

How can we "Be There" for our students, patrons, fellow employees, etc.?



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Be There

Listening and be attentive. Listen to other perspectives. Listening to emotional cues and be conscious and aware of the person or person we are speaking with. Body language is important; watch for cues. Be in the moment. embrace the

Ask them open ended questions. Allow them to speak

Minimize distractions. Give full attention.

Working with administration to give devoted time with each client.

Focusing and don't multi-task at that moment

Thursday (Brave Graduate Session) evening zoom for parents to join and ask questions.

model mindful moments

Being curious and interested in what they are saying.

being an active listener. Reassuring them. Be supportive.

Counseling skills- paraphrasing, reflective listening, etc.

Body Language. Active listening.

Integrity

letting students write if that's more comfortable

Be sure to do self care so we can be present

Give full attention

Consistency

Be trustworthy

Knowing student's names

Wellness Friday/Wednesday with activities for student mental health.

Following up/summarizing what you met about before

Having a way for students to let you know they would like to see you and responding quickly

Take an active interest

Never answer phone when with a student

model the behavior that you want them to see.

Heart room- private space for students to sit with issues and seek resolve.

Staff wellness committee to boost morale (ie. individual cards, treats, draw names for gifts)

How can we add more "Play" to our role as counselors?



Play

Play with students in friendship groups.

Outside games

Adult vs student games - Counselor's participating

Jokes and humor with parents

Board games

Dress up

Jenga and corn hole during lunch-play games with students

Sports during lunch

Start staff meeting with games

Joke of the day during morning announcements

Passion Days - Every teacher teaches something they really enjoy!

play as part of hall monitoring

Using games to interact

Students and I use whatever is around to express ideas... I have LOTS Of toys

Pot lucks

Random numbers when giving time limits - and other random things.

Be genuine

use humor

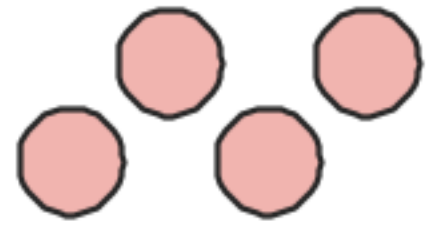
Getting involved

Don't take it to serious

Laugh at yourself

Use music, cheers, chanting, etc.

Participating in dress up days



start day with a light-hearted cartoon and discuss it

Toys, and gadgets

Let Students pick their classes

Brain Breaks

Faculty Student games

Lunch groups - playing games

Balls, and answer the questions when catch

How can we add more "PLAY" to our role as counselors?
Let students see the fun side of us as professionals.



Smiles

Playing music

Another big piece is the follow through, checking back in

Team Building/Problem Solving activities

Props use in sessions

Make sure we actually make time to play

Staff need free time in order to create opportunities for fun.

teachers need time to play too

minute to win it

Play

Trivia on topics

Step out of our comfort zone.



Simple things can make play happen. Teachers/counselors standing greeting the students while blowing bubbles is a great way to start the day.

playing games

art

Let them see you make mistakes and laugh at yourself

this is self care essential

Scarf and Barf choice

Brain connection sessions: relax and check in with others.

Let them see you laugh

create a positive atmosphere through play



Brain Connection Sessions: check ins

Class Challenges or competitions

celebrating small moments as well as big ones

Sentence completion games

Cheesy Jokes

Move around campus

hosting events

elf on the shelf

Give the instruction in the classroom. Take the students outside to let them work.

being outside

joke around

Ideas to "Make Their Day" when working with students, patrons, colleagues and others



