

# METHACTON STUDENT SUMMER PACKET



I always  
try my best

I love  
my family

I am  
awesome  
because

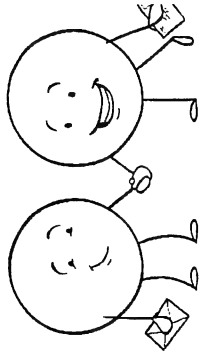
I make  
people smile

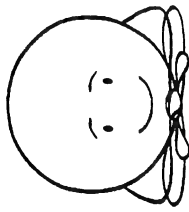
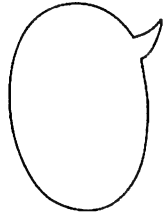
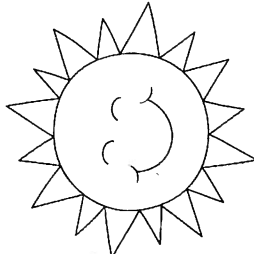
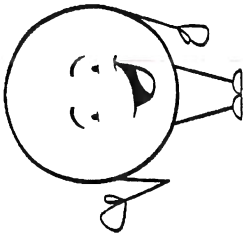
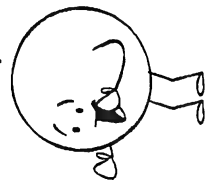
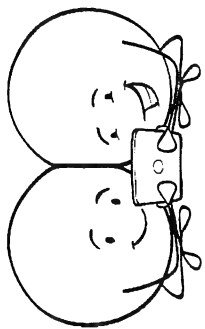
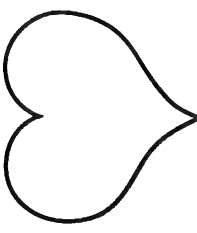
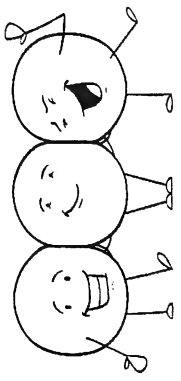

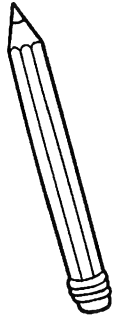
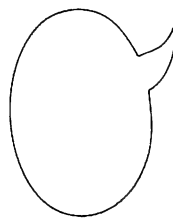
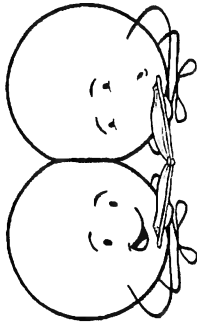
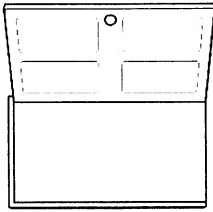


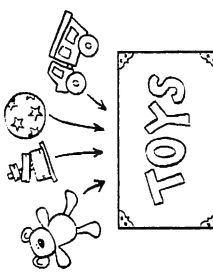
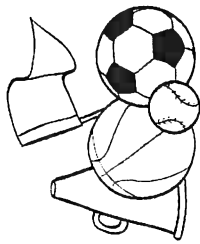
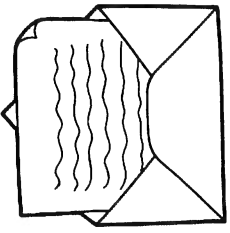
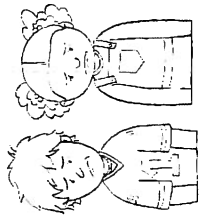

