

o MUSIC  city COUNSELOR

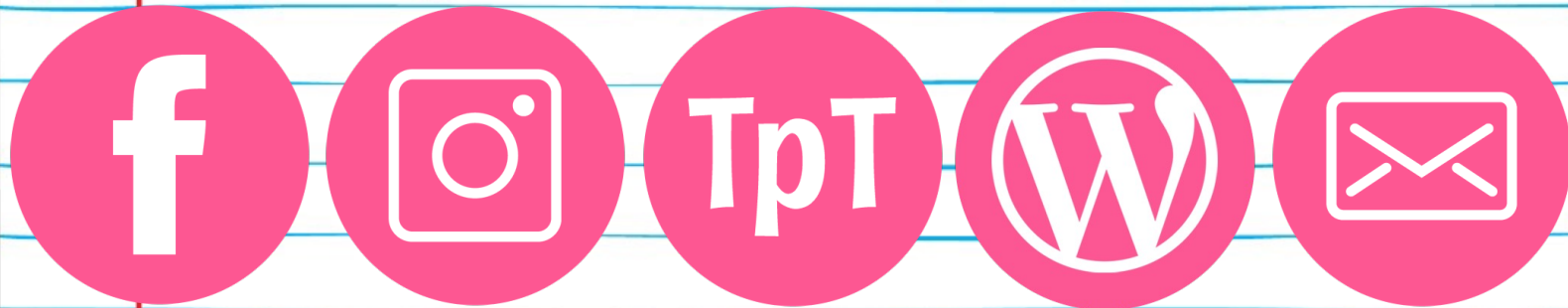
THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

o ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

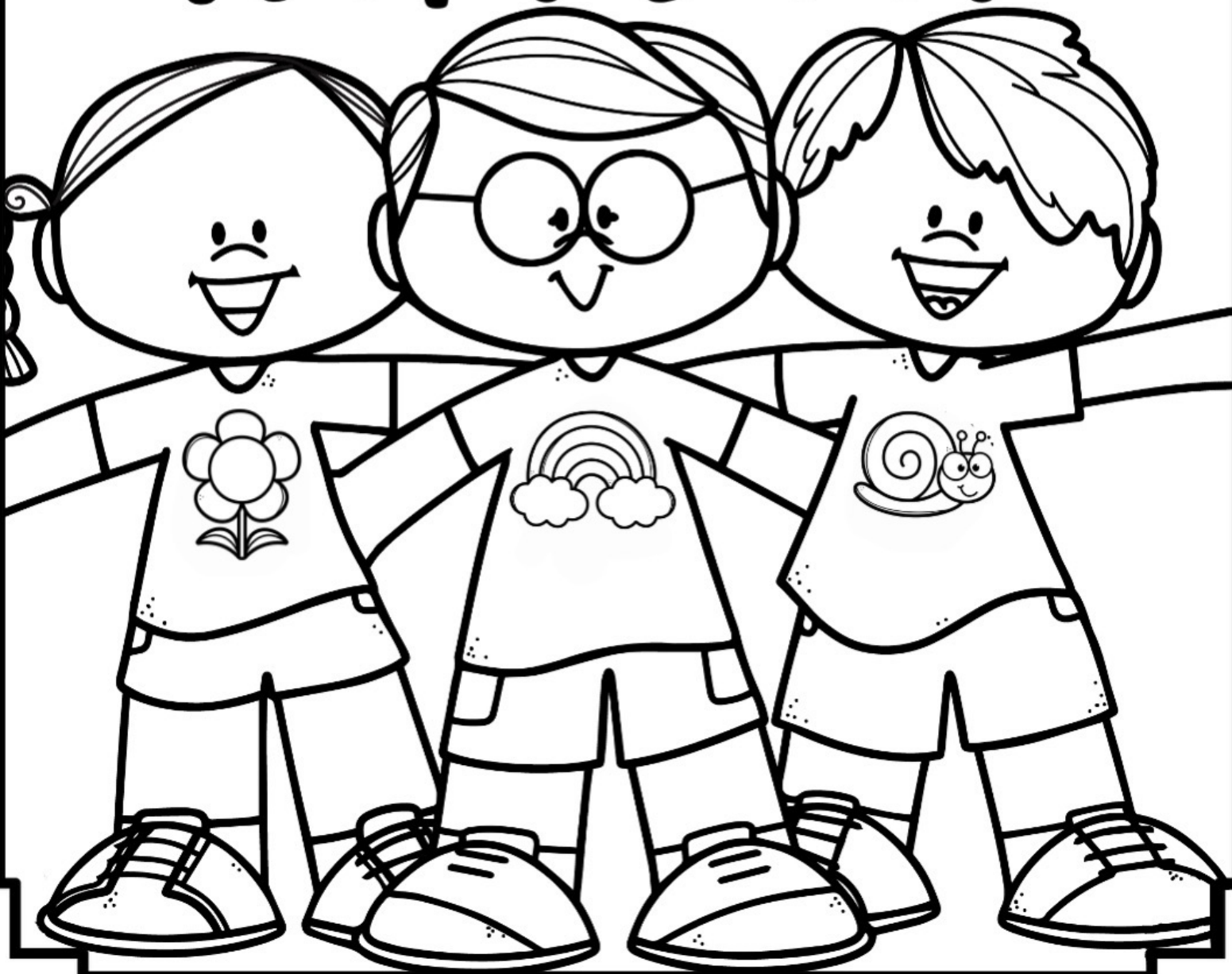
Name: _____

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MY SPRING

Social-Emotional Learning

WORKBOOK

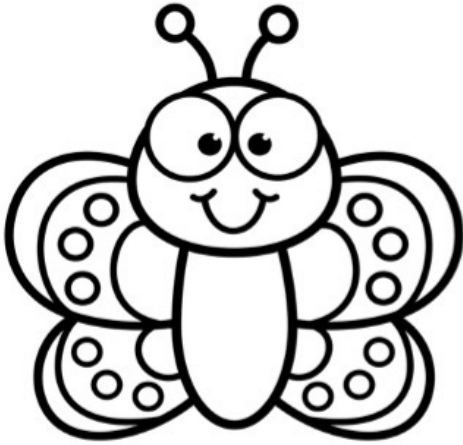


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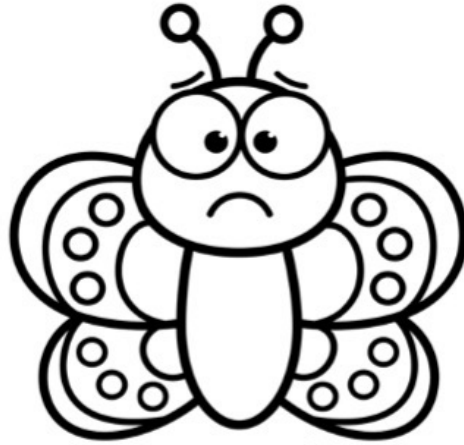
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MY SPRING FEELINGS

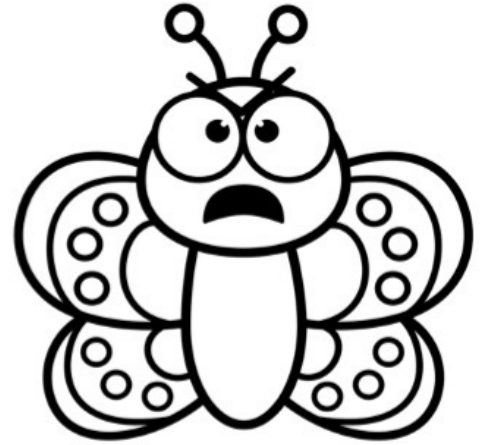
Color the butterflies that show how you're feeling today.



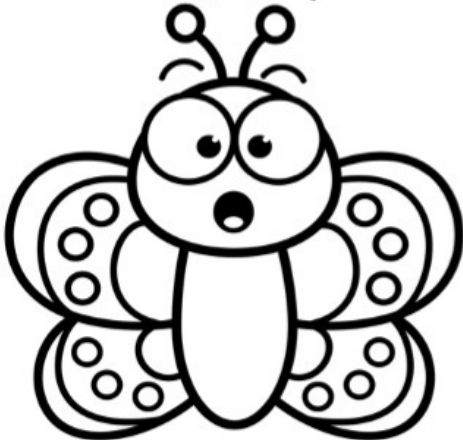
Happy



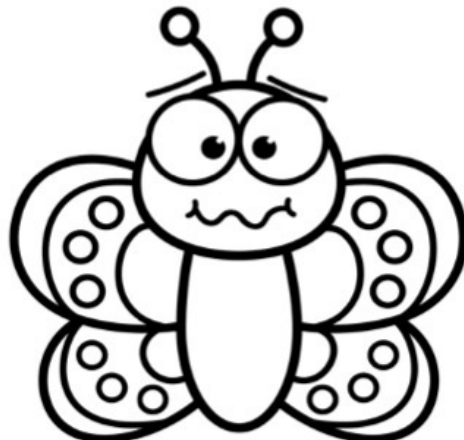
Sad



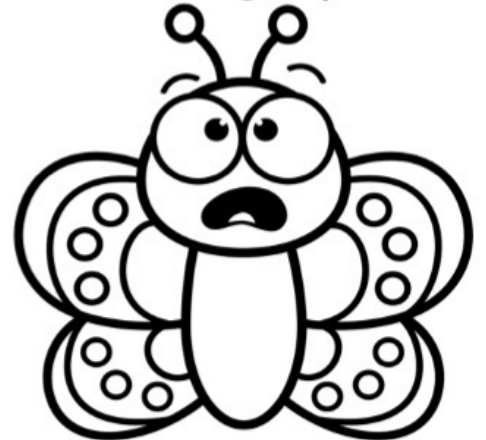
Angry



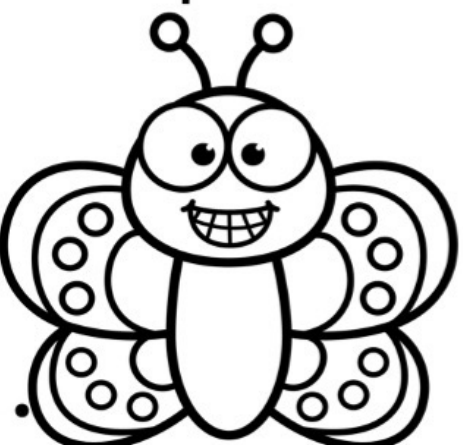
Surprised



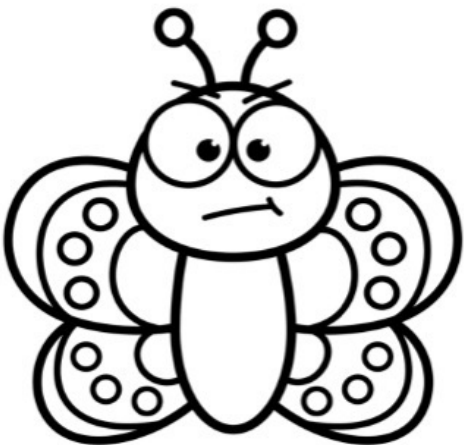
Nervous



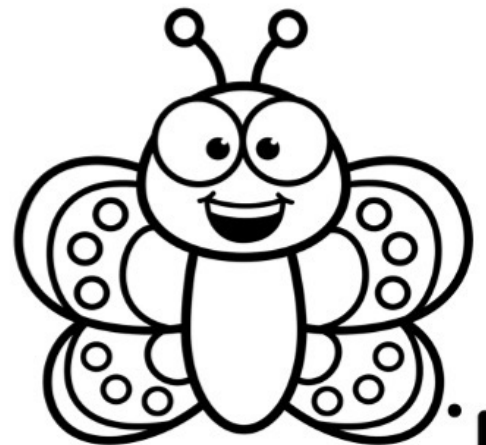
Scared



Proud



Frustrated



Excited

Name: _____

PLANT A GOAL...



Write a goal for spring on each line.



AND WATCH IT GROW!

Achieving my goals will look like:

Achieving my goals will feel like:



Name: _____

COPING SKILLS PUZZLE

Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!



Take deep breaths

Write in a journal

Use fidget tools

Spend time in nature

Count to 10

Talk it out

Imagine a happy place

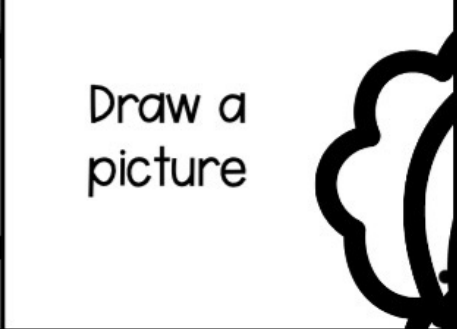
Take a break

Go for a walk

Ask for a hug

Be mindful

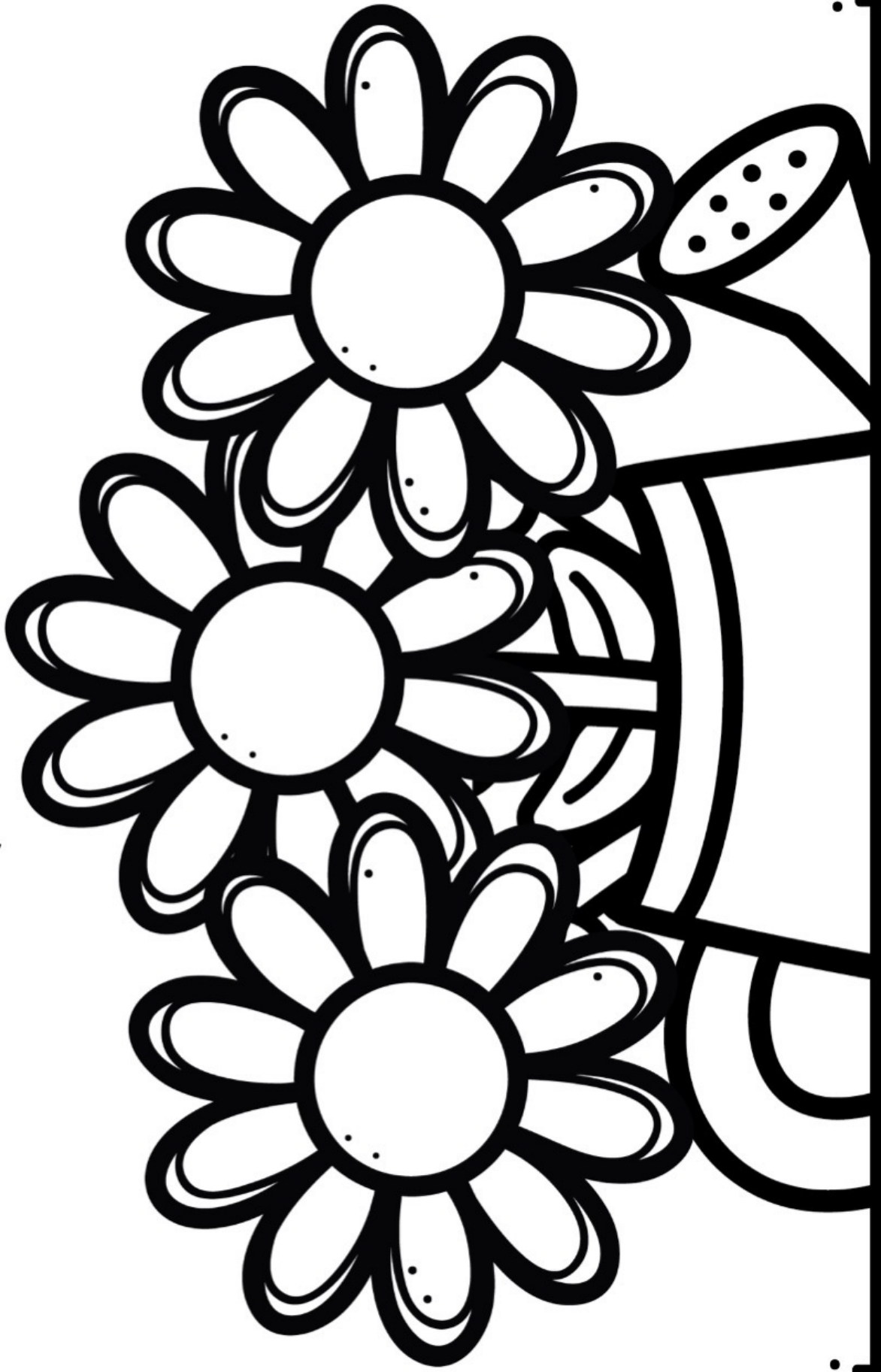
Draw a picture



Name: _____

KINDNESS BLOOMS!