Make Their Day

Affirmation	Hi! Its so great to see you today!	Knuckles	Let them know you are grateful they came to see you.	Telling someone you care about them	Show appreciation	Just checking in on someone to make sure they are ok	Gift cards and awards
Prizes	Identify to them one of their strengths	Recognize them	Compliment them	Compliment	For colleagues, bring their favorite (non-alcoholic) drink into them one morning.	Telling them they made my day makes their day	"You know what I like about you? That you're NOT dumb..."
When a student does something kind or I notice something special about them, I tell them.	positive notes	Remind them that they make the world a better place	Send positive emails and use emojis	Treats	Say thank you and you're welcome	Lend your time	Giving praise for effort.
Our secretary is awesome as well as all our staff, everyone brings goodies daily and acknowledges us on important days!	Compliment them	Looking for opportunities to point out something interesting about a student.	Just listening to someone	Asking about personal details.	Hug	High Fives	Hand shake
Treats or water cups in office	Write small notes or on note cards	Send positive notes to students if they are struggling with something.	Starting a conversation	See them as they want to be seen	Focusing on positives.	Taking time to be with them.	Give them money
					Validation	Say good morning	

What can I do to make sure I consistently "Choose" the appropriate "Attitude"?

YOGA

Be aware of the situation

Choose an attitude that you are familiar with

Model the desired attitude you want kids to have.

Stop and breathe

Focus on the positive

Go for a natural high when you are feeling down low

Be patient and take time to reflect.

Practice Mindfulness

take a break when things are going badly to reset

Surround yourself with positive aroma therapy.

Remind myself that not all my students get praised by their parents on a daily basis and everyone needs to feel like they matter, no matter what the situation is.

Remind yourself w/ post it notes to have a good attitude

Make time for you....self-care!

Pause and check my attitude

Leaving worries at front door

Self-care

Learning to say no.

Be mindfully aware.

Listen to positive music to keep my mood uplifted.

Remember everyone walks a different path. A person can go through the same event, but each of you will experience differently. Be empathic.

Good night's sleep

Be fun

BREATHE!

BE KIND!

Turn off the negativity

Positive attitude in the morning

Think about how you want your day to go; the attitude you choose will be what manifests. Choose wisely.

Start the day with positive affirmation. Have small reminders posted everywhere.

recognize your current attitude and mood

Slow down and choose your attitude before you rush into a conversation.

compartmentalize things when need (work at work, home at home)

Look for positive signs surrounding us.

Remember your purpose. Remind myself why I chose this profession.

Taking deep breaths

Be optimistic

See beyond the behaviors (of others). They might have stuff going on

How are you feeling today? Survey or Check In & Check Up!

Collaboration with others...

Have fun!

Manage you day - prioritize what's important, letting go of what's not as important

Don't jump to a quick conclusion.

Reflect on your day...

Setting boundaries and learning to say no...this help me have a positive attitude!

Practice gratitude daily.

What can I do to make sure I consistently "Choose" the appropriate "Attitude"?



Choose Your Attitude

eating healthier

Stop, Think and Listen!

Reflect

Self Awareness

reminding ourselves to stay positive

Take a moment for yourself first before starting the day.

Invest heavily in the self, providing lots of interventions.

Sharing the Attitude

Continually doing a self check in to see if I am mindfully choosing an appropriate attitude.

Having a positive attitude, or seeking the positive in the situation.

being a counselor for many years I have trained myself to maintain a positive attitude

Being mindful about creating a space between what is thought & said. When is it appropriate or should it be said?

take time to think through instead of jumping in and being defensive

having a positive attitude

Having a positive impact of their choices.

Modeling behaviors.

BE REALISTIC. PERIOD.

Be positive!

Make your Bed every morning...makes you feel accomplished

Start a laugh circle

Choose gratitude for positive attitude!

take time to think through instead of jumping in and being defensive

Choosing to be happy.

having positive quotes around

Heavy Self care

take it easy on yourself

Personal choice. End the day on a positive note.

Prioritize

remembering that your attitude has a profound impact on other people

Empowering them and not inappropriately validating them.

Have the person reflect on a positive out of what they say.

Your body language giving the right impression.

get good at checking your mood

Walk with a smile!

Looking at all aspects of situation

Be OUTside with student and play

Prioritize

remembering that your attitude has a profound impact on other people

Be grateful!!!

Choose to put the child first.

Shut out the Noise

Strength based lens of situation.

asking students to take action