I care about others

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

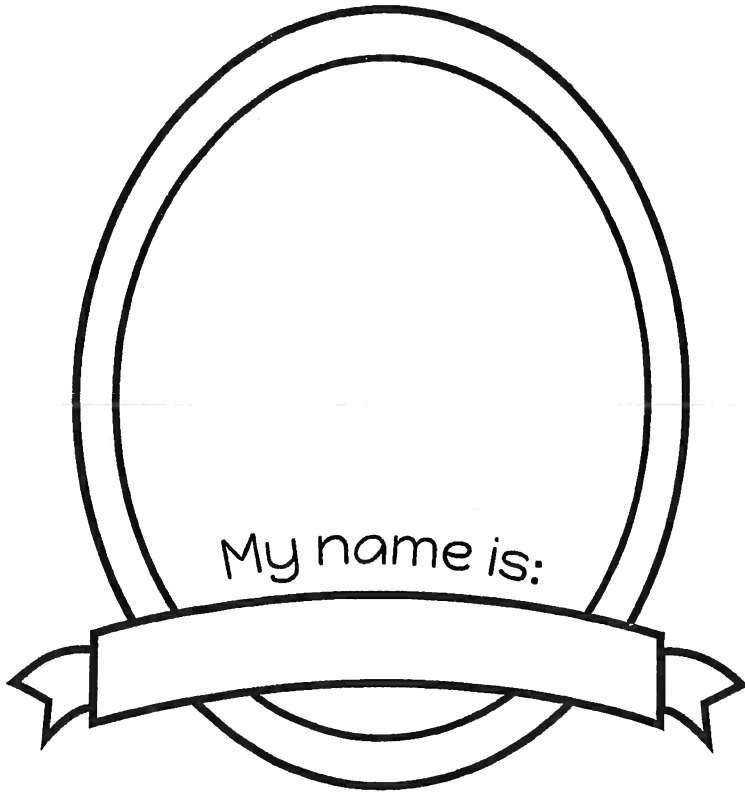
Date: \_\_\_\_\_

# I Can Show Kindness!



Let someone else go first 	Give a kind compliment 	Say "good morning!" 	Say "hi" to someone 	Tell someone "thank you" 
Share with someone else 	Offer to help someone out 	Invite someone to join you 	Give someone a high-five 	Write a compliment list about yourself 
Ask someone how they are 	Work with someone new 	Hold the door open 	Do an extra chore 	Forgive someone for a mistake 
Help clean up 	Spend time with a friend 	Write a kind note 	Help someone having a tough day 	Just listen to a friend 

# My Mindset Matters!



Something that is  
pretty easy for me is...

Something that takes a  
lot of hard work  
from me is...

Something that I think I need  
more practice on is...

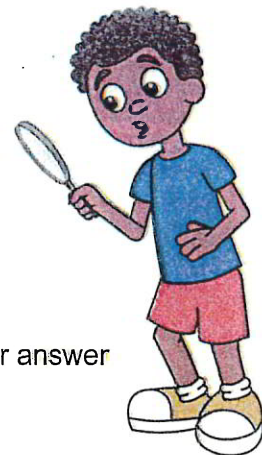
Something new that I  
would like to try is...

Three things that make me awesome are...

Name \_\_\_\_\_

## Feelings Scavenger Hunt

**Directions:** Search around where you live for each of the items below and fill in your answer in each square.



**Find something that...**

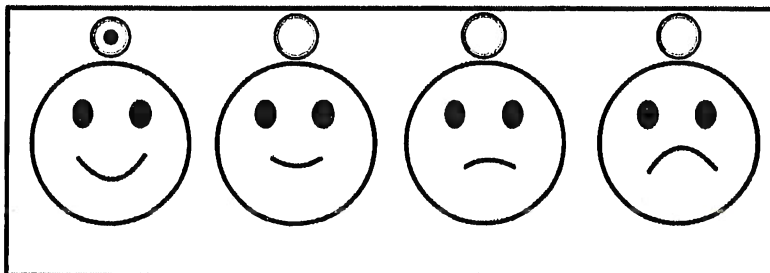
Makes you feel happy	Surprises you	Makes you feel nervous
Helps you remember a trip	Reminds you of someone you miss	You're looking forward to doing
Makes your loved ones happy	Is a favorite gift	Makes you happy outside
Is your new favorite hobby	That makes you laugh	You don't like doing

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

# Feelings Check-In

How am I feeling?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



My Favorite New Activity

Inside:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Outside:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I Really Miss

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

Things I'm looking forward to:

1.

2.

3.

Today I will do this because it brings me joy: \_\_\_\_\_





# STOP AND THINK

## WHEN TO TALK?

Before we start a conversation with someone, it's important to STOP and THINK. Is this an appropriate time to start the conversation? Or would it be better to wait and talk to the person later?