Write one way to be kind on each flower.



Name: _____

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WALK IN THEIR RAIN BOOTS

Write how you would feel and what you would do in this situation on the rain boots.



Kai accidentally mowed over his mom's favorite flowers.

If I were Kai,
I would feel...

If I were Kai,
I would...

Name: _____

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HAPPY UMBRELLA

Write about the feeling on the lines.



Happiness looks like:

Happiness feels like:

FLOWER AFFIRMATIONS

Positive affirmations are kind words you say to yourself that make you feel calm and confident. Write an affirmation inside each flower petal.

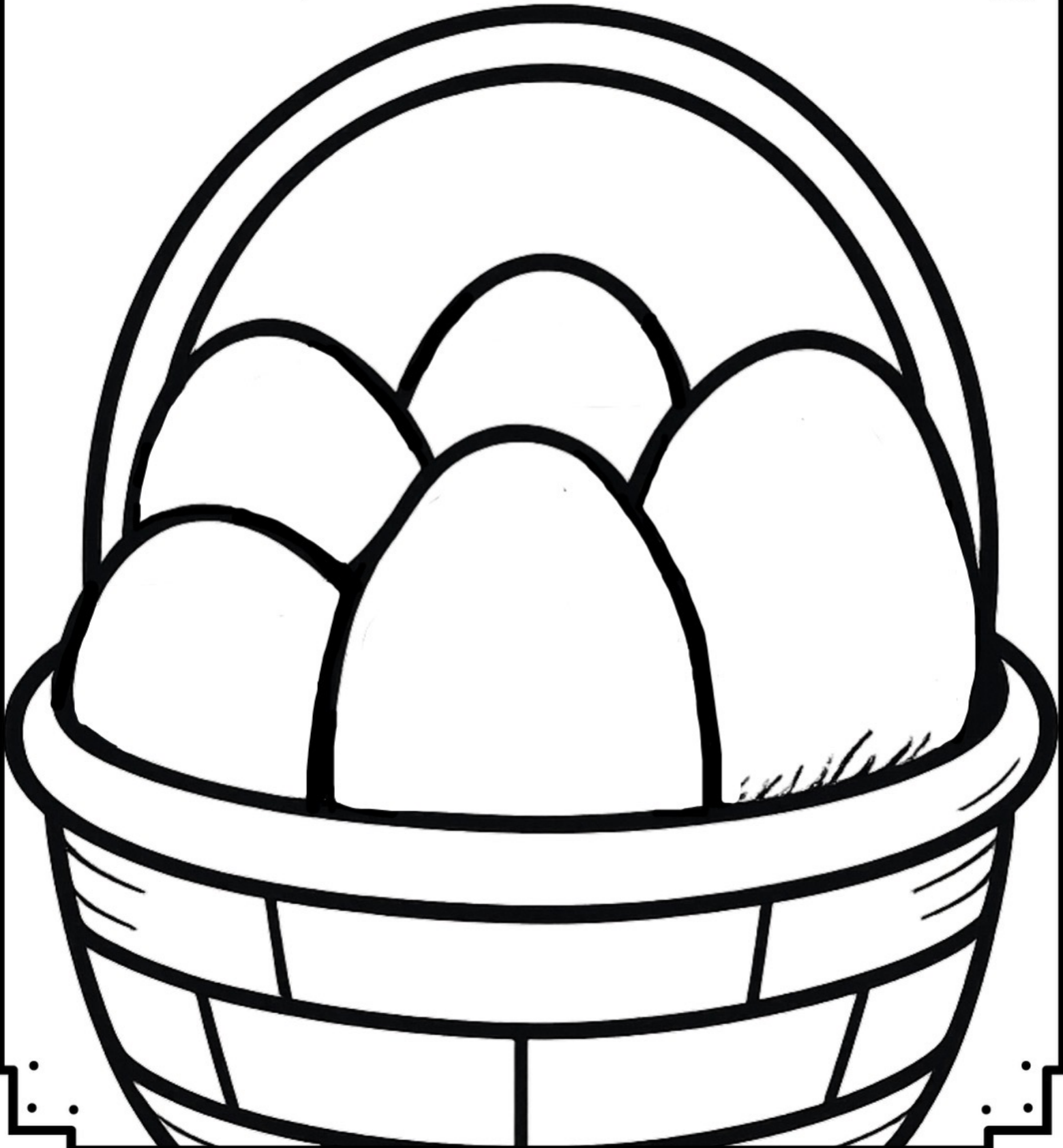
I have a
brilliant brain!

Name:

Name: _____

EGG-CELLENT FRIENDS

Write one way to be a good friend on each egg.

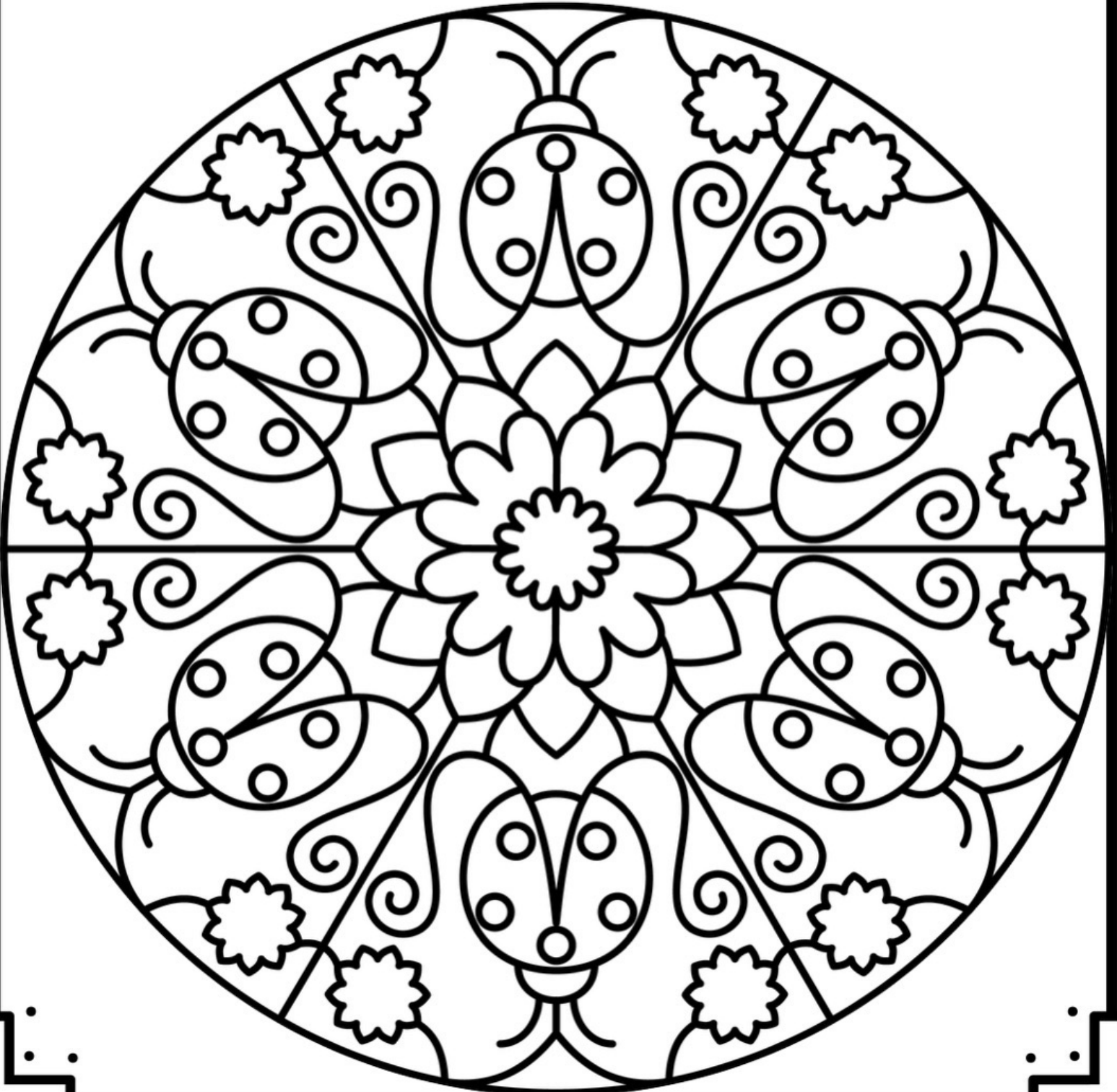


Name: _____

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SPRING MINDFUL COLORING

Take a deep breath and pick your favorite colors. As you color the mandala, focus on how each color makes you feel. Be fully present in this moment.



Name: _____

FLOWER I-MESSAGES

Solve the small problem below using an I-Message.



Martha pushed you into a puddle at recess.

STEP 1: Explain how you feel.

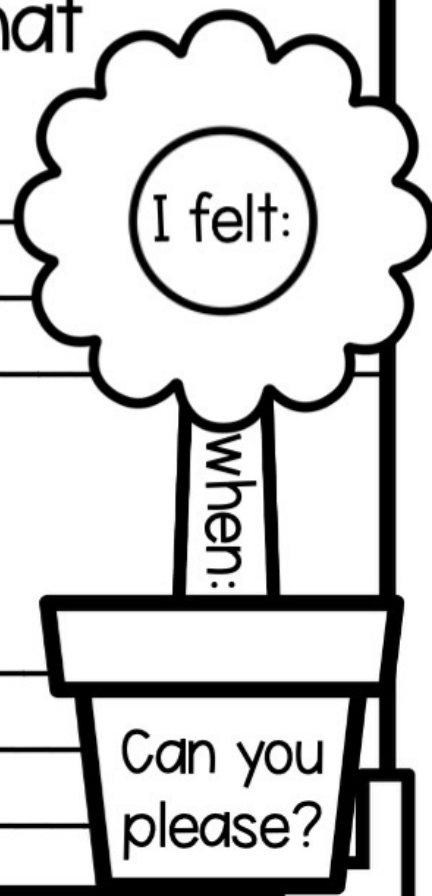
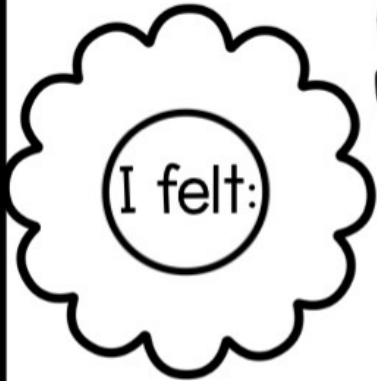
I felt _____

STEP 2: Describe what happened.

when _____

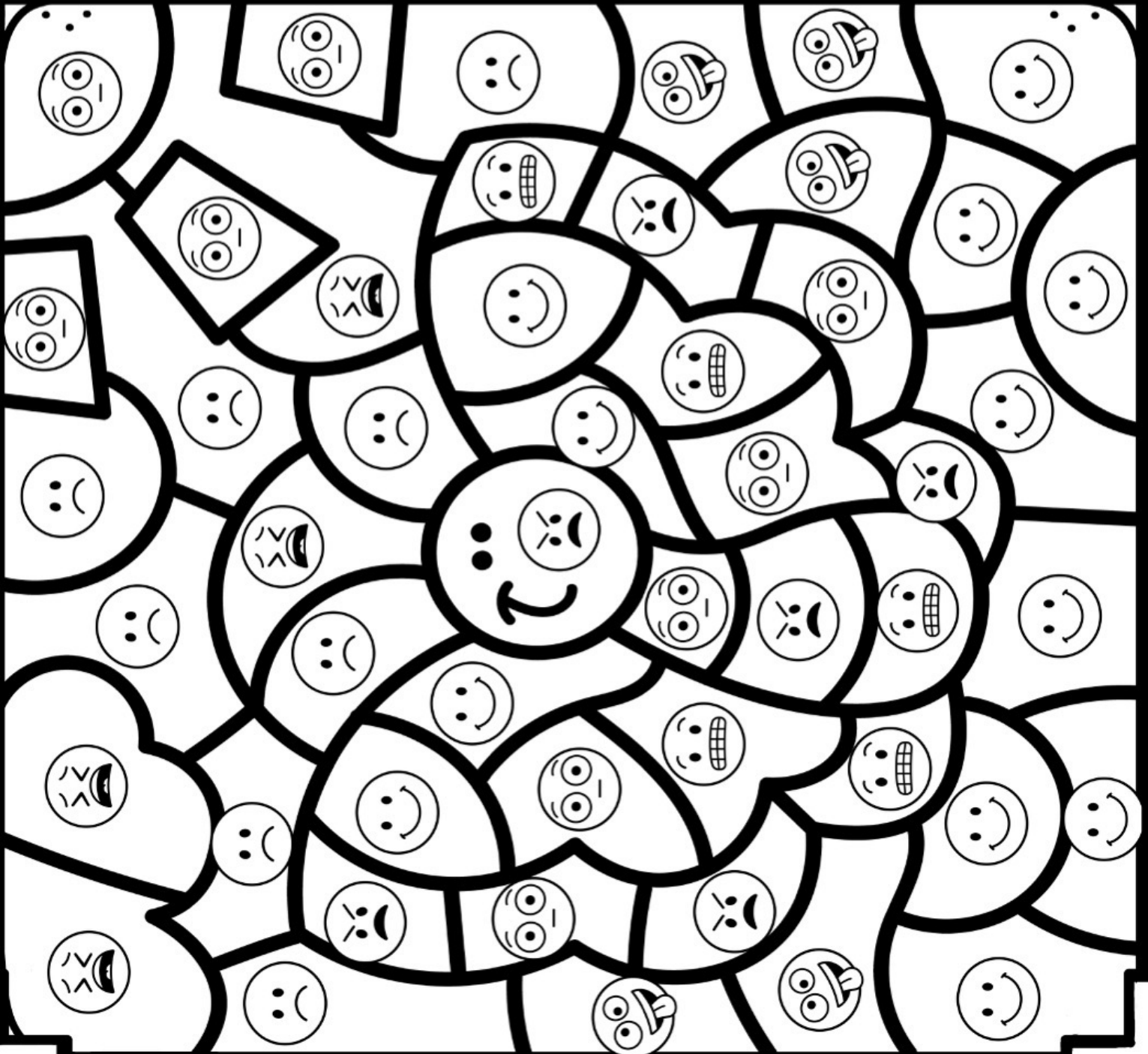
STEP 3: Share what you need.

Can you please _____



Name: _____

SPRING COLOR BY CODE FEELINGS

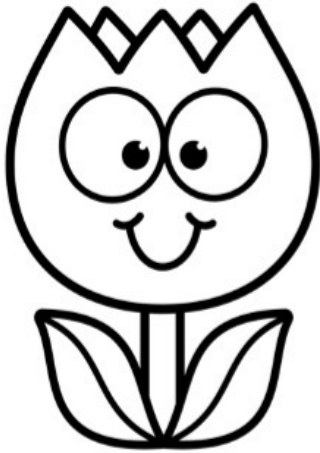


Name: _____

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MY SPRING FEELINGS

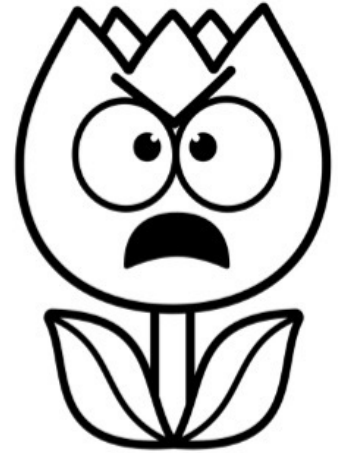
Color the tulips that show how you're feeling today.



