

Therapeutic Mentor José Morell-Colon's Resources, 2021

Subject: Anger / Male Mentees, Ages 6-12

University of Massachusetts Boston's Therapeutic Mentoring Certification Course

Introduction

José Morell-Colon, a three-year Therapeutic Mentor, works with mentees ages 6-12. He shares resources used with a middle school male mentee with ADHD. Subject: Anger. He puts the worksheets into Paint 3-D and that way either the mentee or Morell-Colon can type in the responses.

Zoom Intervention Links

Worksheets *(Many are applicable for or designed for teens, too.)*

Anger thoughts <http://www.pinterest.com/pin/429741989447873048/>

Anger consequences <https://www.pinterest.com/pin/429741989447873046/>

Anger coping word search <https://www.pinterest.com/pin/429741989447873049/>

Dealing with feeling frustrated <https://www.pinterest.com/pin/429741989447871108/>

Coping skills bingo <https://www.pinterest.com/pin/429741989447858228/>

Calming ther-llama-ter <https://www.pinterest.com/pin/429741989447402308/>

My anger triggers <https://www.pinterest.com/pin/429741989446151403/>

Anger coaster <https://www.pinterest.com/pin/429741989445560407/>

My anger and others <https://www.pinterest.com/pin/429741989444906899/>

Anger journal <https://www.pinterest.com/pin/429741989444906902/>

Anger rules <https://www.pinterest.com/pin/429741989444906892/>

My three phases of anger <https://www.pinterest.com/pin/429741989448382784/>

Anger thermometer <https://www.pinterest.com/pin/429741989451873917/>

Think (reflection) sheet <https://www.pinterest.com/pin/296885800429573019/> *(Great for all ages!)*

I feel mad today <https://www.pinterest.com/pin/379217231117219048/>

A,B, or C? (Anger) <https://www.pinterest.com/pin/409968372337849708/>

Anger warning signs <https://www.pinterest.com/pin/535365474448558851>

This week I... <https://www.pinterest.com/pin/154881674672627277/> *(Not just for anger)*

The angriest <https://www.pinterest.com/pin/429741989452122503/>

Games

Jeopardy <https://jeopardylabs.com/play/feelings-1242> (feelings)

<https://jeopardylabs.com/play/understanding-feelings-emotions-161>

UNO <https://play.unofreak.com/> (Used as a trigger during games)

Connect 4 <https://connect-4.org/en>

Scattergories <https://scattergoriesonline.net>

Skribbl.io <https://skribbl.io/>

This is sand <https://thisissand.com> (Making sand art canvases online; for all ages)

HelloKids <http://www.hellokids.com/> (1st-8th grade, coloring sheets, videos, & leisure activities)

Battleship <http://en.battleship-game.org/> (also teaches strategy)

PBS Kids <https://pbskids.org/> (games & videos)

JigsawPuzzles <https://jigsawpuzzles.io/> (can create your own puzzle, for all ages)

Highlights kids (We could not find the link shared. By **Googling on Pinterest** for “Highlights Hidden Pictures” or other games, we found a treasure trove of downloadable sheets.)

https://www.highlights.com/sites/default/files/public/march_coloring_pages_all.pdf (free)

Highlights kids <https://www.highlightskids.com/> (This site appears to have free items and apps.)

JeopardyLabs, mentioned above, makes it easy to create jeopardy templates without PowerPoint.

Feelings UNO [Feelings Uno by The School Counselor's Notebook | TpT \(teacherspayteachers.com\)](#)

FREE Therapeutic Worksheets for Kids and Teens (mylemarks.com) Some are for sale.

Morell-Colon uses **Pinterest** for free posted worksheets and tools, which can be copied.

Background

A lawsuit in Massachusetts resulted in the creation of the **Children's Behavioral Health Initiative (CBHI)**. One of its innovations for children and families is **Therapeutic Mentoring**, requiring training and certification. Therapeutic Mentoring falls under the **Community Health Worker Certification** program of the Commonwealth of Massachusetts. In therapeutic mentoring, a team of professionals prescribes mentoring goals, e.g., conflict management, anger issues, ADHD, social skills, coping, and more. Almost everything is measurable at different intervals. Responses are scanned and saved to review for progress. The University of Massachusetts led by Jean Rhodes, Ph.D., and a team of outstanding mentoring researchers developed and led the course.