**Read each situation below and think about whether that's a good time to talk.**

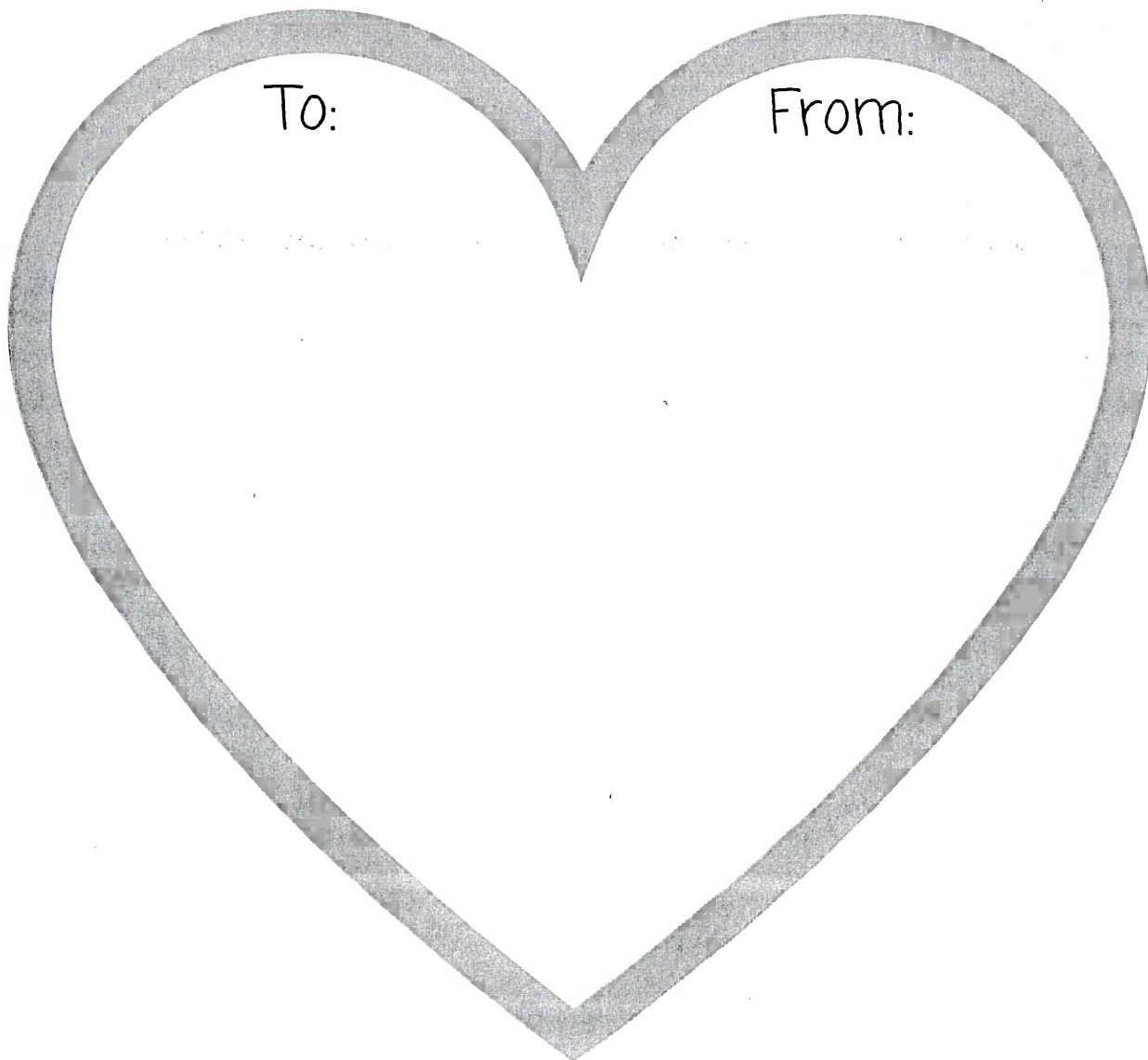
**Color in the boxes when it IS a good time to talk.**

