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Have a request? Question? Comment? [schoolcounselingessentials@gmail.com](mailto:schoolcounselingessentials@gmail.com)

### How to make the most of this purchase:

**Step #1-** Click the ★ green star next to my store name to follow me. [Click here!](#)

You will get emails when I post a new product. They are 50% off the first 48 hours! Totally worth pushing a green star for!

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**Step #3-** Tell your coworkers and friends about my products by sharing my store!

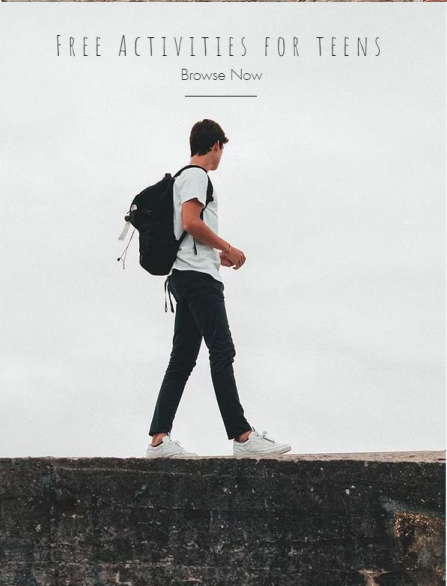
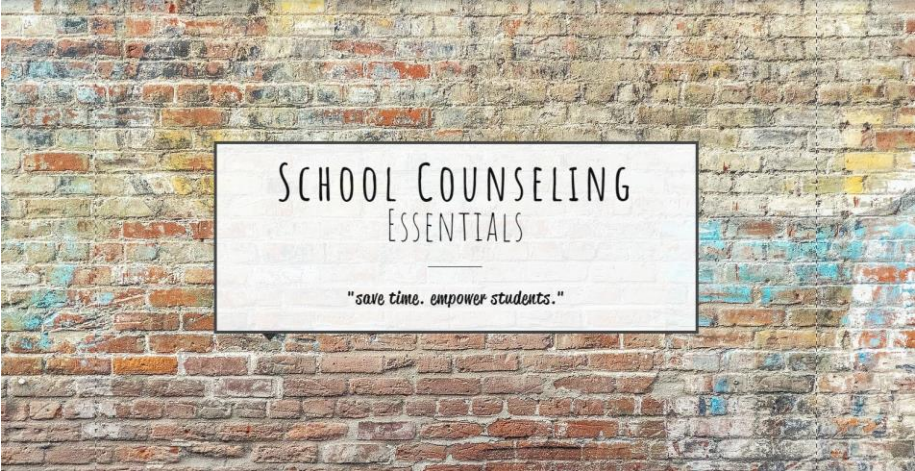
**Step #4-** Join my FB group! [Click here!](#)

### About me:

- Level II Licensed Professional School Counselor with experience in Middle School & High School
- Former Level II Licensed Health Education Teacher
- Former Registered Behavior Therapist in Applied Behavior Analysis (ABA) through the BCBA.
- Former Academic Director for a Residential Treatment Center for at-risk teens.
- Certified Bully Prevention Specialist through ASCA
- Suicide Prevention Specialist through the QPR Institute
- Passionate about suicide prevention, social emotional learning, and removing barriers for students to have a better education