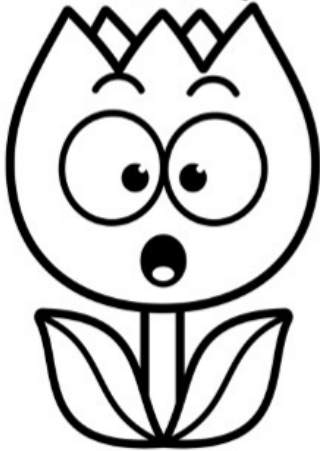
Happy



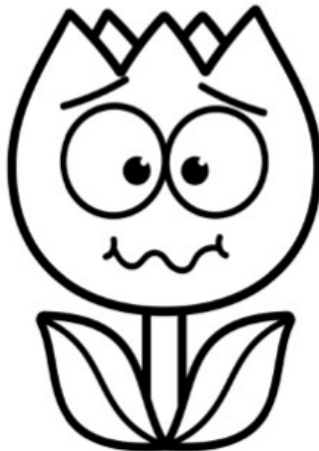
Sad



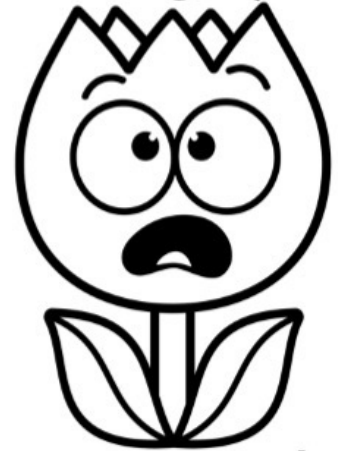
Angry



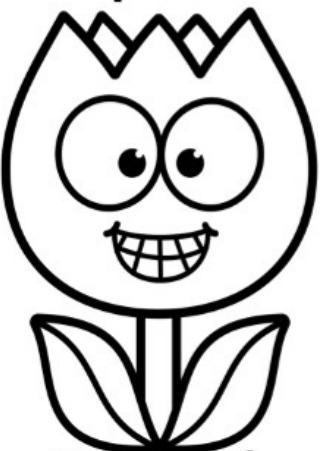
Surprised



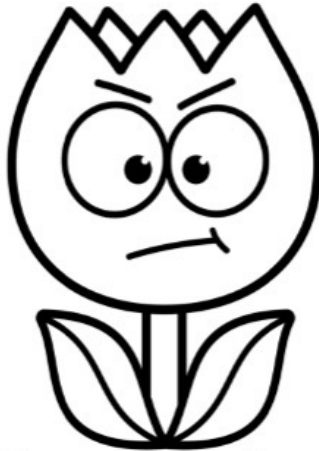
Nervous



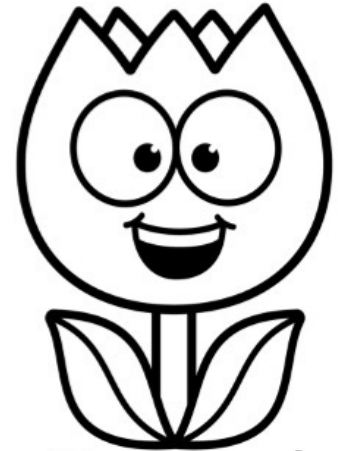
Scared



Proud



Frustrated



Excited

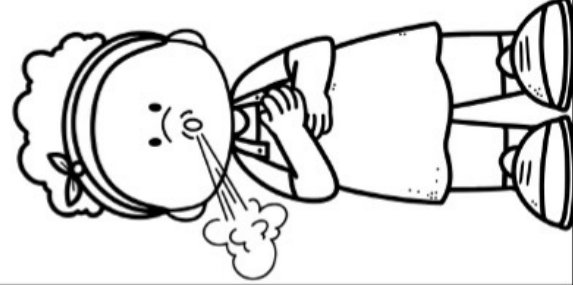
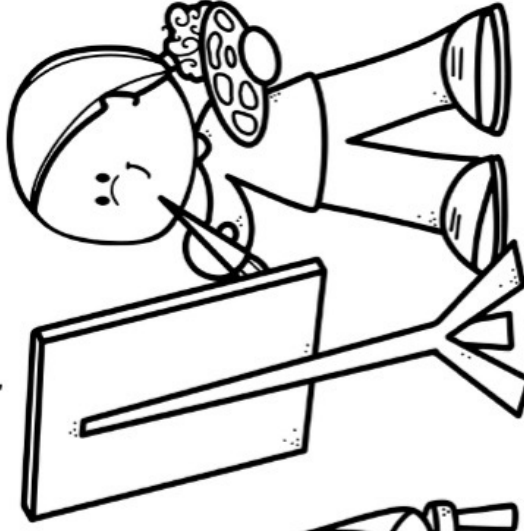
Name: _____

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WHEN I FEEL Bugged

Sometimes I feel sad,
angry, and nervous.

To feel better, I can...



1...2...3...4...

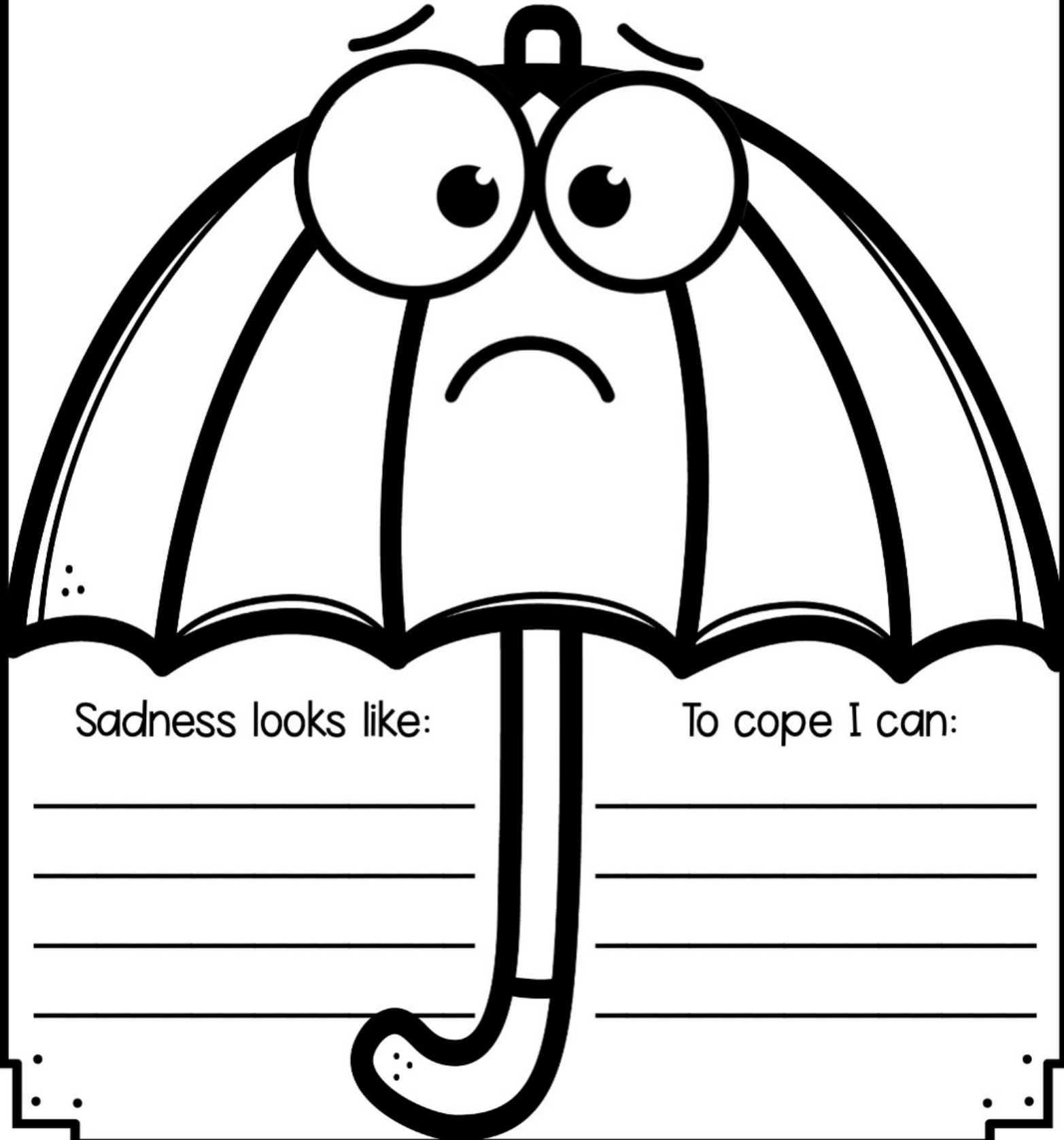


Name: _____

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SAD UMBRELLA

Write about the feeling on the lines.



Sadness looks like:

To cope I can:

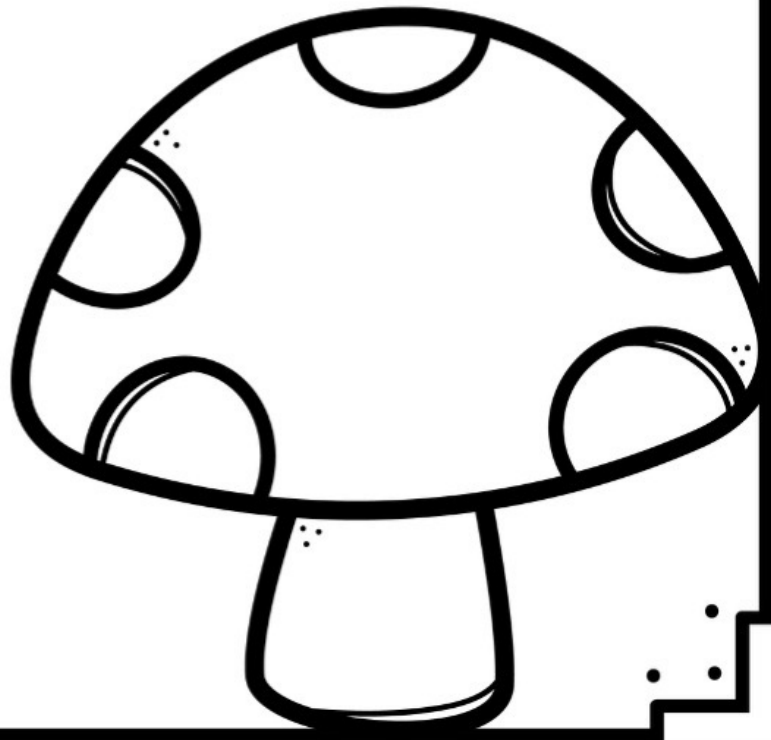
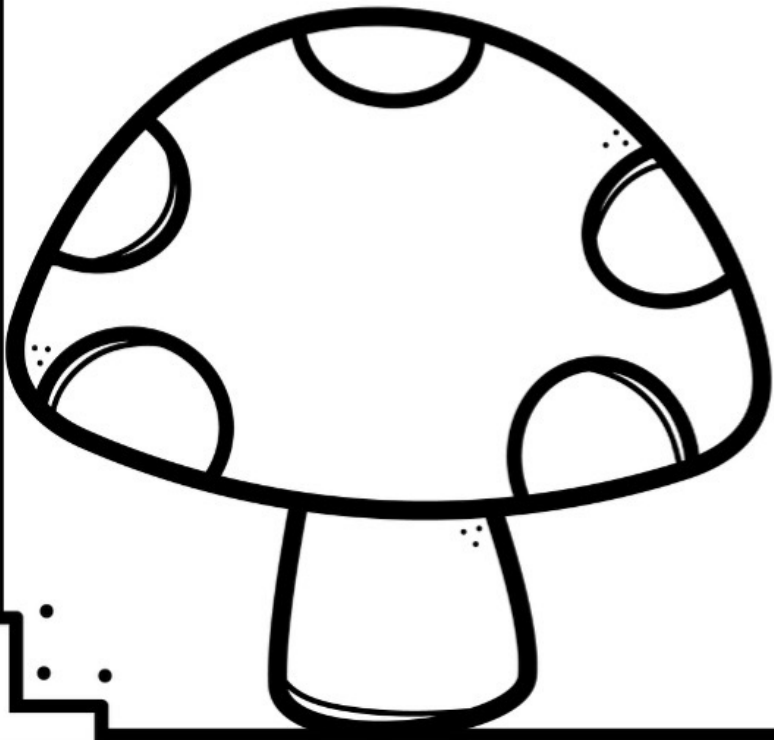
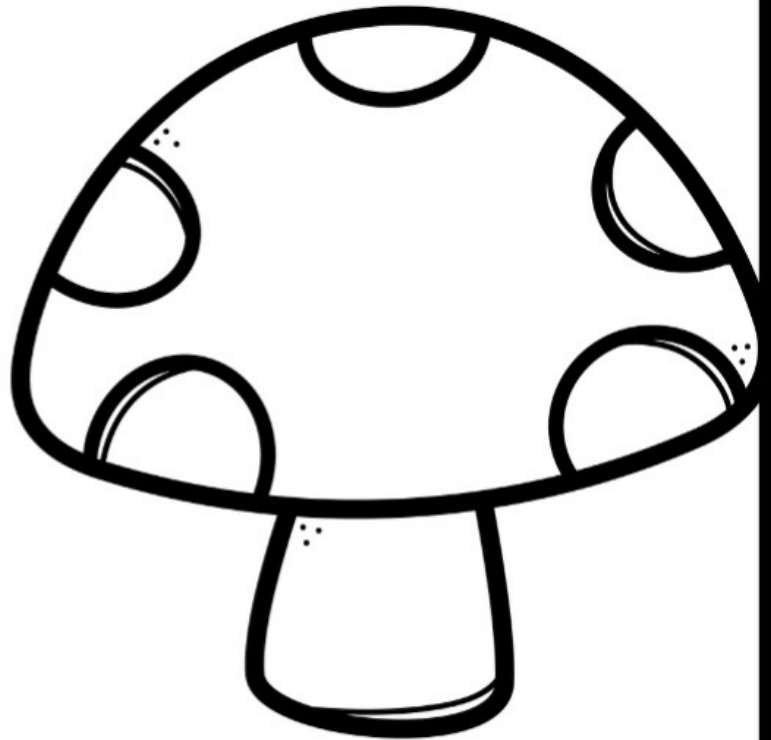
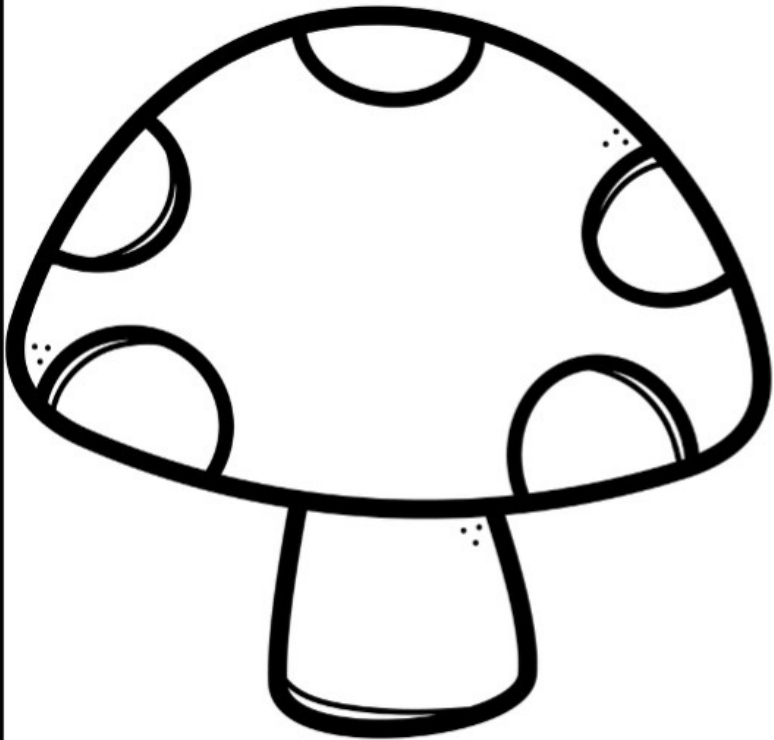
Name: _____

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TOADSTOOL THOUGHTS

Positive thinking means telling yourself words that make you feel smart, capable, and strong.

