKE YOU, I AM BEAUTIFUL LIKE ME.
Love yourself
Right now, I AM FINE
Mindful Monkey, Happy Panda
breathe with me
Incredible ME!
Dr. Wayne W. Dyer
Unstoppable Me!
I Can Handle it!
I BELIEVE IN MYSELF
the dot
THE GOOD EGG
I Like Myself!
I Knew You Could!
I Am Enough
Lowrie Hay
I Think, I Am!
MY STRONG MIND
LITTLE MONKEY CALMS DOWN
Peaceful Piggy Meditation
LIBRARY
Self esteem and emotional well-being


Coronavirus
A Book for Children
The Day My Kids Stayed Home
Why We Stay Home
Let my Colors out
Something Small
I Miss You
Goodbye Mousie
The Memory Box
A Book About Grief
My Hero is You
IASC
Where did everyone go?
Dr. Dog explains CORONAVIRUS.
BE A CORONAVIRUS FIGHTER
the perfect SHELTER
COVID-19
coping with GRIEF
HYGIENE
OUR VOICES HAVE POWER
OFFICE


wash
your
hands!
Secret
AXE
SOAP
PANTENE
PRO-V
SHAMPOO
LOCKEN
PUR
Colgate
Strong
Teeth
OFFICE

Family Resources

Please click on the bookshelf for activities, information and referral forms.

