

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# I can talk to my school counselor about these things...

G T Q E B I G F E E L I N G S C G J X A I N L L  
V P L X R L P D G V X K R J M A F S F Y I V U J  
C O G T C H T N P T U S G W F V X N I B N V Q C  
Z S F E I S V T X O H H A I O G L D U U Q P Q Q  
M V M D E K S H Y B L R Y K B V N M Z L P M T H  
N P D D A P S E T T I N G G O A L S R L Q A Q J  
E J V K N S S T H G U O H T Y P P A H Y V S E Y  
Y L D W C G L J M T T W Y P R U G S O I F E B O  
S E Q W A A H L S A P T M K X Y G A E N S I M E  
S D R N X C E N E M K H M R P H C M Q G S R I G  
A B N P Y B N S G N I L E E F L L A M S E R D L  
D J Y E H D F O D F N E V P P X C C E Q V O D M  
N W D Z I C E T Z D Q X Q K E L C Z O K C W L C  
E T Q T L R A E J F H X H A W V B J G S E Y E S  
S M B H H C F R S T I B A H N E V E S C L Z S R  
S A E J W I T Y E Z X L E E H G Y D D O E S C I  
X G M E I X M C V E T K F H Y R E K Y E B U H Z  
F V F O T O U W B O R E V X Q F N R D D R J O X  
L V C J X S W T V J W S B E J I J Z I S A I O F  
O H Z K X W E X K R Z G P G Z O K D B C T Z L M  
M N C K D A X F S X Y J M I O N R F A H I E P X  
G Y W V Q M Z O L Z Y C X B X E R M K O O X D Q  
J W N H F S Q V U E H M E F L X T J A O N K H Y  
Q O K V I Z K V Q L S Z U T H Z E K N L S V F W

happy thoughts  
middle school  
big feelings  
careers  
sadness

small feelings  
seven habits  
self esteem  
friends  
school

setting goals  
celebrations  
bullying  
worries  
anger