<p>Your mom is talking on the phone while cooking dinner. Is this a good time to ask her to help you find your favorite pajamas?</p>	<p>The new kid at school is sitting alone on the swings at recess. Is this a good time to tell him your name and invite him to play?</p>	<p>A grandparent who you don't see very often is visiting. You are eating lunch with them. Is this a good time to ask what they like to do for fun?</p>
<p>You just took a big bite of pizza. Is this a good time to talk about your favorite movie?</p>	<p>It is quiet free time in your class, and the teacher is at her desk. Is this a good time to ask her about the homework you did not understand?</p>	
<p>You are in the movie theater and the movie is playing. Is this a good time to ask your mom what she's making for dinner later?</p>	<p>You are at the park and some kids just finished playing a game of basketball. Is this a good time to ask if you can play next?</p>	

# Kindness Notes

Use these cut-outs to brighten someone's day!

Write a special message, draw a picture,  
say thank you, whatever you want!







# COMMUNICATION ACTIVITY:

## THINK BEFORE YOU SPEAK

**Directions:** Cut out the statements on the next page. Read each statement. If you think you should keep that statement to yourself, glue it into the "THINK IT" box. If you think that would be a helpful thing to say to someone, glue the sentence into the "SAY IT" box.

THINK IT

SAY IT



# COMMUNICATION ACTIVITY: THINK BEFORE YOU SPEAK

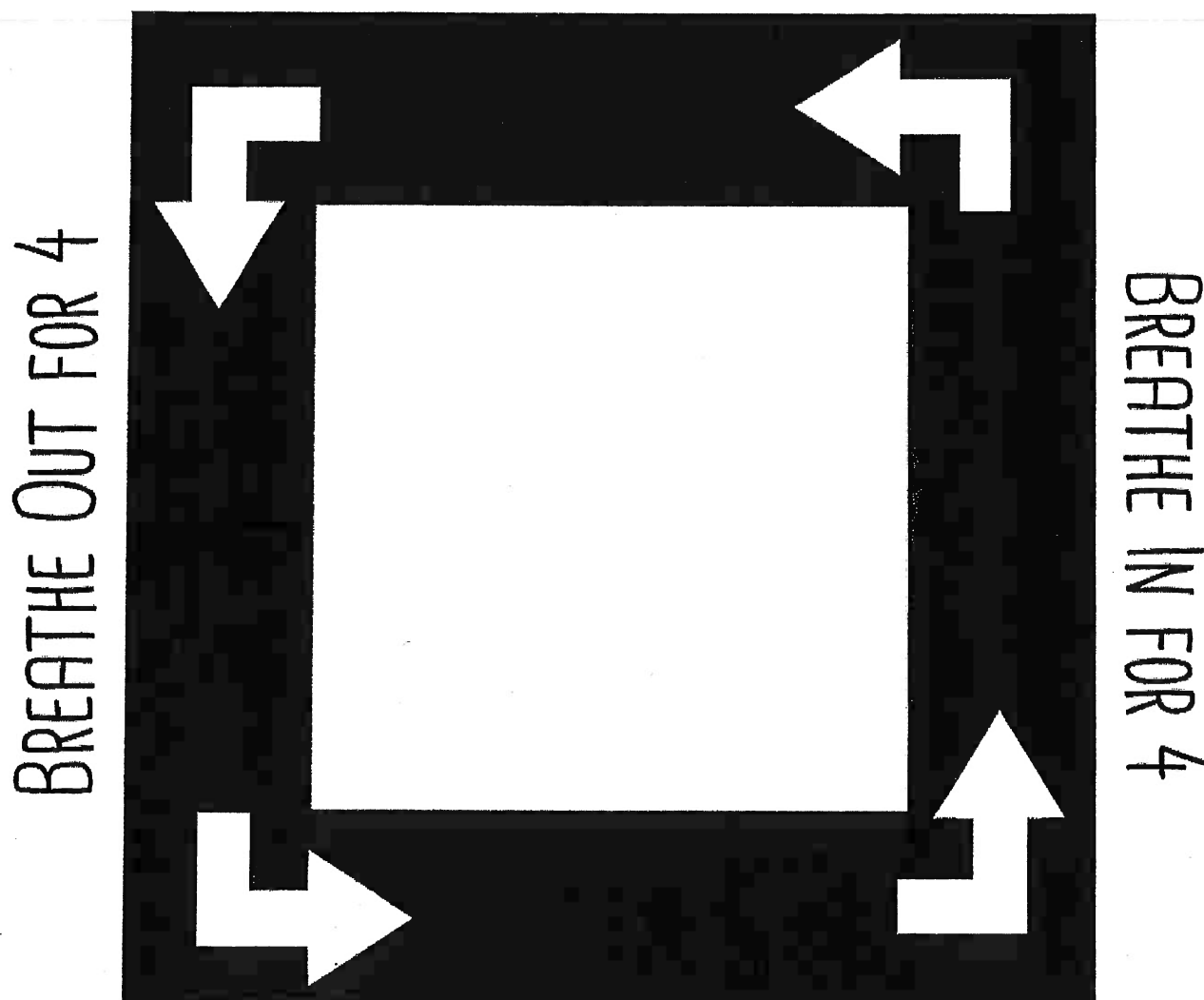
That's an ugly shirt.	Your artwork is very interesting.	I noticed you have some food stuck in between your teeth.	Your face looks really red and blotchy.
You look tired.	I'm not sure that answer is correct.	You seem upset. Is something wrong?	That's a dumb idea.
You did a good job on your presentation.	I need some help.	You're annoying.	The pattern on your dress is pretty.
You're doing that wrong.	That food looks disgusting.	Get away from me.	I'm smarter than you.
I need some space.	This idea might work better.	Your new haircut looks terrible.	I've never seen that kind of food before. I wonder if I would like it.

