

my

CALM



My Calm

MONSTERS

What happens to your body when you are calm?

Mind is settled.

Peaceful thoughts

Speaking slowly and clearly

Breathing is slow

Relaxed posture

Deep breaths

Body at rest.

Feet at ease.

HEART and MIND Teaching

MY CALM MONSTER



Session Objective:

- *Students will identify how their body feels and looks when calm.
- *Students will recognize different actions that make them calm.

Materials:

- *Pencils
- *Crayons
- *My Calm Monster handouts

Guiding Questions:

- *How do we look when we are calm?
- *What are some things that make us feel calm?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS 1)

SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

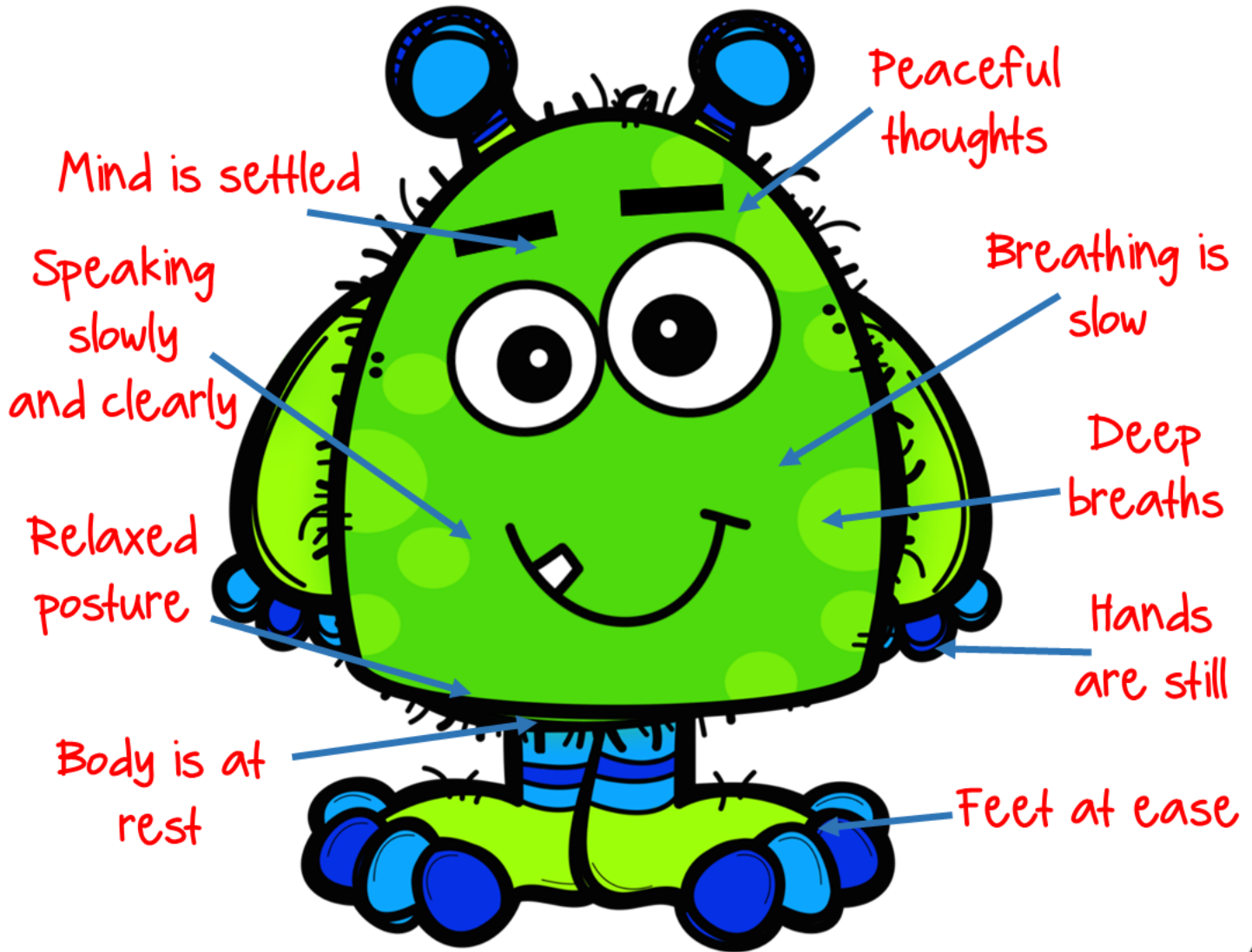
Session Details (about 30 minutes)

*My Calm Monster activity: "Everyone expresses their emotions differently, when calm some people get relaxed posture, some breathe deeply, some think peaceful thoughts, some feel their breathing slow down. It's important to identify how we look when we are calm because it can help us get back to a calm state when we are starting to get upset." Pass out the calm monster handout. Show them the example of the one that is completed. "This is your calm monster, describe how you look or act when calm then share with the group. You will notice some of us express this in the same way." Pass out the color my monster handouts. "Now that we know how we look when calm, let's find out what makes us feel calm and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them calm." Once everyone has completed their pages, go through each one and discuss why they put not calm, a little calm, or very calm. Next, give them the last two pages to complete about people and places that make them feel calm. "It's important to also determine what others do to help us feel calm and locations that also allow us to be in a more calm state."

