

Elementary  
Student  
Resources

Middle  
Student  
Resources

SD#67 Staff  
Resources  
PASSWORD  
PROTECTED -  
SD67 address

Parent  
Resources

Welcome to SD#67  
Counsellor's Office



Home Routine Suggestions - Middle School

MY CALMING ROOM



You are  
Somebody's  
reason to  
SMILE



STAY CALM  
BREATHE DEEP  
DRINK WATER  
IT'S OKAY  
KEEP GOING

Mindful  
Handwashing



GROUNDING WITH YOUR  
FIVE SENSES

5  
THINGS YOU  
CAN SEE



SUN  
PICTURE ON THE WALL  
PEOPLE  
WALKING

4  
THINGS YOU  
CAN FEEL



WIND  
BLOWING  
FEET ON THE FLOOR  
PENCIL IN HAND

3  
THINGS YOU  
CAN HEAR



BIRDS  
CHIRPING  
CLOCK TICKING  
CAR HORNS

2  
THINGS YOU  
CAN SMELL



FOOD FROM THE  
CAFETERIA  
SMILING PERSONS OR COOKIES  
FRESH CUT  
GRASS

1  
THING YOU  
CAN TASTE



MINT  
Breakfast  
TOOTHPASTE

