



**Resources in spanish for children**

**\*students will learn different coping skills, how to regulate/identify emotions, develop new healthy habits, set goals, problem solve, build self confidence and so much more!!**

**Email me if you have any questions: [jennifer@onelifecounselingservices.com](mailto:jennifer@onelifecounselingservices.com)**

*Worksheets:*

<https://www.therapistaid.com/therapy-worksheet/what-is-anxiety/anxiety/adolescents>

<https://www.teacherspayteachers.com/Browse/Search:trauma%20workbook>

*Innovative play:*

[https://docs.google.com/presentation/d/e/2PACX-1vRJSdNAEBMrr33yZ3LcAb3B77BbK2ZMOTj21I7c9\\_FdmDA8klzfOI7wSxl04\\_e9QRyLzbyGgKAoxT8V/pub?start=false&loop=false&delayms=60000&slide=id.g3dec465939\\_0\\_72](https://docs.google.com/presentation/d/e/2PACX-1vRJSdNAEBMrr33yZ3LcAb3B77BbK2ZMOTj21I7c9_FdmDA8klzfOI7wSxl04_e9QRyLzbyGgKAoxT8V/pub?start=false&loop=false&delayms=60000&slide=id.g3dec465939_0_72)

*For parents:*

<https://www.mentalhealth.gov/talk/parents-caregivers>

*Self harm worksheet to hand out to parents:*

[https://drive.google.com/file/d/1CsudoJw76Bu16XFMIbev0SmAV3ARGq5\\_/view?usp=sharing](https://drive.google.com/file/d/1CsudoJw76Bu16XFMIbev0SmAV3ARGq5_/view?usp=sharing)

*Books for elementary:*

[https://www.amazon.com/gp/product/B08F5HM5G2/ref=ppx\\_yo\\_dt\\_b\\_d\\_asin\\_title\\_o00?ie=UTF](https://www.amazon.com/gp/product/B08F5HM5G2/ref=ppx_yo_dt_b_d_asin_title_o00?ie=UTF)

[8&psc=1](#)

[https://www.amazon.com/gp/product/B08R554ZGM/ref=ppx\\_yo\\_dt\\_b\\_d\\_asin\\_title\\_o05?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B08R554ZGM/ref=ppx_yo_dt_b_d_asin_title_o05?ie=UTF8&psc=1)

[https://www.amazon.com/Escuchando-Corazón-cuento-autocompasión-Spanish/dp/0998958069/ref=pd\\_bxgy\\_img\\_2/137-1663163-8996331?\\_encoding=UTF8&pd\\_rd\\_i=0998958069&pd\\_rd\\_r=da059fe5-292c-401a-848d-cc4529731cb3&pd\\_rd\\_w=t94Lq&pd\\_rd\\_wg=9lzli&pf\\_rd\\_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf\\_rd\\_r=5758RFA1F9BR9SM2ZHH&psc=1&refRID=5758RFA1F9BR9SM2ZHH](https://www.amazon.com/Escuchando-Corazón-cuento-autocompasión-Spanish/dp/0998958069/ref=pd_bxgy_img_2/137-1663163-8996331?_encoding=UTF8&pd_rd_i=0998958069&pd_rd_r=da059fe5-292c-401a-848d-cc4529731cb3&pd_rd_w=t94Lq&pd_rd_wg=9lzli&pf_rd_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf_rd_r=5758RFA1F9BR9SM2ZHH&psc=1&refRID=5758RFA1F9BR9SM2ZHH)

[https://www.amazon.com/Cuando-No-Estabas-Connmigo-Spanish/dp/1950168034/ref=sr\\_1\\_1?dchild=1&keywords=cuando+no+estabas+connmigo&qid=1621312762&s=books&sr=1-1](https://www.amazon.com/Cuando-No-Estabas-Connmigo-Spanish/dp/1950168034/ref=sr_1_1?dchild=1&keywords=cuando+no+estabas+connmigo&qid=1621312762&s=books&sr=1-1)