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

# SQUARE BREATHING

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

HOLD FOR 4



HOLD FOR 4

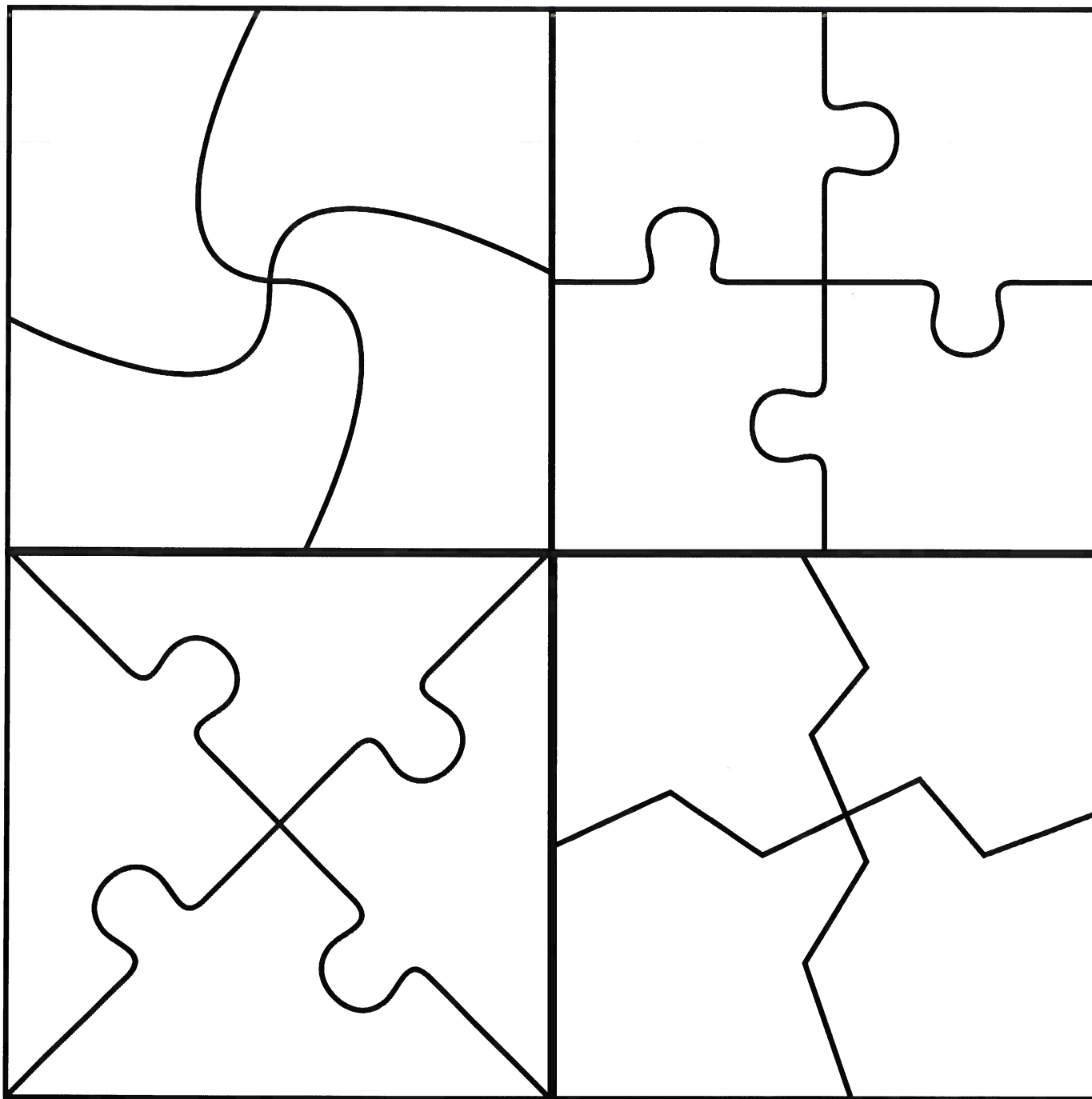
6 Name: \_\_\_\_\_

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

# MINDfulness COLORing



Coloring is a great way to practice mindfulness. Just color below. Don't make any judgements about your coloring or artwork. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.



These are my FAVORITE things ever:



I like to read or  
listen to...



My name is:

If I could get **anything**  
as a gift,  
I would want...



Paste  
your  
photo  
here



My favorite place to visit is...

I like to do these  
activities:



My favorite things to talk about:

# IMPULSE CONTROL: MELT OR FREEZE?



**Impulse Control**, or self-control, is the ability to control your behaviors and feelings. Think about the games Freeze Dance or Freeze tag — you freeze when you are using self-control. On this worksheet, you will think about how you could “freeze,” or stop to make a good choice, in the real-life situations below. You’ll also think about what the impulsive choice would be in that situation — when you “melt,” or give in to your impulses.

Write your “MELT” or impulsive choice on the left, and your  
“FREEZE or responsible choice on the right.

1. Your teacher is reading a story to the class and it reminds you of a story that you read with your mom at home.