Write a positive thought on each toadstool.



Name: _____

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WALK IN THEIR RAIN BOOTS

Write how you would feel and what you would do in this situation on the rain boots.



Maria found a worm in her rain boots.

If I were Maria,
I would feel...

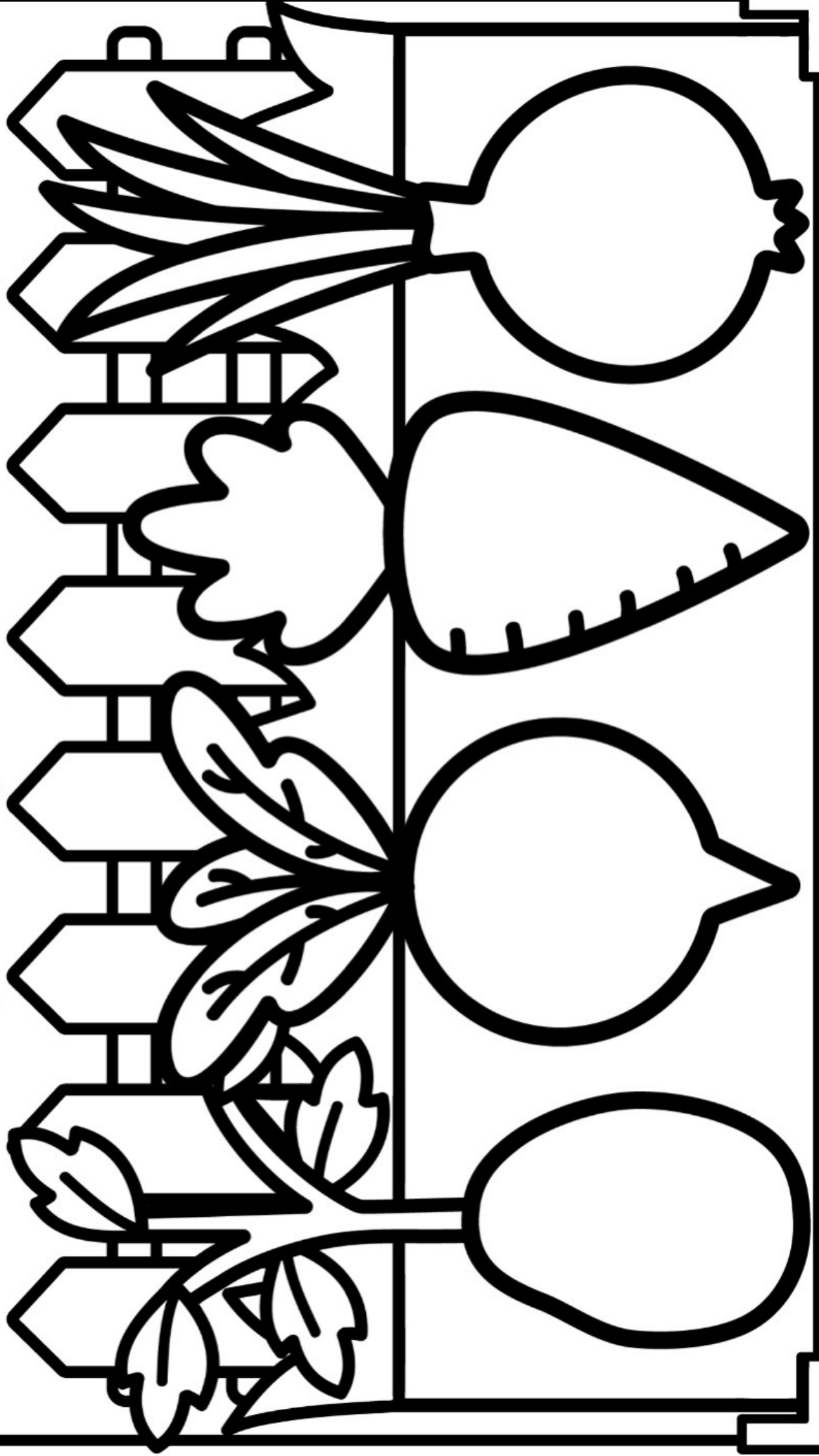
If I were Maria,
I would...

Name: _____

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HOW TO GROW A FRIEND

Write one way to be a good friend on each vegetable.



Name: _____

COPING SKILLS PUZZLE

Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!

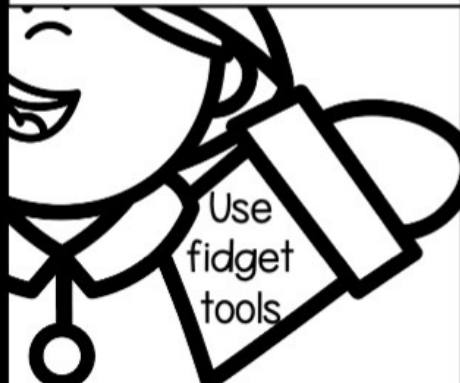


Write in a journal



Take deep breaths

Count to 10



Use fidget tools

Spend time in nature

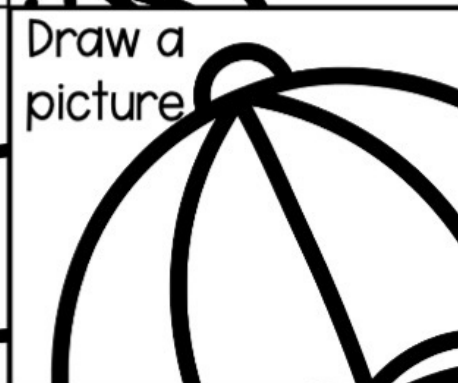
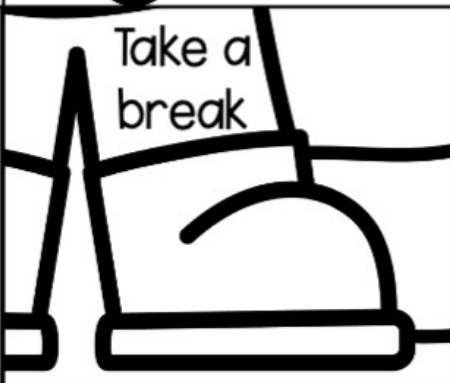
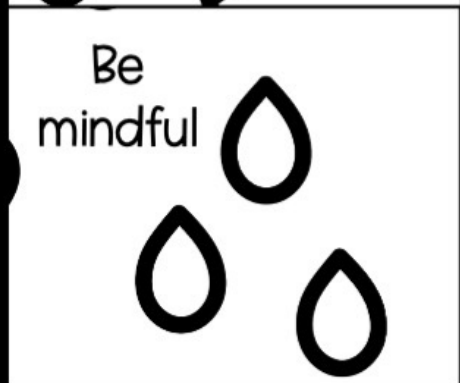
Talk it out



Be mindful

Take a break

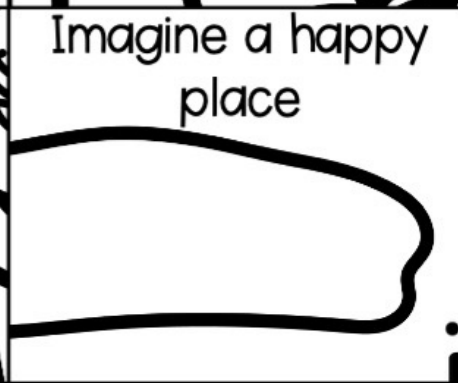
Draw a picture



Go for a walk

Ask for a hug

Imagine a happy place



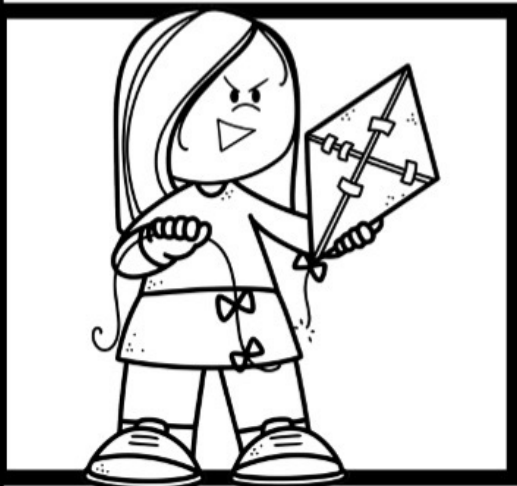
Name: _____

MY SPRING FEELINGS

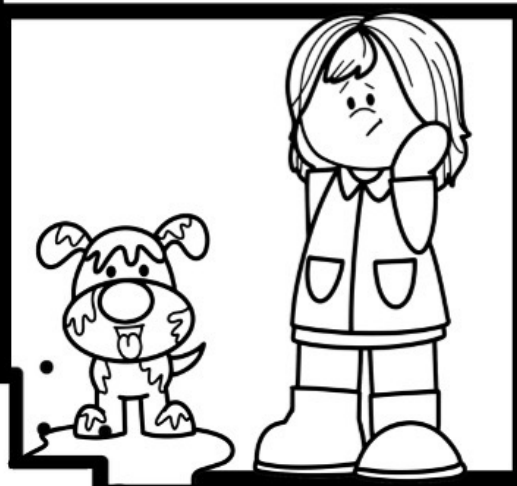
How would you feel in each of these situations? Why?



Ronald wants to play outside but it's raining.



Katelyn won't give you a turn with the kite.

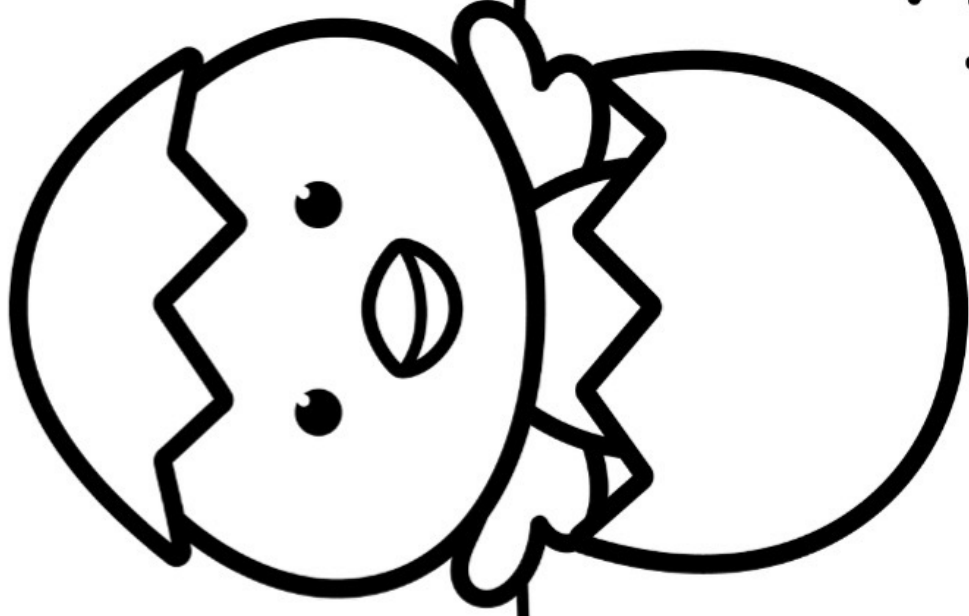
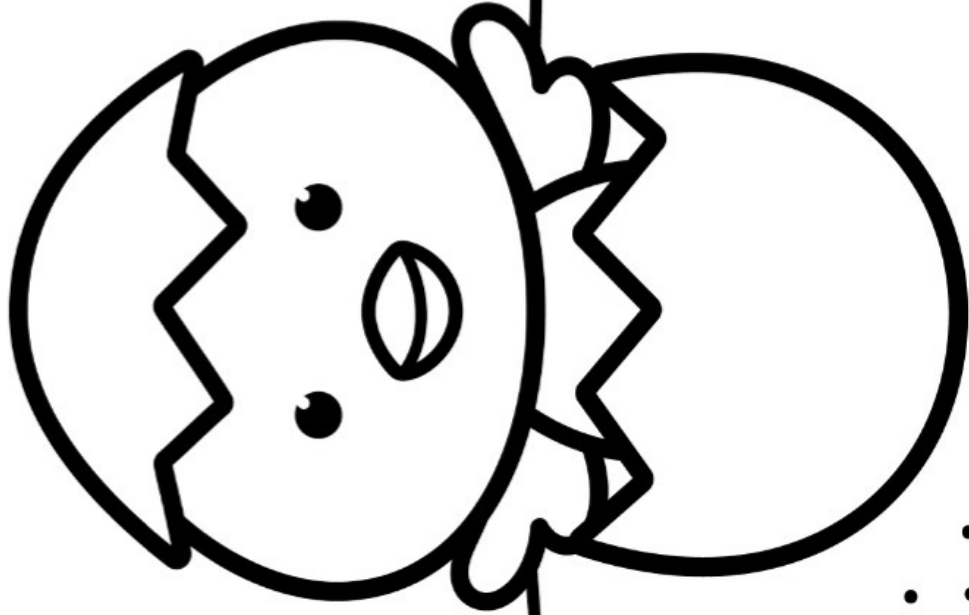
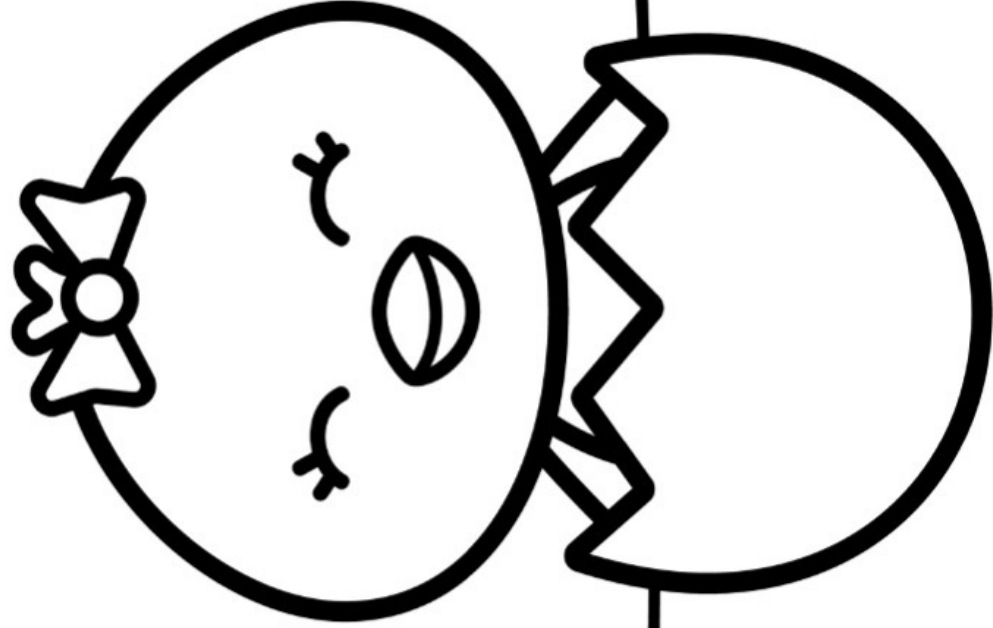


Cara's dog jumped in a puddle and splashed her with mud.

Name: _____

I'M EGG-STRA SPECIAL!

Write one thing you love about yourself on each chick's shell.



Name: _____

SUNNY THOUGHTS

Read each cloudy, negative thought. Then change it into a positive thought and write it on the line.

CLOUDY THOUGHTS



"I'm not good enough."

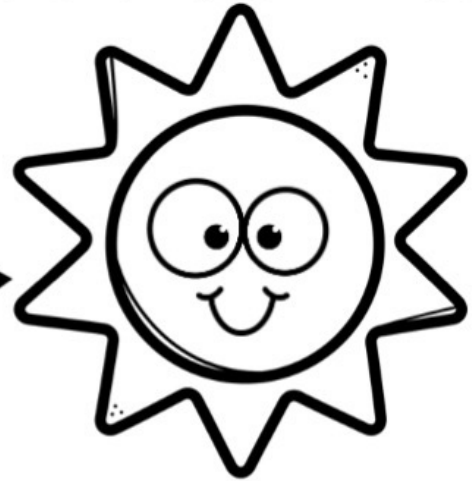
"I'll never make it."