[https://www.amazon.com/Una-Tuve-Mucho-Miedo-Spanish/dp/0998412627/ref=pd\\_bxgy\\_img\\_2/137-1663163-8996331?\\_encoding=UTF8&pd\\_rd\\_i=0998412627&pd\\_rd\\_r=a07d38f6-8ac9-4254-9abe-5ad69c1e30f5&pd\\_rd\\_w=Xo1w6&pd\\_rd\\_wg=zw77P&pf\\_rd\\_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf\\_rd\\_r=63S8NGZJPDFXRGT5J4E5&psc=1&refRID=63S8NGZJPDFXRGT5J4E5](https://www.amazon.com/Una-Tuve-Mucho-Miedo-Spanish/dp/0998412627/ref=pd_bxgy_img_2/137-1663163-8996331?_encoding=UTF8&pd_rd_i=0998412627&pd_rd_r=a07d38f6-8ac9-4254-9abe-5ad69c1e30f5&pd_rd_w=Xo1w6&pd_rd_wg=zw77P&pf_rd_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf_rd_r=63S8NGZJPDFXRGT5J4E5&psc=1&refRID=63S8NGZJPDFXRGT5J4E5)

[https://www.amazon.com/dp/1951292294/ref=sspa\\_dk\\_detail\\_1?psc=1&pd\\_rd\\_i=1951292294&pd\\_rd\\_w=Rwqox&pf\\_rd\\_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd\\_rd\\_wg=RUHX1&pf\\_rd\\_r=0DDK540YB5F7D2ZVH82F&pd\\_rd\\_r=c3f8ad16-55fe-414a-8413-91aaab112477&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyMjFBRVAXRVcyOTc5JmVuY3J5cHRIZEikPUEwMzIxODU5NFQyQ1Q0SkIwS0JQJmVuY3J5cHRIZEFkSWQ9QTA1Nzk0MDUzR0lWQUhPU0Q1MU1NjndpZGldE5hbWU9c3BfZGV0YWIsJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/dp/1951292294/ref=sspa_dk_detail_1?psc=1&pd_rd_i=1951292294&pd_rd_w=Rwqox&pf_rd_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd_rd_wg=RUHX1&pf_rd_r=0DDK540YB5F7D2ZVH82F&pd_rd_r=c3f8ad16-55fe-414a-8413-91aaab112477&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyMjFBRVAXRVcyOTc5JmVuY3J5cHRIZEikPUEwMzIxODU5NFQyQ1Q0SkIwS0JQJmVuY3J5cHRIZEFkSWQ9QTA1Nzk0MDUzR0lWQUhPU0Q1MU1NjndpZGldE5hbWU9c3BfZGV0YWIsJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

[https://www.amazon.com/Zac-Zorrillo-aprende-pedir-perdón/dp/1951292383/ref=pd\\_bxgy\\_img\\_2/137-1663163-8996331?\\_encoding=UTF8&pd\\_rd\\_i=1951292383&pd\\_rd\\_r=0ef8b658-4cce-4043-a5a3-cc66c1b28a02&pd\\_rd\\_w=eW6mV&pd\\_rd\\_wg=Veh48&pf\\_rd\\_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf\\_rd\\_r=H8QZ7NXE5M8390ZT8GEG&psc=1&refRID=H8QZ7NXE5M8390ZT8GEG](https://www.amazon.com/Zac-Zorrillo-aprende-pedir-perdón/dp/1951292383/ref=pd_bxgy_img_2/137-1663163-8996331?_encoding=UTF8&pd_rd_i=1951292383&pd_rd_r=0ef8b658-4cce-4043-a5a3-cc66c1b28a02&pd_rd_w=eW6mV&pd_rd_wg=Veh48&pf_rd_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf_rd_r=H8QZ7NXE5M8390ZT8GEG&psc=1&refRID=H8QZ7NXE5M8390ZT8GEG)

[https://www.amazon.com/Óscar-Oso-Pardo-aprende-agradecido/dp/1951292332/ref=pd\\_bxgy\\_img\\_3/137-1663163-8996331?\\_encoding=UTF8&pd\\_rd\\_i=1951292332&pd\\_rd\\_r=258c175e-ffbe-4e67-a769-1b309910bf2a&pd\\_rd\\_w=jTycq&pd\\_rd\\_wg=TOL7P&pf\\_rd\\_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf\\_rd\\_r=5JNP7G39MCGCK5YE2ZZ0&psc=1&refRID=5JNP7G39MCGCK5YE2ZZ0](https://www.amazon.com/Óscar-Oso-Pardo-aprende-agradecido/dp/1951292332/ref=pd_bxgy_img_3/137-1663163-8996331?_encoding=UTF8&pd_rd_i=1951292332&pd_rd_r=258c175e-ffbe-4e67-a769-1b309910bf2a&pd_rd_w=jTycq&pd_rd_wg=TOL7P&pf_rd_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf_rd_r=5JNP7G39MCGCK5YE2ZZ0&psc=1&refRID=5JNP7G39MCGCK5YE2ZZ0)