**MELT**

**FREEZE**

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2. Your friend is talking to some kids about a video game you like. You beat the final level last night.

**MELT**

**FREEZE**

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3. In music class, you are all singing a song when you get thirsty all of a sudden.

**MELT**

**FREEZE**

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4. You are last in line for lunch, but you are extremely hungry.

**MELT**

**FREEZE**

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# EMOTION REGULATION ACTIVITY:

## 5-4-3-2-1 GROUNDING

**Directions:** This exercise will help you calm down. Take deep breaths. Focus on filling in the lists below.



5

Things You See

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3

Things You Hear

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4

Things You Feel

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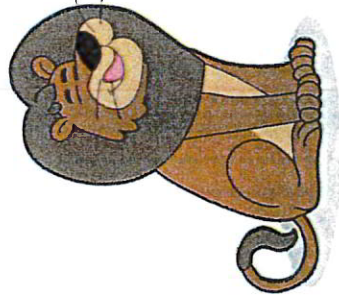


2

Things You Smell

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1

Thing You Taste

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

# My Vision Board

Directions: Follow the prompts below and add to your vision board by either cutting out pictures from magazines or coloring pictures.

I would love to visit...

I would love to be this when I'm older...

This brings me joy...

This color makes me feel happy...

I'm proud of myself for...

Some of my dreams/goals are...