

# MINDFULNESS PRINTABLES

## HOT COCOA BREATHING

### Hot Cocoa Breathing

Practice hot cocoa breathing!

1. Pretend to hold a steaming mug of hot cocoa.
2. First, inhale the smell of the yummy, gooey marshmallows!
3. Next, blow slowly on the hot cocoa. Be careful, because if you blow too quickly, you'll splatter it, and your marshmallows will go flying!



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Printable  
and cards  
(4 per page)



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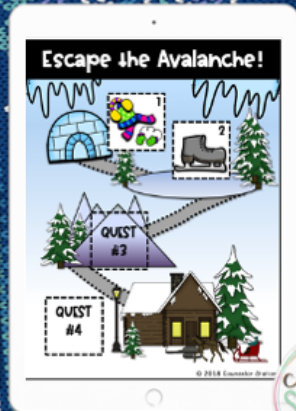
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# ESCAPE THE AVALANCHE

## SIZE OF PROBLEM ESCAPE ROOM

**DIGITAL  
& PRINT**

- SIZE OF PROBLEM LESSON
- 4-PUZZLE ESCAPE ROOM
- 3 BONUS ACTIVITIES
- 4 PRINTABLE PRIZES!
- GOOGLE SLIDES™ LINK

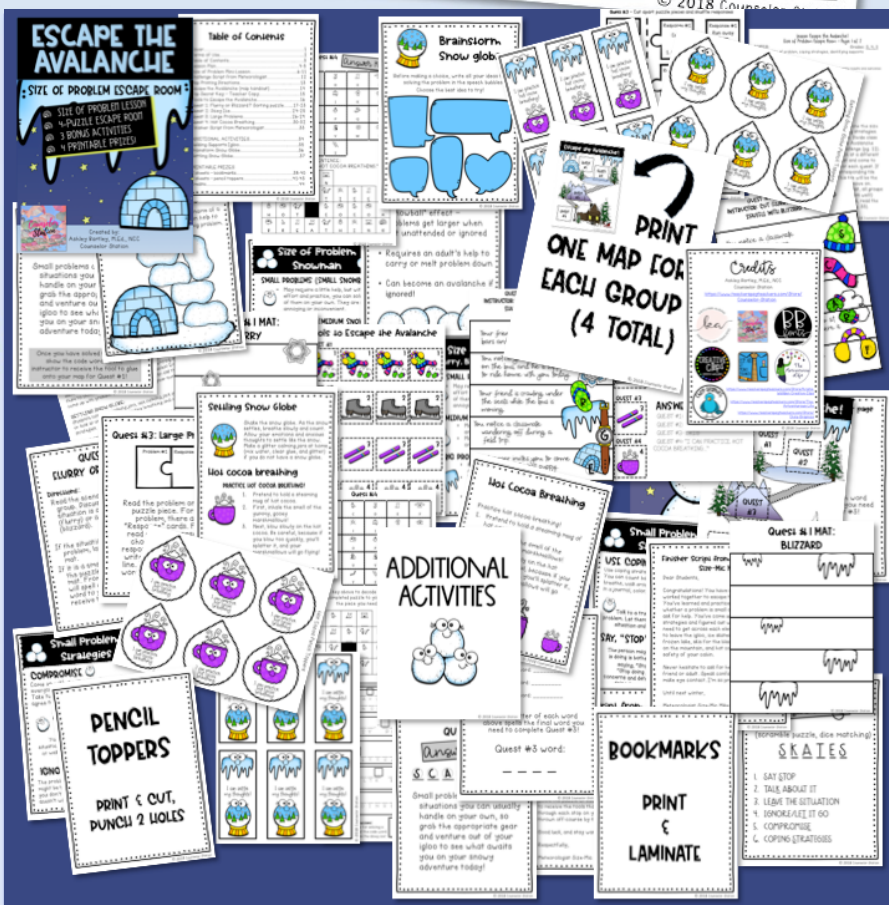


Ashley Bartley, M.Ed., NCC

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# CHECK OUT MORE OF MY SCHOOL COUNSELING RESOURCES!

## GRATITUDE

Digital School Counseling Lesson and Printable Gratitude Journal

Name: \_\_\_\_\_ text here

Choose 4 green category boxes and move each over a brown box. On the stem under each category, write something you are grateful for from that category.

Category	Category	Category	Category
tree	tree	tree	tree
text	text	text	text
family	friends	nature	hobbies
music	food	school	pets
books	home	sports	other

### GRATITUDE Journal



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## ESCAPE THE PUMPKIN PATCH

IN AND OUT OF MY CONTROL  
ESCAPE ROOM

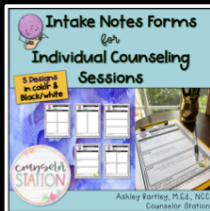
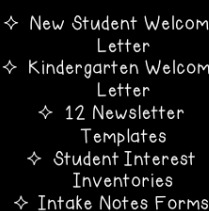
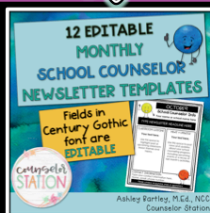
- ASCA STANDARDS
- 4-CHALLENGE ESCAPE ROOM
- 1 BONUS ACTIVITY
- 2 PRINTABLE PRIZES



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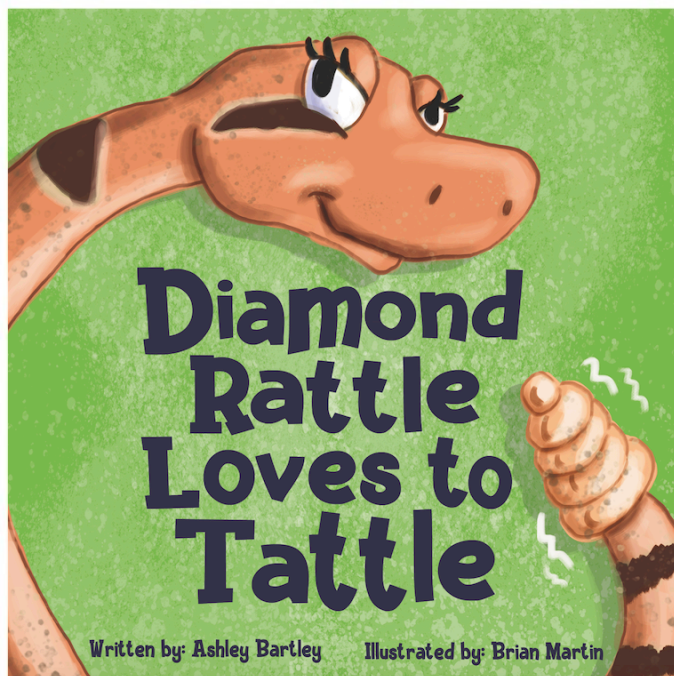
## SCHOOL COUNSELING NEWSLETTER & NOTES

### 5-resource Bundle



- ✦ New Student Welcome Letter
- ✦ Kindergarten Welcome Letter
- ✦ 12 Newsletter Templates
- ✦ Student Interest Inventories
- ✦ Intake Notes Forms

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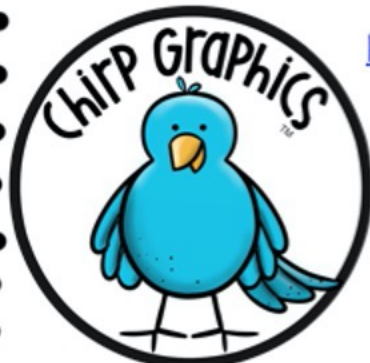




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