[https://www.amazon.com/Encuentra-Tu-Calma-Consiente-Ansiedad-ebook/dp/B086M3RVNV/ref=sr\\_1\\_1?dchild=1&keywords=encuentra+tu+calma&qid=1621313055&s=books&sr=1-1](https://www.amazon.com/Encuentra-Tu-Calma-Consiente-Ansiedad-ebook/dp/B086M3RVNV/ref=sr_1_1?dchild=1&keywords=encuentra+tu+calma&qid=1621313055&s=books&sr=1-1)

[https://www.amazon.com/dp/B092SX28WR/ref=sspa\\_dk\\_detail\\_1?psc=1&pd\\_rd\\_i=B092SX28WR&pd\\_rd\\_w=jli3B&pf\\_rd\\_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd\\_rd\\_wg=dfLNx&pf\\_rd\\_r=ZPBGZTRXMBXC9V8K2J97&pd\\_rd\\_r=c097ddae-3c71-4c6a-a03a-a0df726c7b7c&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwMzIxODU5NFQyQ1Q0SkIwS0JQJmVuY3J5cHRIZEFkSWQ9QTAyMjkzMTkyNlZVU1JPVFZVM1RQJndpZGldE5hbWU9c3BfZGV0YWIsJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/dp/B092SX28WR/ref=sspa_dk_detail_1?psc=1&pd_rd_i=B092SX28WR&pd_rd_w=jli3B&pf_rd_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd_rd_wg=dfLNx&pf_rd_r=ZPBGZTRXMBXC9V8K2J97&pd_rd_r=c097ddae-3c71-4c6a-a03a-a0df726c7b7c&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwMzIxODU5NFQyQ1Q0SkIwS0JQJmVuY3J5cHRIZEFkSWQ9QTAyMjkzMTkyNlZVU1JPVFZVM1RQJndpZGldE5hbWU9c3BfZGV0YWIsJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

[https://www.amazon.com/Cuando-sientas-mejor-recuperes-Colección-ebook/dp/B091DB7WLT/ref=pd\\_sim\\_2?pd\\_rd\\_w=T9eIV&pf\\_rd\\_p=d7cbb301-b6a2-410c-a269-8b0ab2502ace&pf\\_rd\\_r=HXRF9JEB2V696VXQPPM&pd\\_rd\\_r=1c507470-0341-46bd-9365-b969d04f60bf&pd\\_rd\\_wg=1f7h&pd\\_rd\\_i=B091DB7WLT&psc=1](https://www.amazon.com/Cuando-sientas-mejor-recuperes-Colección-ebook/dp/B091DB7WLT/ref=pd_sim_2?pd_rd_w=T9eIV&pf_rd_p=d7cbb301-b6a2-410c-a269-8b0ab2502ace&pf_rd_r=HXRF9JEB2V696VXQPPM&pd_rd_r=1c507470-0341-46bd-9365-b969d04f60bf&pd_rd_wg=1f7h&pd_rd_i=B091DB7WLT&psc=1)

**Books for middle school:**

[https://www.amazon.com/Escuchando-Mi-Cuerpo-sensaciones-sentimientos/dp/1949633012/ref=sr\\_1\\_1?dchild=1&keywords=escucha+mi+cuerpo&qid=1621312680&sr=8-1](https://www.amazon.com/Escuchando-Mi-Cuerpo-sensaciones-sentimientos/dp/1949633012/ref=sr_1_1?dchild=1&keywords=escucha+mi+cuerpo&qid=1621312680&sr=8-1)

[https://www.amazon.com/Cuando-No-Estabas-Conmigo-Spanish/dp/1950168034/ref=sr\\_1\\_1?dchild=1&keywords=cuando+no+estabas+conmigo&qid=1621312762&s=books&sr=1-1](https://www.amazon.com/Cuando-No-Estabas-Conmigo-Spanish/dp/1950168034/ref=sr_1_1?dchild=1&keywords=cuando+no+estabas+conmigo&qid=1621312762&s=books&sr=1-1)