"I can't do it."

"I'll never win."

"I give up."

SUNNY THOUGHTS



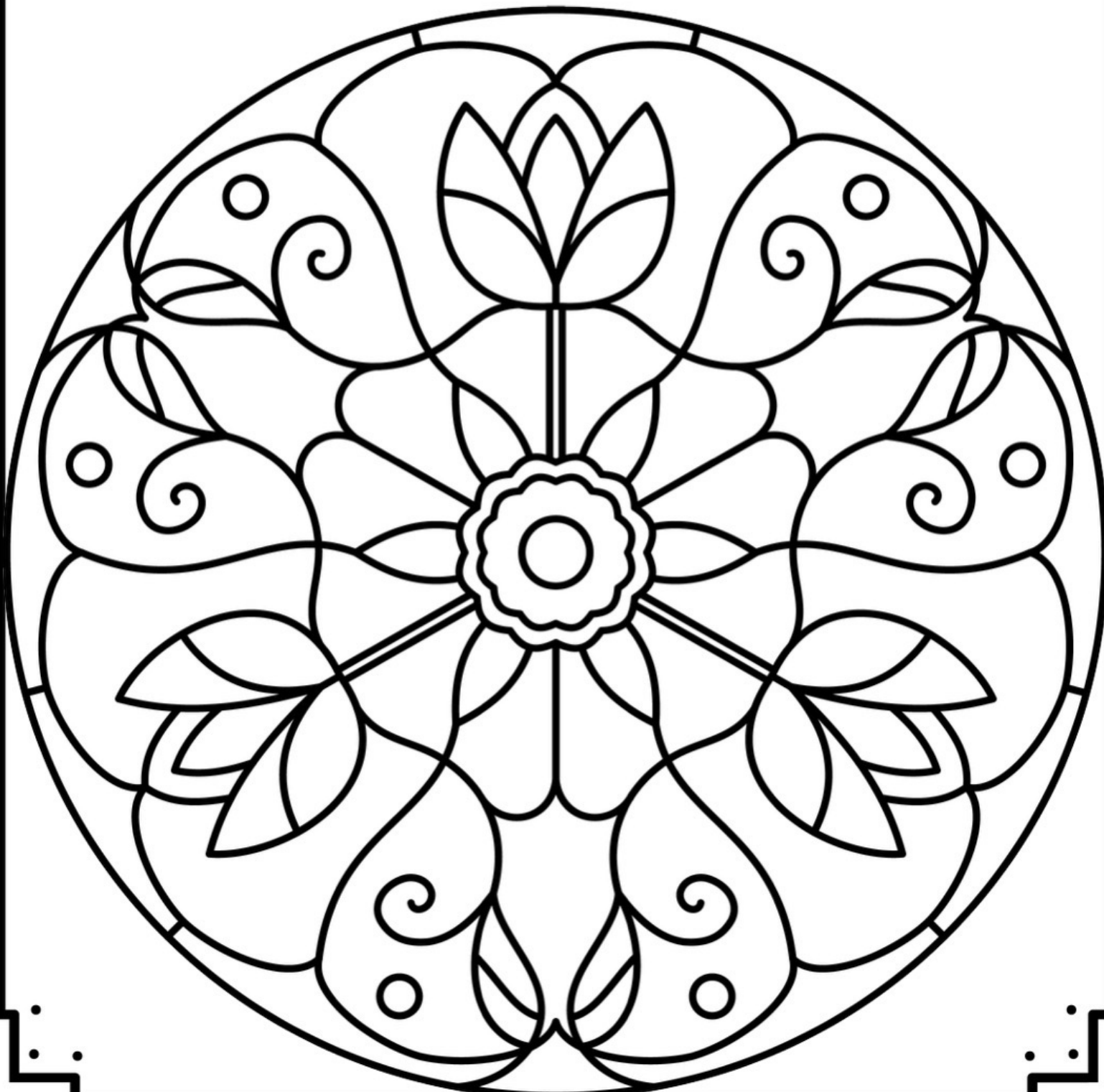
"I AM good enough! I'm the best!"

Name: _____

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SPRING MINDFUL COLORING

Take a deep breath and pick your favorite colors. As you color the mandala, focus on how each color makes you feel. Be fully present in this moment.



Name: _____

FLOWER I-MESSAGES

Solve the small problem below using an I-Message.



Maya said you couldn't help with her lemonade stand.

STEP 1: Explain how you feel.

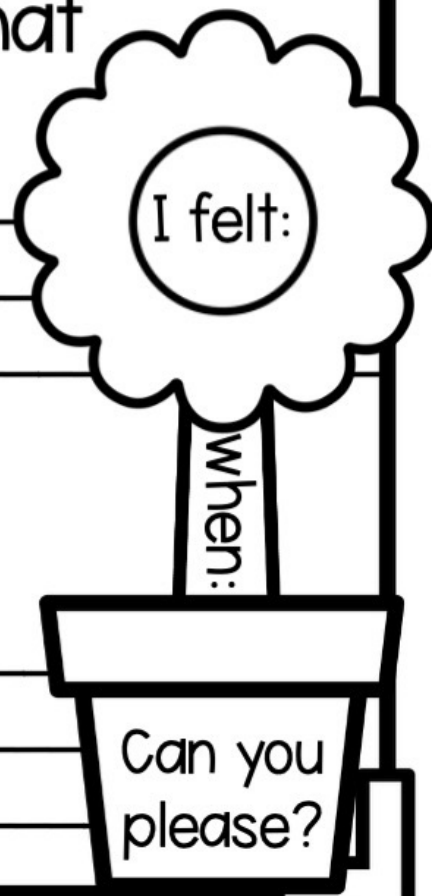
I felt _____

STEP 2: Describe what happened.

when _____

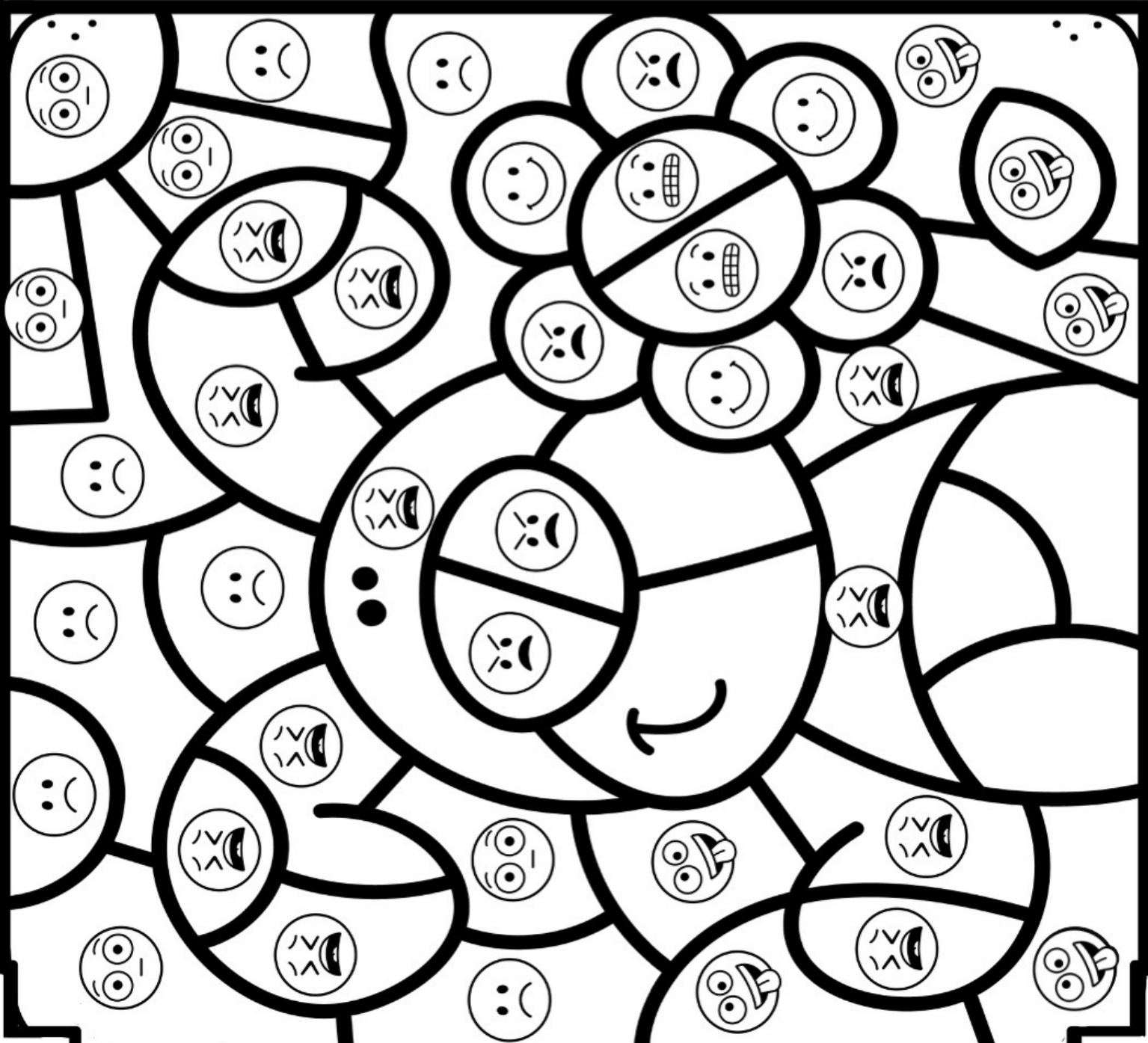
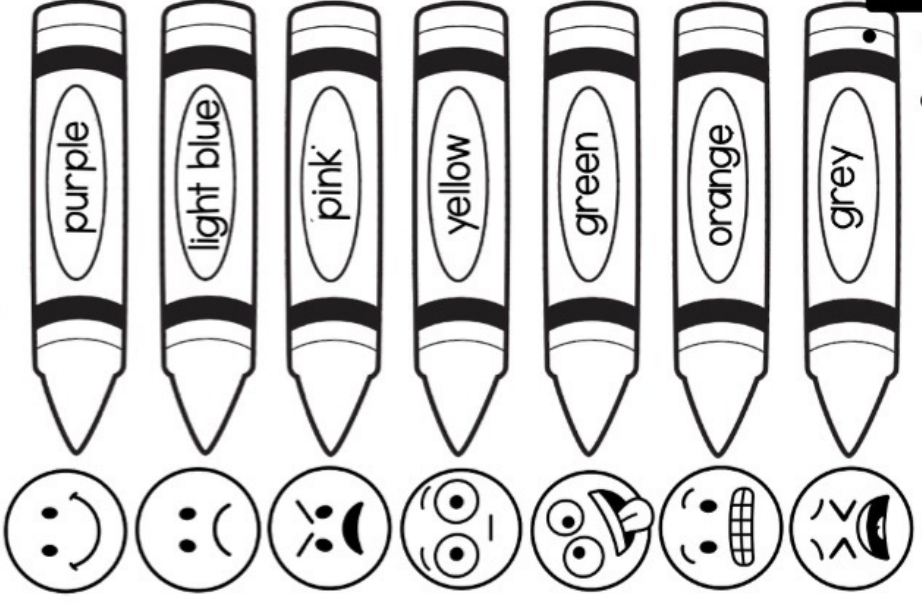
STEP 3: Share what you need.

Can you please _____



Name: _____

SPRING COLOR BY CODE feelings

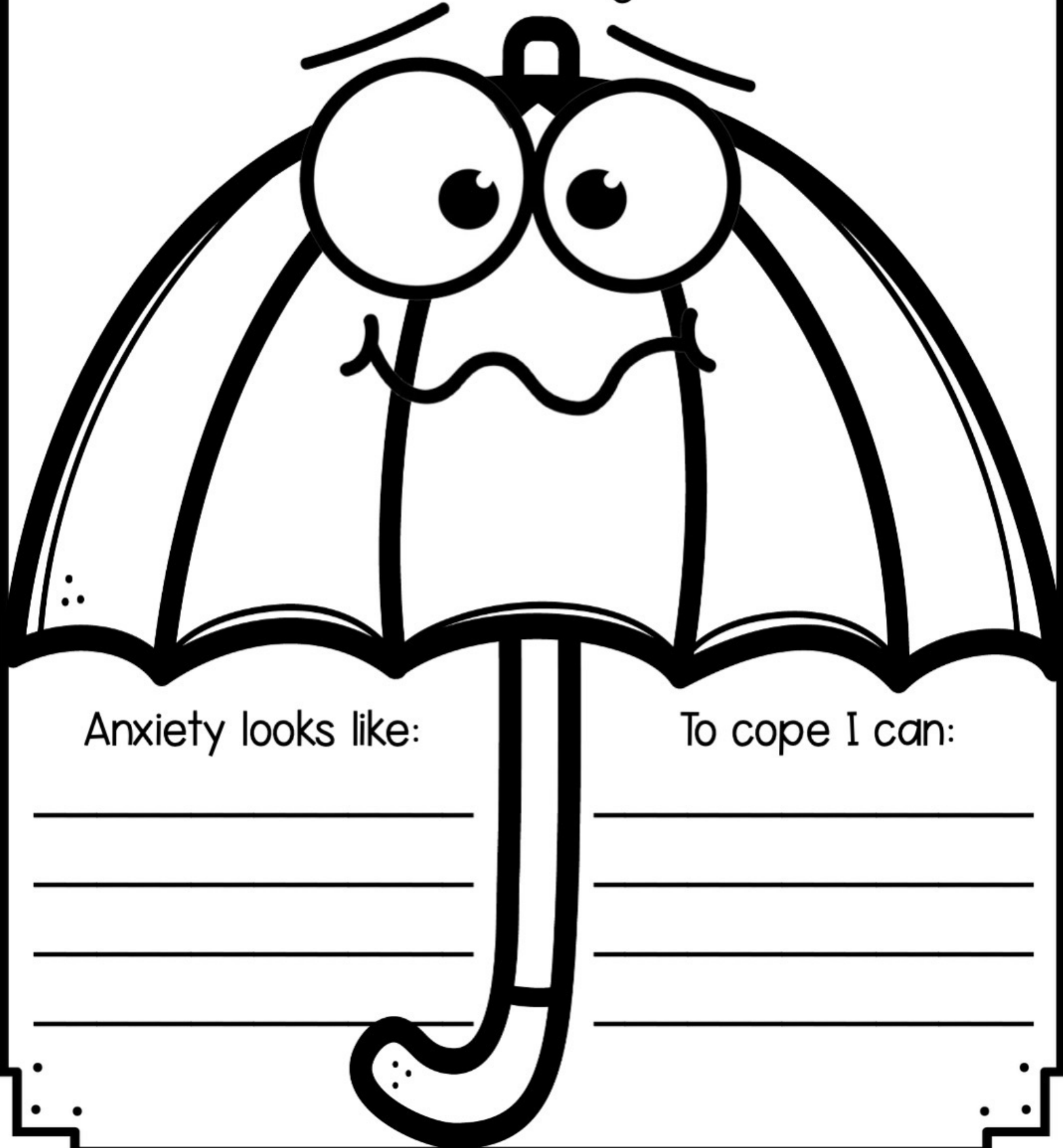


Name: _____

© Music City Counselor

ANXIOUS UMBRELLA

Write about the feeling on the lines.