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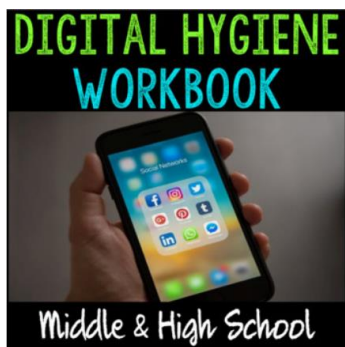
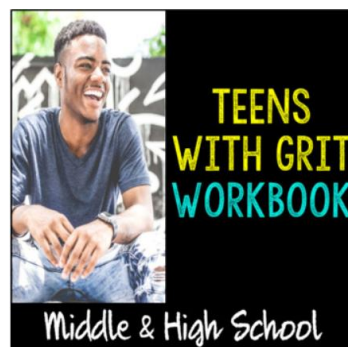
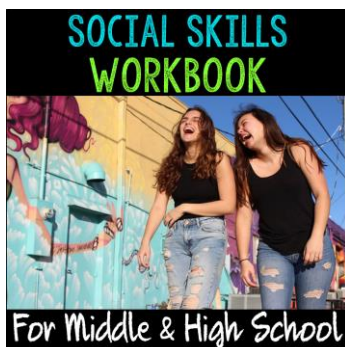
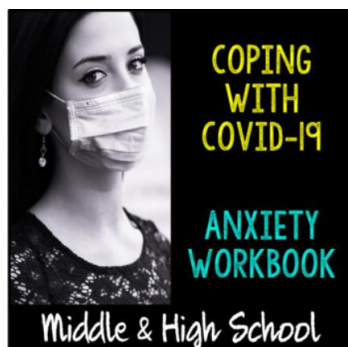
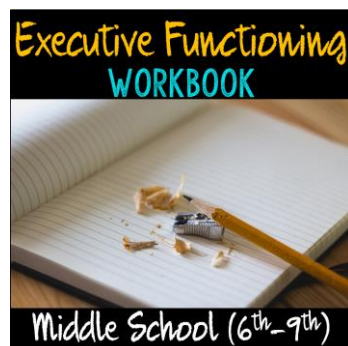
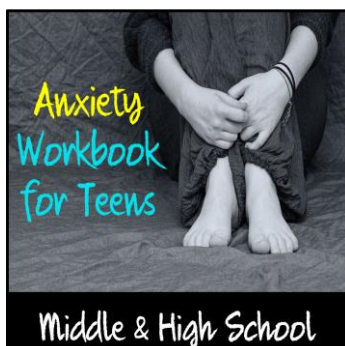
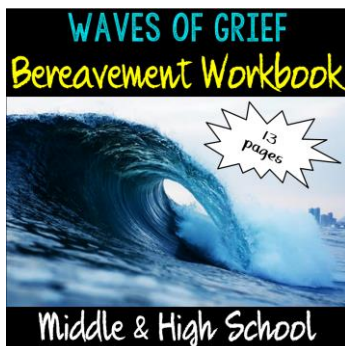
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# COMMUNICATION ACTIVITY

## "PET PEEVE"



BEING ABLE TO LISTEN TO WHAT SOMEONE IS SAYING AND DECODE WHAT REALLY MATTERS TO THEM IS AN IMPORTANT PART OF COMMUNICATION IN RELATIONSHIPS. TRY THE ACTIVITY BELOW TO EXPERIENCE IT FOR YOURSELF!

1

GET WITH A PARTNER

2

PARTNER "A" WILL RANT ABOUT SOMETHING THAT ANNOYS THEM, ONE OF THEIR PET PEEVES, FOR 60 SECONDS. FOR INSTANCE, IF PARTNER "A" HATES POP-UP ADS THEN THEY WILL TALK ABOUT HOW MUCH POP-UP ADS IRRITATES THEM FOR 60 SECONDS.

3

PARTNER "B" WILL LISTEN CAREFULLY TRYING TO CUT THROUGH THE NOISE AND NEGATIVITY BY DECODING WHAT PARTNER "A" REALLY CARES ABOUT.

4

AFTER 60 SECONDS OF LISTENING, PARTNER "B" WILL REPEAT BACK THE RANT TO PARTNER "A" BY SAYING:

YOU VALUE...

YOU CARE ABOUT...

YOU BELIEVE THAT ( ) MATTERS A LOT...

FOR EXAMPLE WITH POP-UP ADS:

YOU VALUE NOT BEING INTERRUPTED

YOU CARE ABOUT PEOPLE NOT TAKING ADVANTAGE OF YOUR TIME

YOU BELIEVE THAT USING YOUR TIME EFFECTIVELY MATTERS A LOT

5

NOW SWITCH PLACES AND ALLOW PARTNER "B" TO RANT FOR 60 SECONDS ABOUT ONE OF THEIR PET PEEVES WHILE PARTNER "A" DECODES WHAT IS REALLY IMPORTANT TO THEM.

# COMMUNICATION ACTIVITY

## "PET PEEVE"



HOW DID IT FEEL TO RANT ABOUT SOMETHING AND HAVE  
SOMEONE LISTEN WITH INTENTION AND INTEREST?

HOW DID YOU KNOW YOUR PARTNER WAS LISTENING TO YOU TALK?  
WHAT CLUES COULD YOU SEE FROM THEIR BODY LANGUAGE?

WAS IT HARD DECODING WHAT REALLY MATTERS TO YOUR PARTNER  
DURING THEIR PET PEEVE RANT?

WHY IS IT AN IMPORTANT PART OF COMMUNICATION IN RELATIONSHIPS TO  
LISTEN AND DECODE WHAT REALLY MATTERS TO PEOPLE?