[https://www.amazon.com/dp/1951292294/ref=sspa\\_dk\\_detail\\_1?psc=1&pd\\_rd\\_i=1951292294&pd\\_rd\\_w=Rwqox&pf\\_rd\\_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd\\_rd\\_wg=RUHX1&pf\\_rd\\_r=0DDK540YB5F7D2ZVH82F&pd\\_rd\\_r=c3f8ad16-55fe-414a-8413-91aab112477&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyMjFBRVAXRVcyOTc5JmVuY3J5cHRIZElkPUeWmZkxODU5NFQyQ1Q0SkIwS0JQJmVuY3J5cHRIZEFkSWQ9QTA1Nzk0MDUzR0lWQUhPU0Q1MU1NJndpZGldE5hbWU9c3BfZGV0YWlsJmFjdGlvbj1jbGlja1JlZGlyZWNoJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/dp/1951292294/ref=sspa_dk_detail_1?psc=1&pd_rd_i=1951292294&pd_rd_w=Rwqox&pf_rd_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd_rd_wg=RUHX1&pf_rd_r=0DDK540YB5F7D2ZVH82F&pd_rd_r=c3f8ad16-55fe-414a-8413-91aab112477&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyMjFBRVAXRVcyOTc5JmVuY3J5cHRIZElkPUeWmZkxODU5NFQyQ1Q0SkIwS0JQJmVuY3J5cHRIZEFkSWQ9QTA1Nzk0MDUzR0lWQUhPU0Q1MU1NJndpZGldE5hbWU9c3BfZGV0YWlsJmFjdGlvbj1jbGlja1JlZGlyZWNoJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

[https://www.amazon.com/dp/1984812076/ref=sspa\\_dk\\_detail\\_6?psc=1&pd\\_rd\\_i=1984812076&pd\\_rd\\_w=MoM4I&pf\\_rd\\_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd\\_rd\\_wg=960fm&pf\\_rd\\_r=SCM22WHXMF76XAZA8M12&pd\\_rd\\_r=87dfe20c-7246-4e27-bb5b-14c48117bbe7&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFaMzRHQUtJUjg1SkYmZW5jcnlwdGVkSWQ9QTA2NjY5MzEzVZEMzU0TTY5VkRIJmVuY3J5cHRIZEFkSWQ9QTA4NDQwODdZMzBLVjRZNTVWmk0md2lkZ2V0TmFtZT1zcF9kZXRhaWwmYWN0aW9uPWNSaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl](https://www.amazon.com/dp/1984812076/ref=sspa_dk_detail_6?psc=1&pd_rd_i=1984812076&pd_rd_w=MoM4I&pf_rd_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd_rd_wg=960fm&pf_rd_r=SCM22WHXMF76XAZA8M12&pd_rd_r=87dfe20c-7246-4e27-bb5b-14c48117bbe7&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFaMzRHQUtJUjg1SkYmZW5jcnlwdGVkSWQ9QTA2NjY5MzEzVZEMzU0TTY5VkRIJmVuY3J5cHRIZEFkSWQ9QTA4NDQwODdZMzBLVjRZNTVWmk0md2lkZ2V0TmFtZT1zcF9kZXRhaWwmYWN0aW9uPWNSaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl)

[https://www.amazon.com/jSolo-pregunta-Diferente-Valiente-Spanish/dp/052551550X/ref=pd\\_bx\\_img\\_2/137-1663163-8996331?\\_encoding=UTF8&pd\\_rd\\_i=052551550X&pd\\_rd\\_r=255ceb12-4ddf-4394-a190-d344ad1d152f&pd\\_rd\\_w=tmCvq&pd\\_rd\\_wg=VuVjk&pf\\_rd\\_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf\\_rd\\_r=BM8TB90SMFPYQ06QKNQK&psc=1&refRID=BM8TB90SMFPYQ06QKNQK](https://www.amazon.com/jSolo-pregunta-Diferente-Valiente-Spanish/dp/052551550X/ref=pd_bx_img_2/137-1663163-8996331?_encoding=UTF8&pd_rd_i=052551550X&pd_rd_r=255ceb12-4ddf-4394-a190-d344ad1d152f&pd_rd_w=tmCvq&pd_rd_wg=VuVjk&pf_rd_p=fd3ebcd0-c1a2-44cf-aba2-bbf4810b3732&pf_rd_r=BM8TB90SMFPYQ06QKNQK&psc=1&refRID=BM8TB90SMFPYQ06QKNQK)