Anxiety looks like:

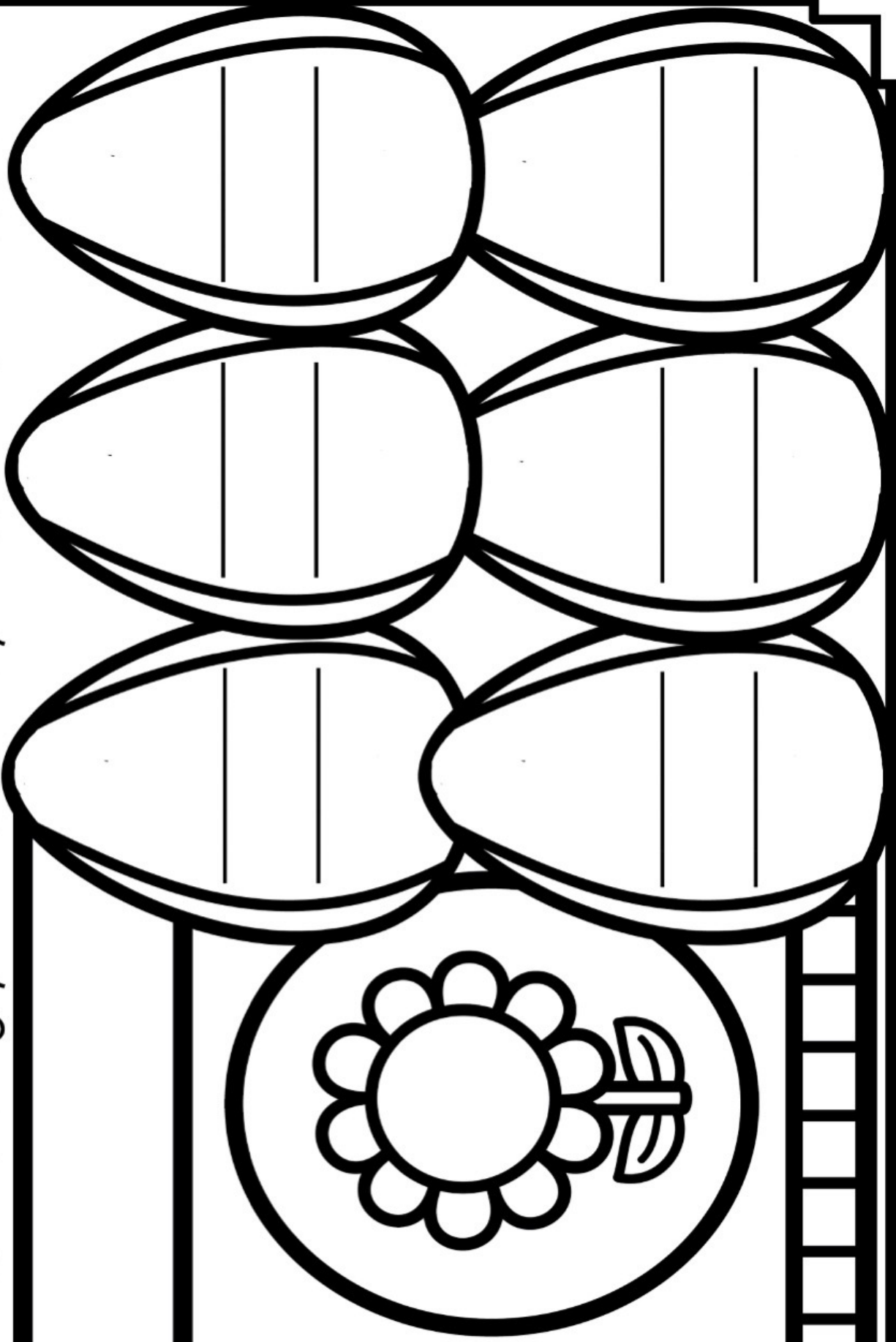
To cope I can:

Name: _____

© Music City Counselor

SEEDS OF SELF-LOVE

Write one thing you love about yourself on each seed.



Name: _____

© Music City Counselor

MY SPRING FEELINGS

Color the rainbows that show how you're feeling today.



Happy



Sad



Angry



Surprised



Nervous



Scared



Proud



Frustrated



Excited

Name: _____

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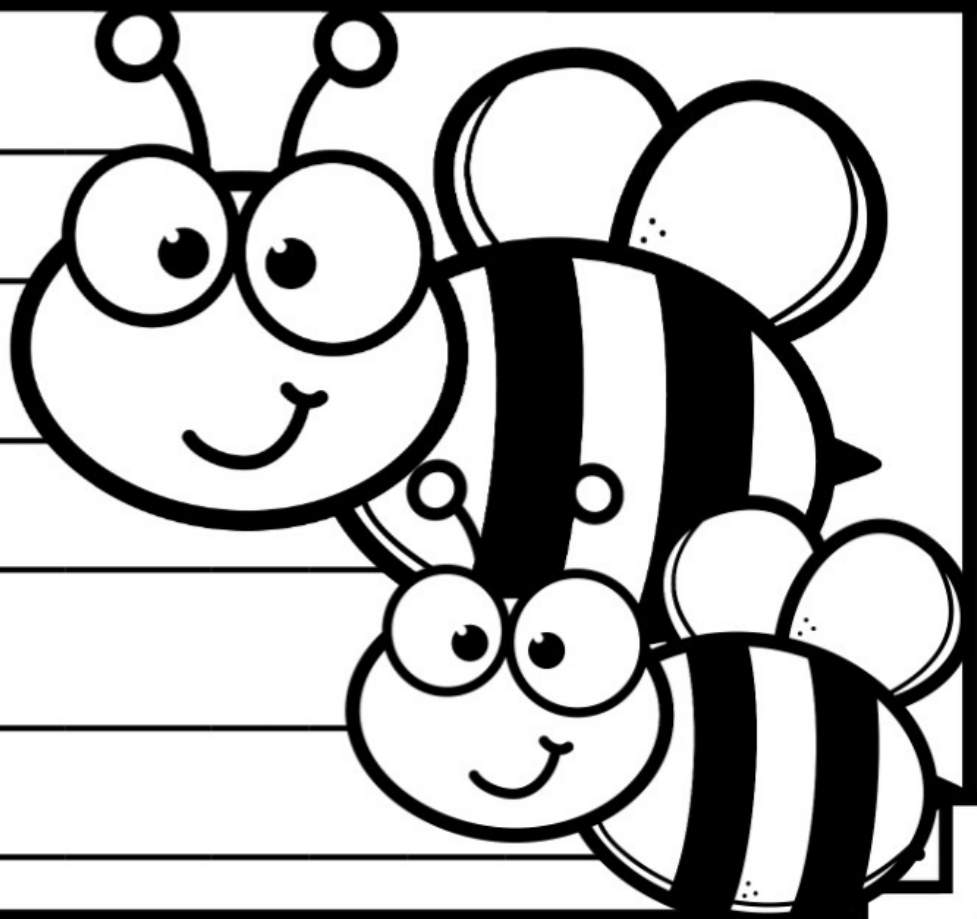
DON'T WORRY, BEE HAPPY!

Write things that you worry about and things that calm your worries on the lines.

THINGS I WORRY ABOUT:



THINGS THAT CALM MY WORRIES:



Name: _____

BUILD A BIRDHOUSE FRIEND

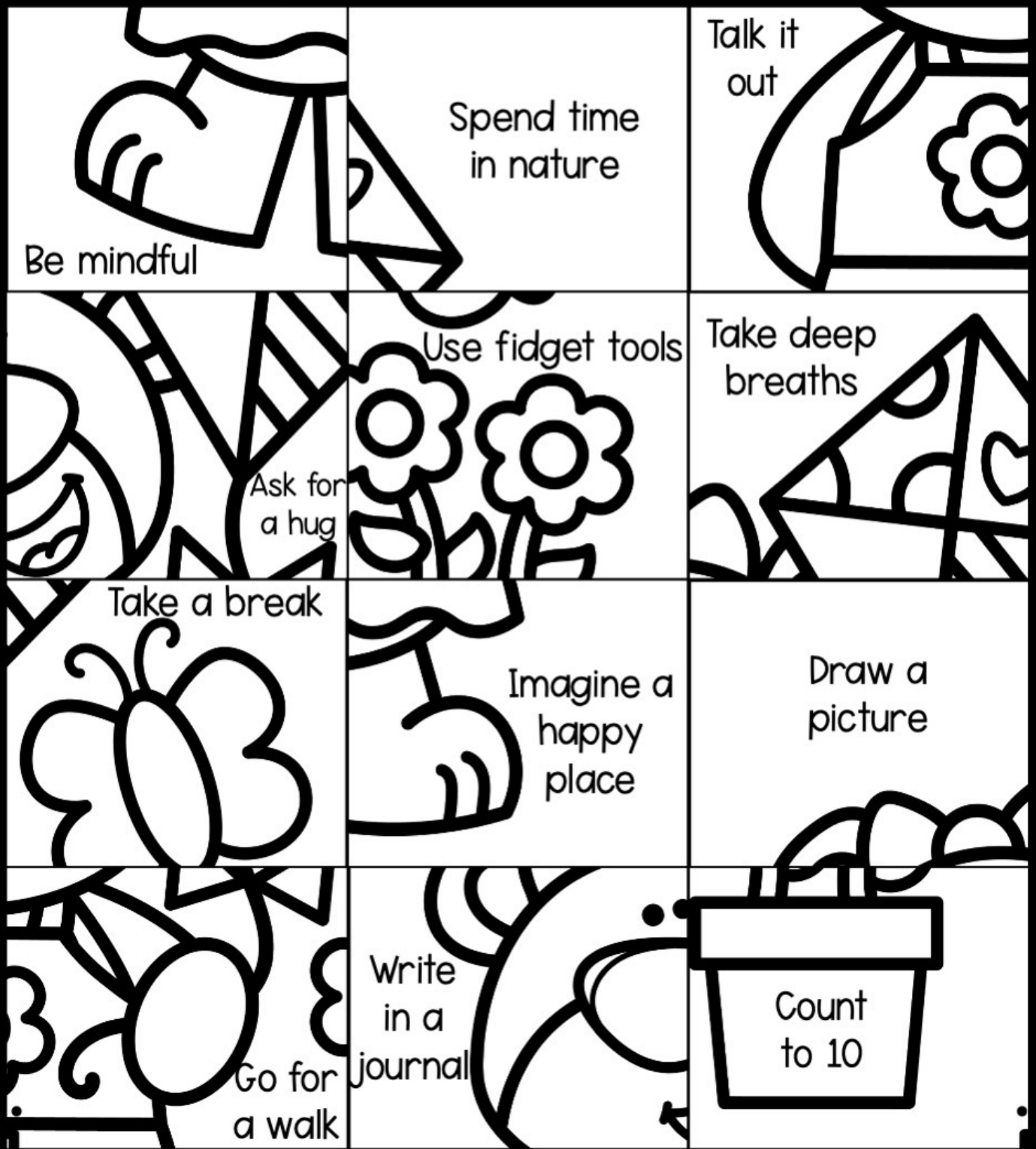
Write one way to be a good friend on each line on the birdhouse.



Name: _____

COPING SKILLS PUZZLE

Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!



Be mindful

Spend time in nature

Talk it out

Use fidget tools

Take deep breaths

Ask for a hug

Take a break

Imagine a happy place

Draw a picture

Go for a walk

Write in a journal

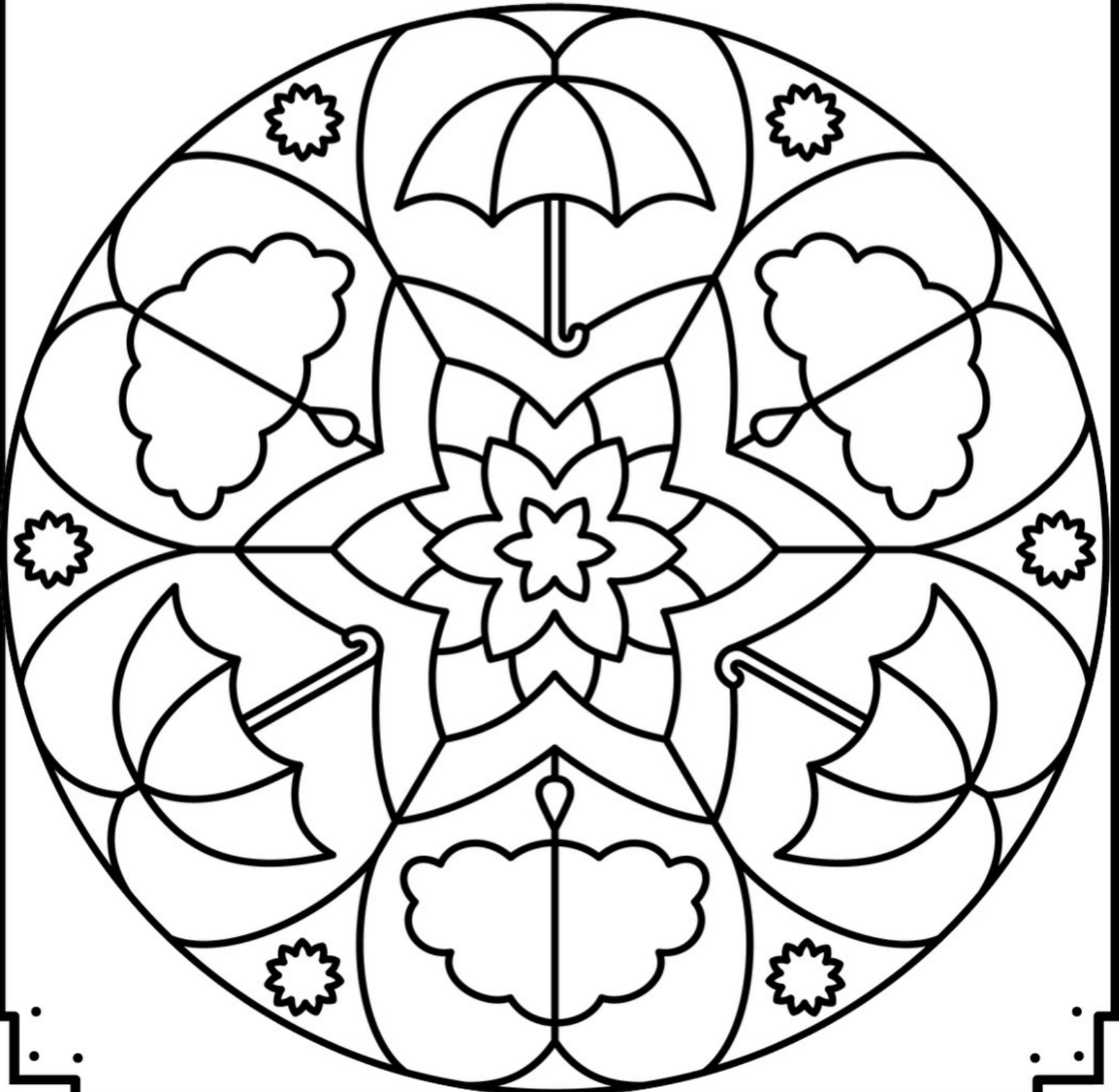
Count to 10

Name: _____

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SPRING MINDFUL COLORING

Take a deep breath and pick your favorite colors. As you color the mandala, focus on how each color makes you feel. Be fully present in this moment.



Name: _____

© Music City Counselor

WALK IN THEIR RAIN BOOTS

Write how you would feel and what you would do in this situation on the rain boots.



Mariah got too close to a beehive.

If I were Mariah,
I would feel...

If I were Mariah,
I would...

Name: _____

FLOWER I-MESSAGES

Solve the small problem below using an I-Message.