[https://www.amazon.com/dp/B08ZF1NRWT/ref=sspa\\_dk\\_detail\\_3?psc=1&pd\\_rd\\_i=B08ZF1NRWT&pd\\_rd\\_w=aapJ7&pf\\_rd\\_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd\\_rd\\_wg=mKosE&pf\\_rd\\_r=S58P3EC8G4KFZ5GYQW8N&pd\\_rd\\_r=68d8626e-50c8-496d-98c5-5718e6650c0b&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyMjFBRVAXRVcyOTc5JmVuY3J5cHRIZEFkPUeWmZkxODU5NFQyQ1Q0SkIwS0JQJmVuY3J5cHRIZEFkSWQ9QTA1Nzk0MDUzR0lWQUhPU0Q1MU1NJndpZGldE5hbWU9c3BfZGV0YWlsJmFjdGlvbj1jbGlja1JlZGlyZWNoJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/dp/B08ZF1NRWT/ref=sspa_dk_detail_3?psc=1&pd_rd_i=B08ZF1NRWT&pd_rd_w=aapJ7&pf_rd_p=7771f1a2-d77a-4098-a19e-6d9a1e65f44d&pd_rd_wg=mKosE&pf_rd_r=S58P3EC8G4KFZ5GYQW8N&pd_rd_r=68d8626e-50c8-496d-98c5-5718e6650c0b&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyMjFBRVAXRVcyOTc5JmVuY3J5cHRIZEFkPUeWmZkxODU5NFQyQ1Q0SkIwS0JQJmVuY3J5cHRIZEFkSWQ9QTA1Nzk0MDUzR0lWQUhPU0Q1MU1NJndpZGldE5hbWU9c3BfZGV0YWlsJmFjdGlvbj1jbGlja1JlZGlyZWNoJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

[https://www.amazon.com/Una-Verdad-Interior-Empoderamiento-Inteligencia-ebook/dp/B0876KQB2Q/ref=sr\\_1\\_10?dchild=1&keywords=encuentra+tu+calma&qid=1621313174&s=books&sr=1-10](https://www.amazon.com/Una-Verdad-Interior-Empoderamiento-Inteligencia-ebook/dp/B0876KQB2Q/ref=sr_1_10?dchild=1&keywords=encuentra+tu+calma&qid=1621313174&s=books&sr=1-10)

*Feel free to use this curriculum as a guide, but you are more than welcome to be creative!  
(Sheets are offered in both English and Spanish)*

## **Intro (all about me)**

Spanish - <https://www.educaplanet.com/educaplanet/2018/07/actividad-todo-sobre-mi/>

## **Changes**

- 1.) [https://docs.google.com/document/d/1jXbYO0gUCEL-\\_O\\_BpOO5Q3iT7ahDXciuWqc6bbI2NrE/edit?usp=sharing](https://docs.google.com/document/d/1jXbYO0gUCEL-_O_BpOO5Q3iT7ahDXciuWqc6bbI2NrE/edit?usp=sharing)
- 2.) <https://www.therapistaid.com/therapy-worksheet/divorce-sentence-completion>
- 3.) <https://docs.google.com/document/d/1fQCc2bjedQTgWKV6CgZkZDFyP5FdMWvQFoCZorTjmbI/edit?usp=sharing>

## **Anxiety**

- 1.) <https://www.therapistaid.com/therapy-worksheet/what-is-anxiety/anxiety/adolescents>
- 2.) <https://www.therapistaid.com/therapy-worksheet/introduction-to-anxiety/anxiety/adolescents>
- 3.) <https://www.therapistaid.com/therapy-worksheet/worry-exploration-questions/anxiety/adolescents>
- 4.) <https://www.therapistaid.com/therapy-worksheet/coping-skills-anxiety/anxiety/adolescents>
- 5.) <https://www.therapistaid.com/therapy-worksheet/grounding-techniques/anxiety/adolescents>
- 6.) <https://www.therapistaid.com/therapy-worksheet/healthy-unhealthy-coping-strategies/anxiety/adolescents>

## **Anger**

- 1.) <https://www.therapistaid.com/therapy-worksheet/anger-iceberg>
- 2.) <https://www.therapistaid.com/therapy-worksheet/cycle-of-anger>
- 3.) <https://www.therapistaid.com/therapy-worksheet/triggers>
- 4.) <https://www.therapistaid.com/therapy-worksheet/what-is-anger-activity>
- 5.) <https://www.therapistaid.com/therapy-worksheet/deep-breathing-worksheet>

## **Emotions**

- 1.) <https://www.therapistaid.com/therapy-worksheet/printable-emotion-faces/emotions/none>
- 2.) <https://www.therapistaid.com/therapy-worksheet/where-do-i-feel/art/none>
- 3.) <https://www.therapistaid.com/therapy-worksheet/how-i-feel-cbt-tool>
- 4.) <https://www.therapistaid.com/therapy-worksheet/gratitude-journal>
- 5.) <https://www.therapistaid.com/therapy-worksheet/wise-mind>

## **Goals**

- 1.) <https://www.therapistaid.com/therapy-worksheet/goal-breakdown>
- 2.) <https://www.therapistaid.com/therapy-worksheet/goal-exploration>