Marco laughed at
your sidewalk
chalk art.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what
happened.

when _____



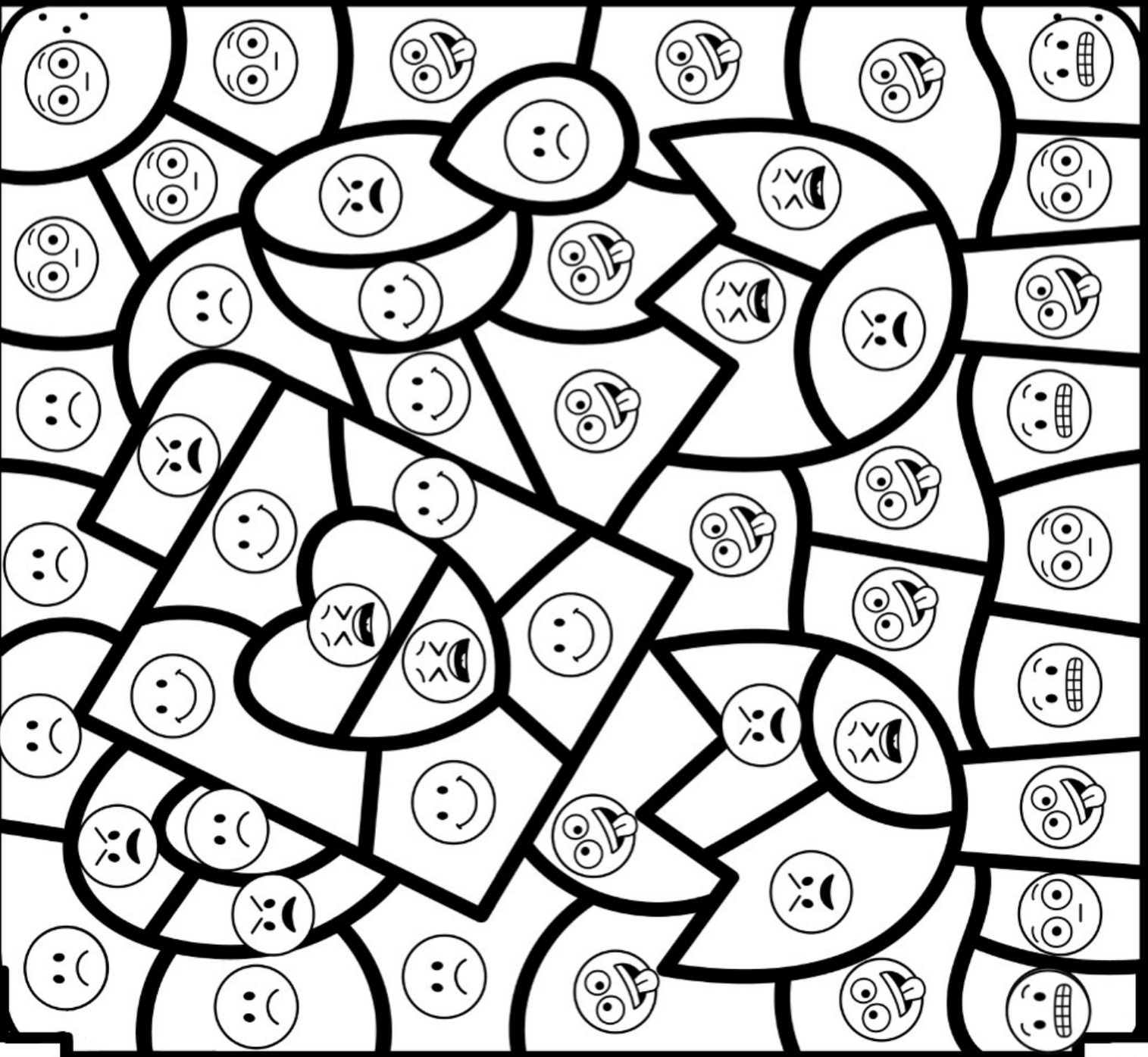
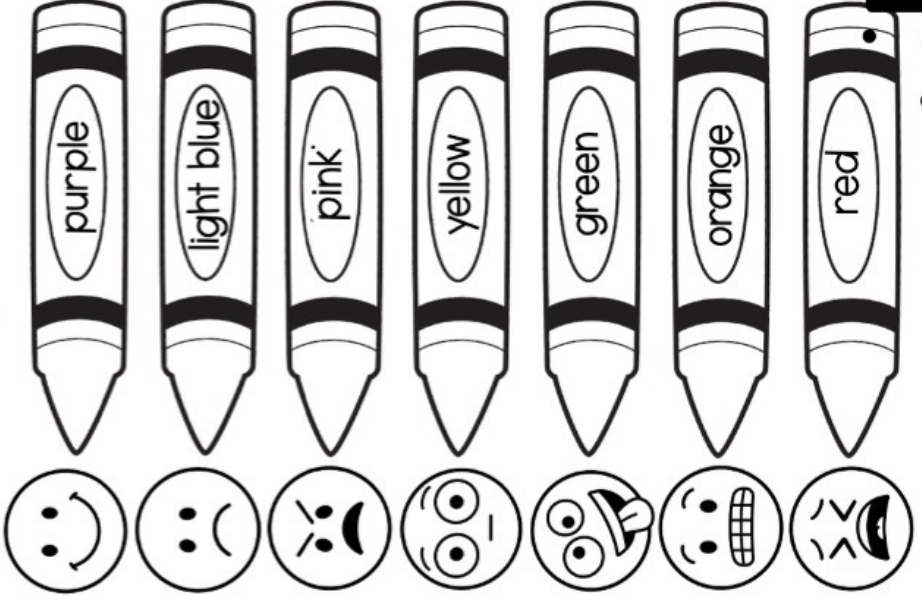
STEP 3: Share what
you need.

Can you please _____



Name: _____

SPRING COLOR BY CODE feelings

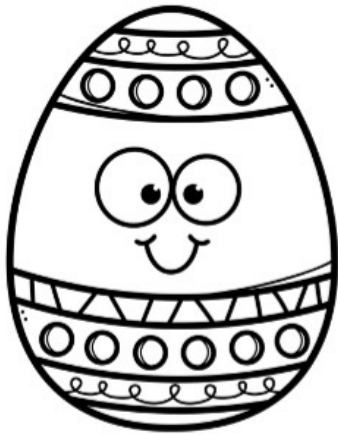


Name: _____

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MY SPRING FEELINGS

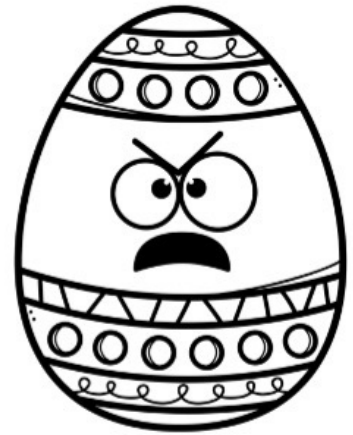
Color the eggs that show how you're feeling today.



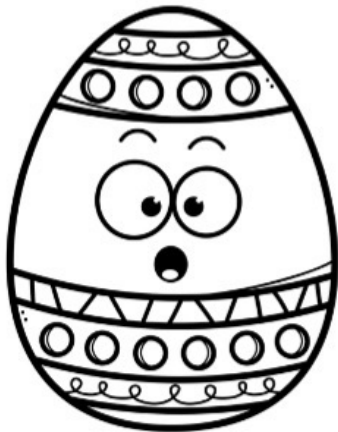
Happy



Sad



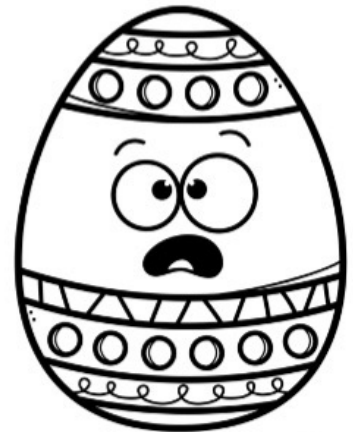
Angry



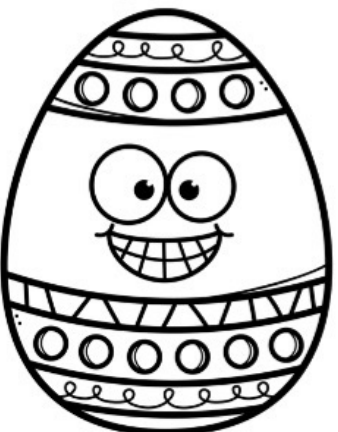
Surprised



Nervous



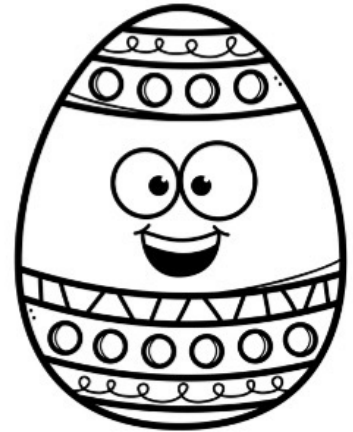
Scared



Proud



Frustrated



Excited

Name: _____

VEGETABLE AFFIRMATIONS

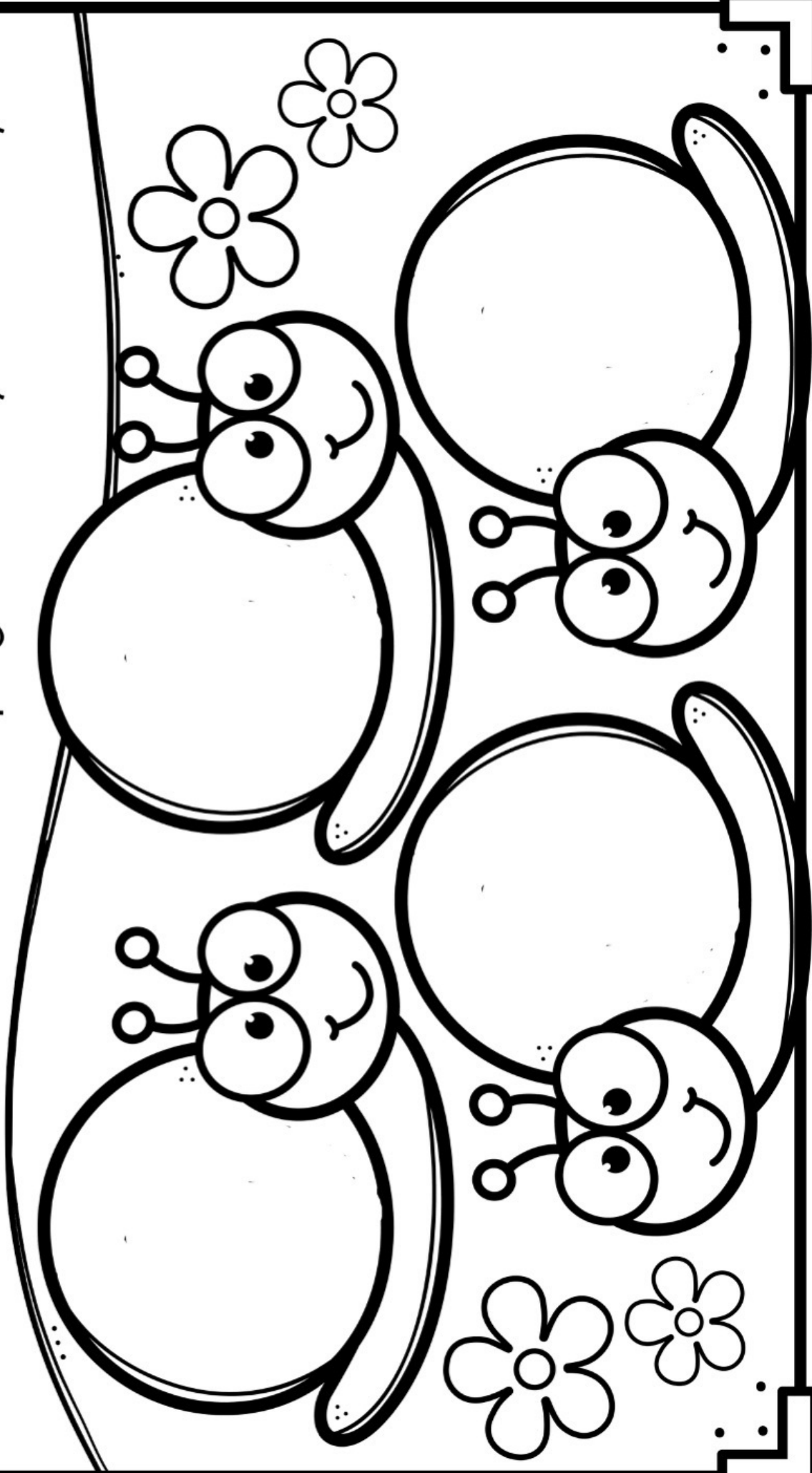
Positive affirmations are kind words you say to yourself that make you feel strong. Write an affirmation on each set of lines.



Name: _____

SLOW-AND-STEADY COPING SKILLS

When big feelings come to visit, take it slow-and-steady like a snail. Write on each snail a coping skill that you could try.

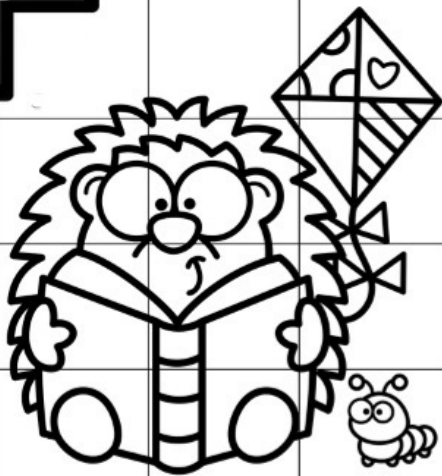


Name: _____

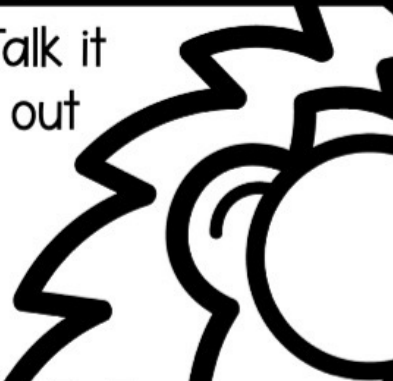
© Music City Counselor

COPING SKILLS PUZZLE

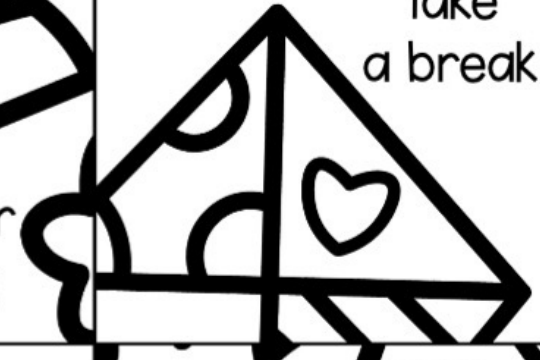
Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!



Talk it out



Take a break



Ask for a hug



Spend time in nature



Write in a journal



Count to 10



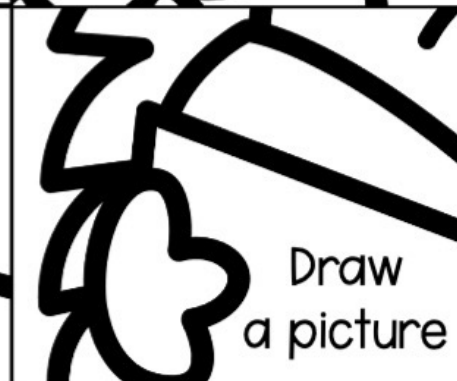
Go for a walk



Be mindful



Draw a picture



Use fidget tools



Take deep breaths



Imagine a happy place



Name: _____

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FRIENDSHIP ANTS ON A LOG

Write on each line an "ingredient" of a good friend to make Friendship Ants on a Log.

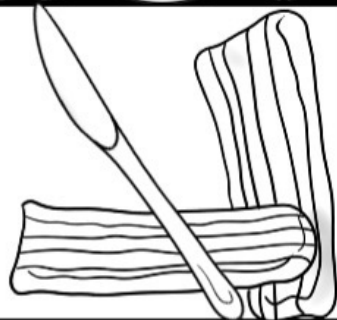
1

Gather celery, peanut butter, raisins, and kindness _____.



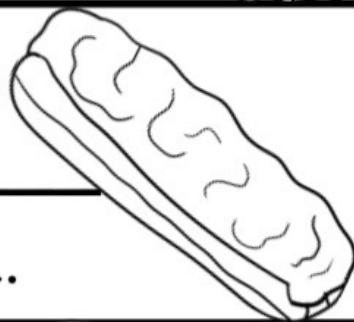
2

Cut celery into 3-4 inch sticks. Add a sprinkle of _____ on top.



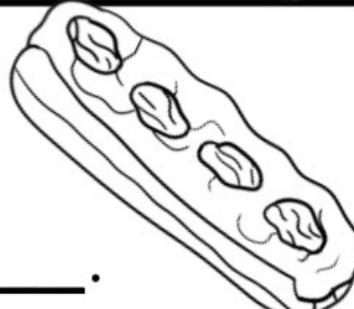
3

Scoop and spread peanut butter and _____ on top of each celery stick.



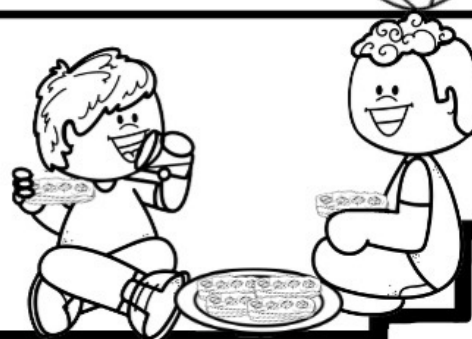
4

Put raisins (ants!) on top of the peanut butter. Add a pinch of _____.



5

Enjoy your ants on a log with a friend!



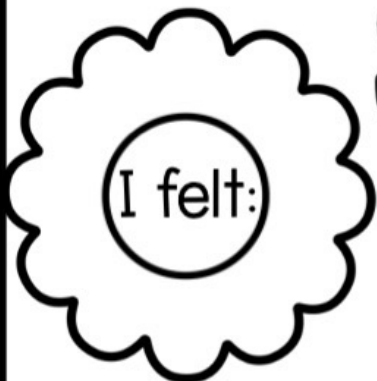
Name: _____

FLOWER I-MESSAGES

Solve the small problem below using an I-Message.



Carla didn't like the flowers you picked for her.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



STEP 3: Share what you need.

Can you please _____

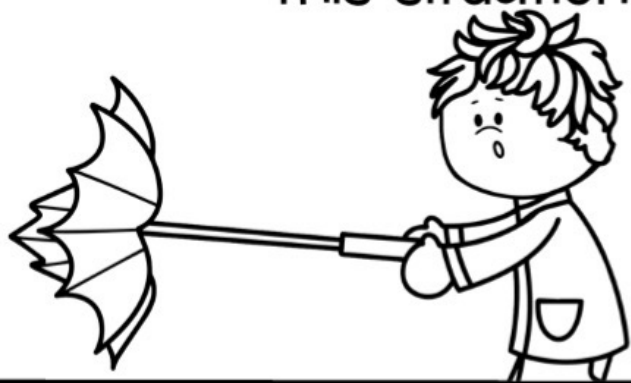


Name: _____

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WALK IN THEIR RAIN BOOTS

Write how you would feel and what you would do in this situation on the rain boots.



It started to thunderstorm on Ja'Michael's walk to school.

If I were
Ja'Michael,
I would feel...

If I were
Ja'Michael,
I would...

Name: _____

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ANGRY UMBRELLA

Write about the feeling on the lines.



Anger looks like:

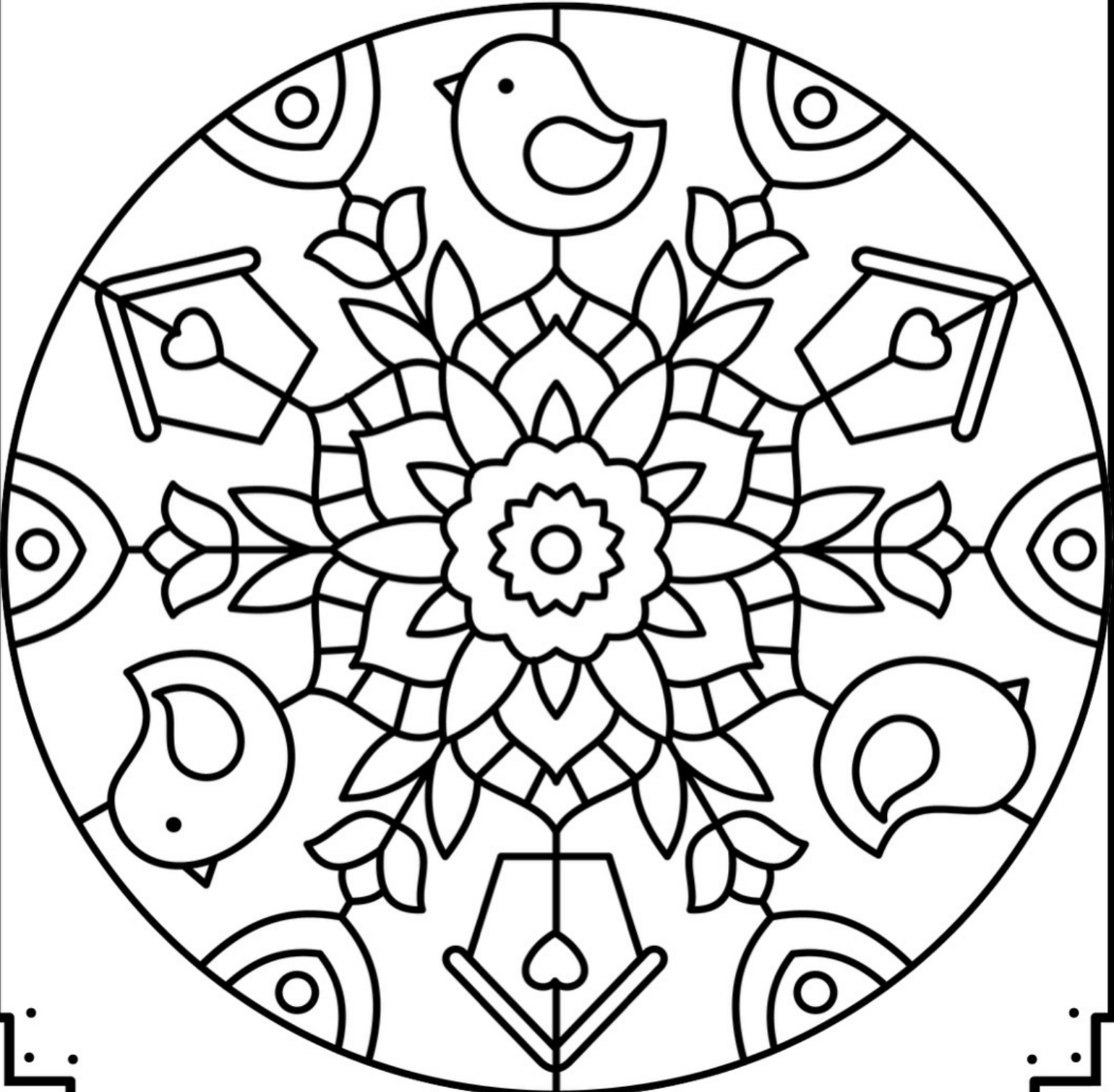
To cope I can:

Name: _____

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SPRING MINDFUL COLORING

Take a deep breath and pick your favorite colors. As you color the mandala, focus on how each color makes you feel. Be fully present in this moment.



Name: _____

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I'M SOME-BUNNY SPECIAL!

Write on the lines what makes you special.

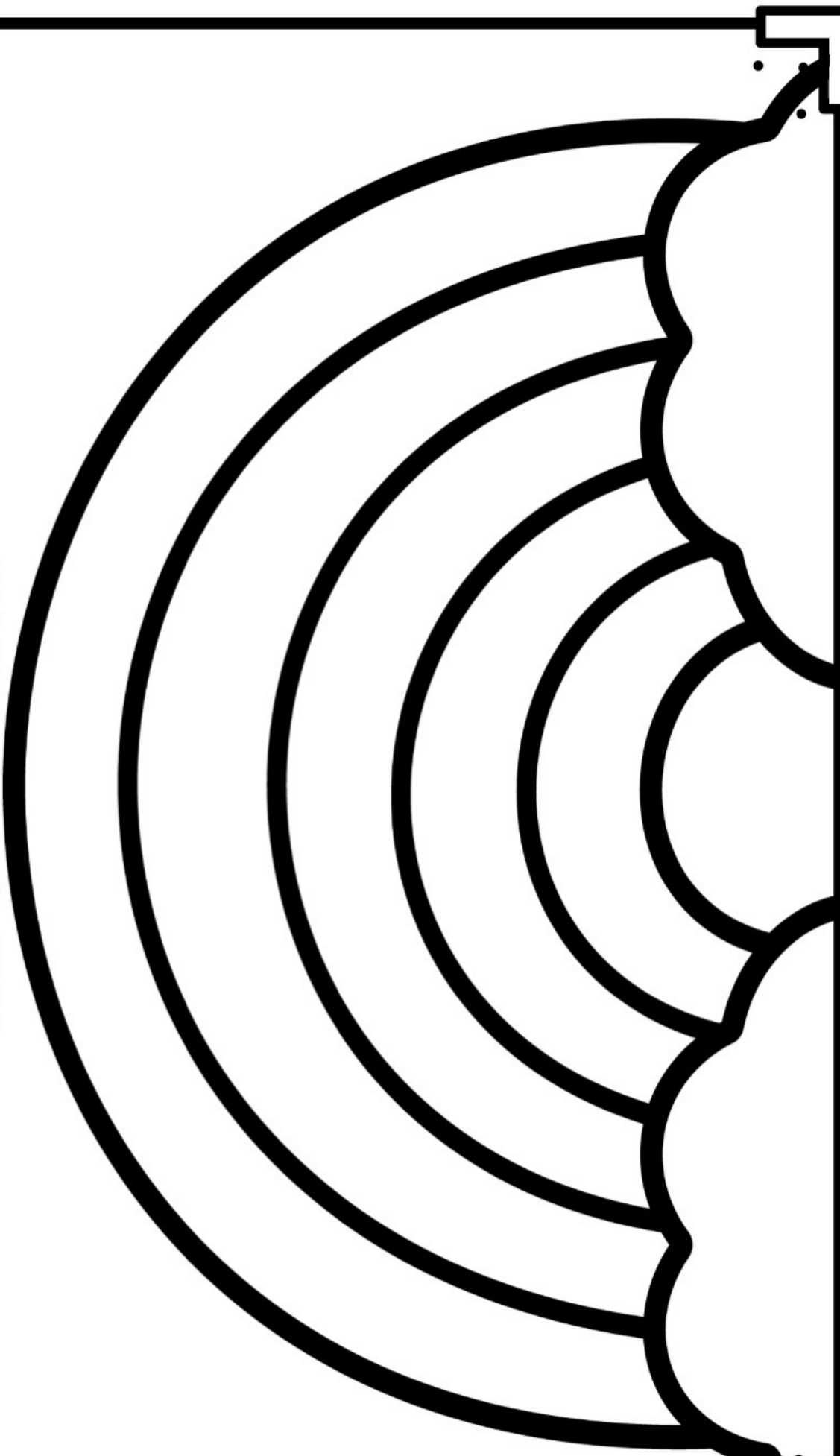


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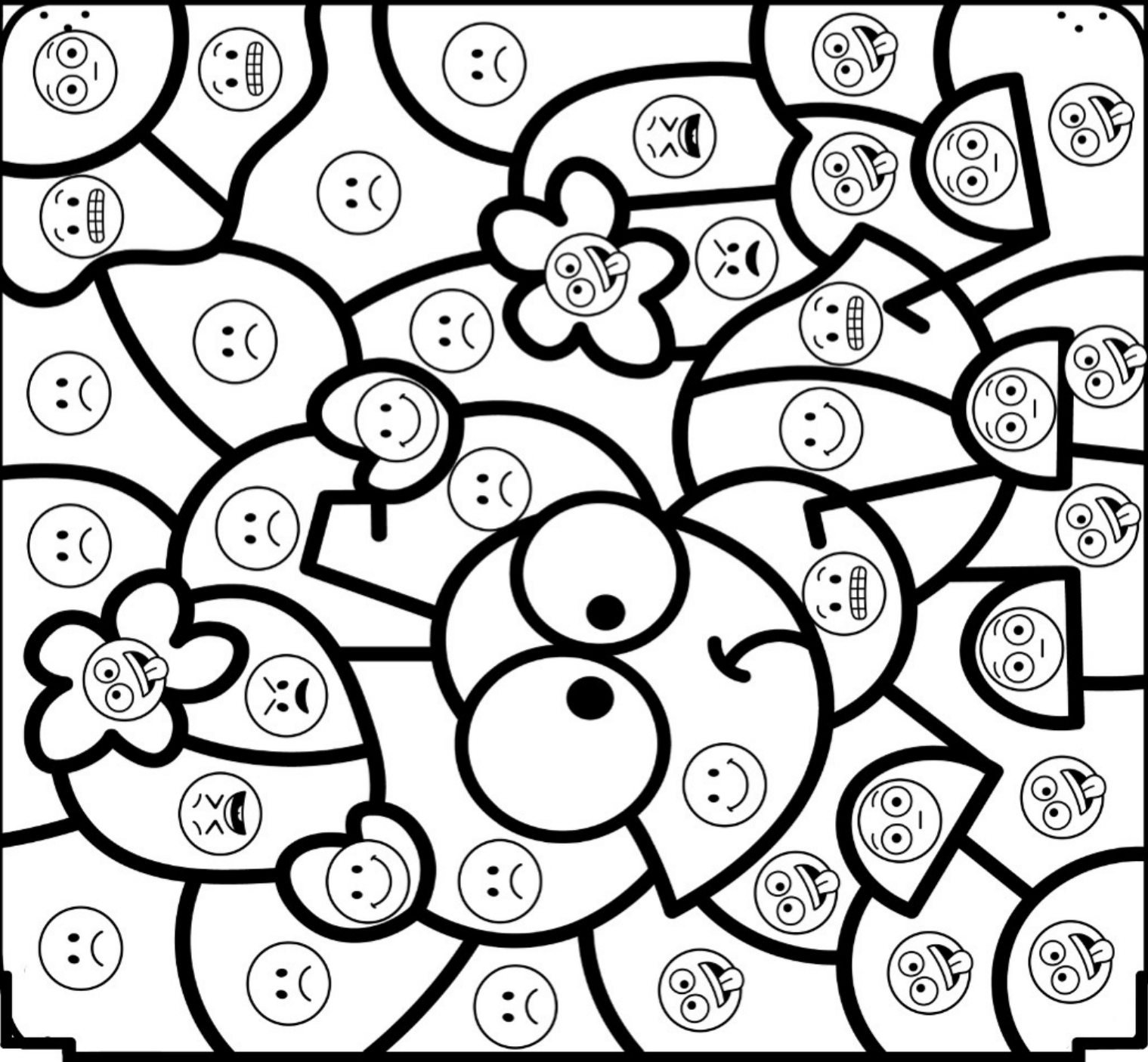
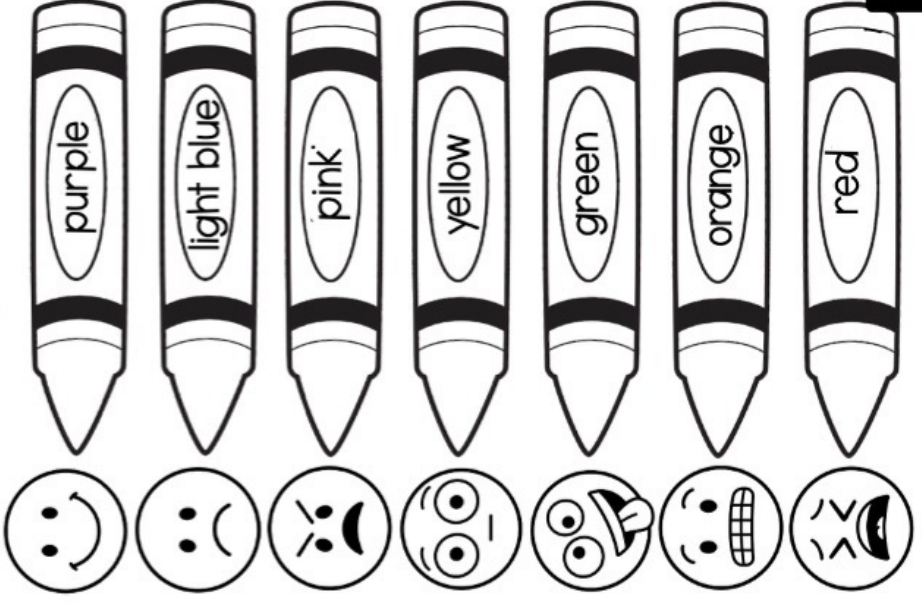
MY RAINBOW OF STRENGTHS

We all have special talents and gifts. Write one of yours on each color of the rainbow.



Name: _____

SPRING COLOR BY CODE feelings



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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