My Calm



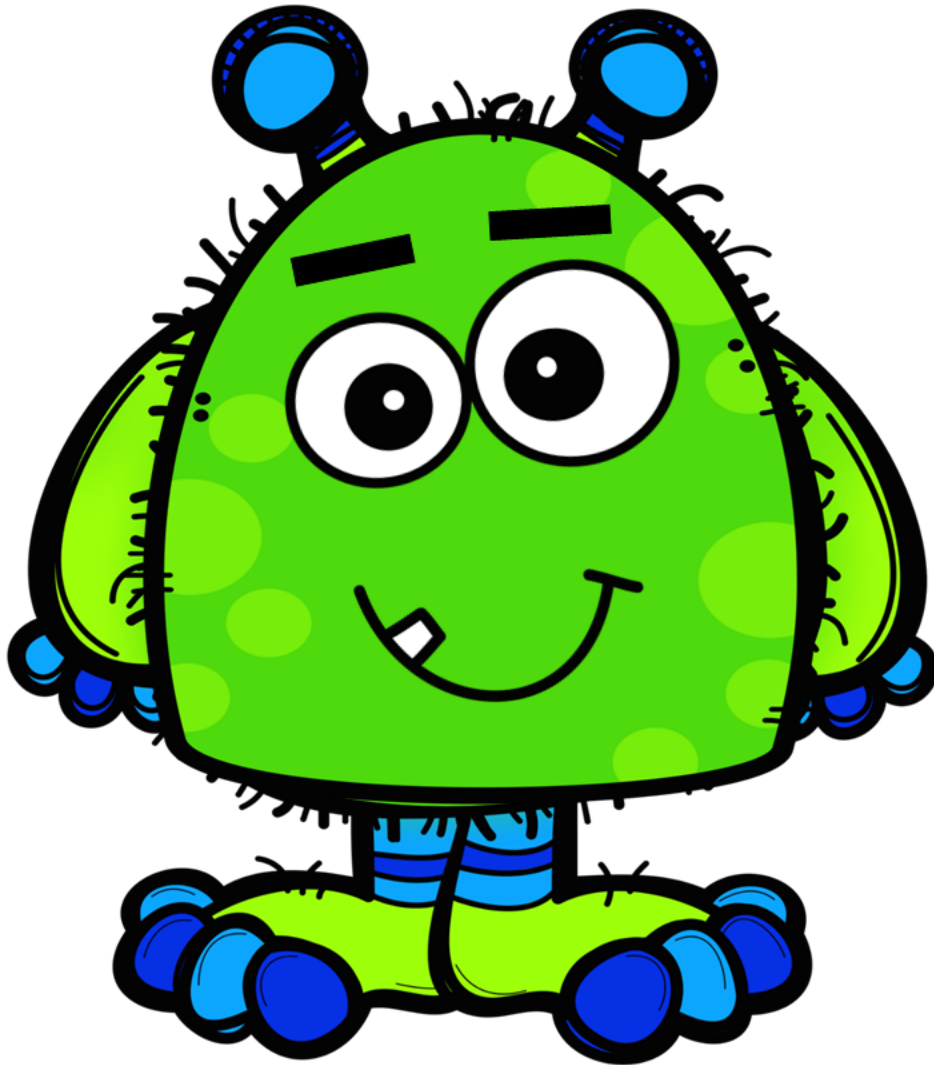
What happens to your body when you are calm?



My Calm



What happens to your body when you are calm?



Color your Calm Monster



Not
Calm

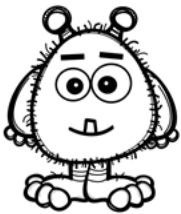


A little
Calm



VERY
Calm

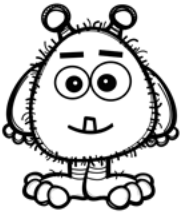
Color the monsters using the color code above, based on how you would feel to each given situation.



I squeeze a
stress ball.



I count to ten.



I talk to a loved
one.



I focus on my
breathing.



I write in a diary
or journal.



I exercise.



I listen to music.



I think about
the beach.

Color your Calm Monster



Not
Calm

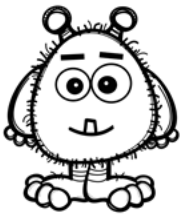


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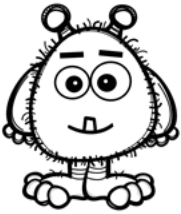
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I talk to a
Counselor.



I hug a stuffed
animal.



I do some yoga.



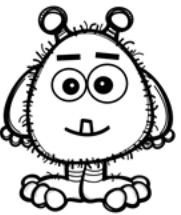
I color a coloring
sheet.



I draw a picture.



I read a book.



I think about
something that
makes me happy.



I stretch my
muscles.

Color your Calm Monster



Not
Calm

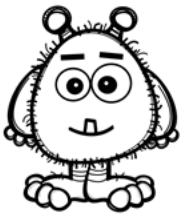


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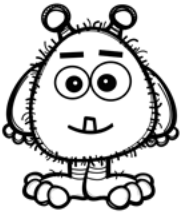
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I do some
meditating.



I take a break.



I drink water.



I picture a
peaceful place
in my mind.



I go to a quiet
place.



I blow on a
pinwheel.



I tell myself
everything is going
to be okay.



I listen to the
sound of rain
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My Calm Monster

The people in our life sometimes bring out our Calm Monster, list what these people do that make you calm.

I get calm when my:

Mother

Father

Brother

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Teacher

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Friend



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Some places cause our Calm Monster to show itself, describe what happens in these areas in your life.

I get calm when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

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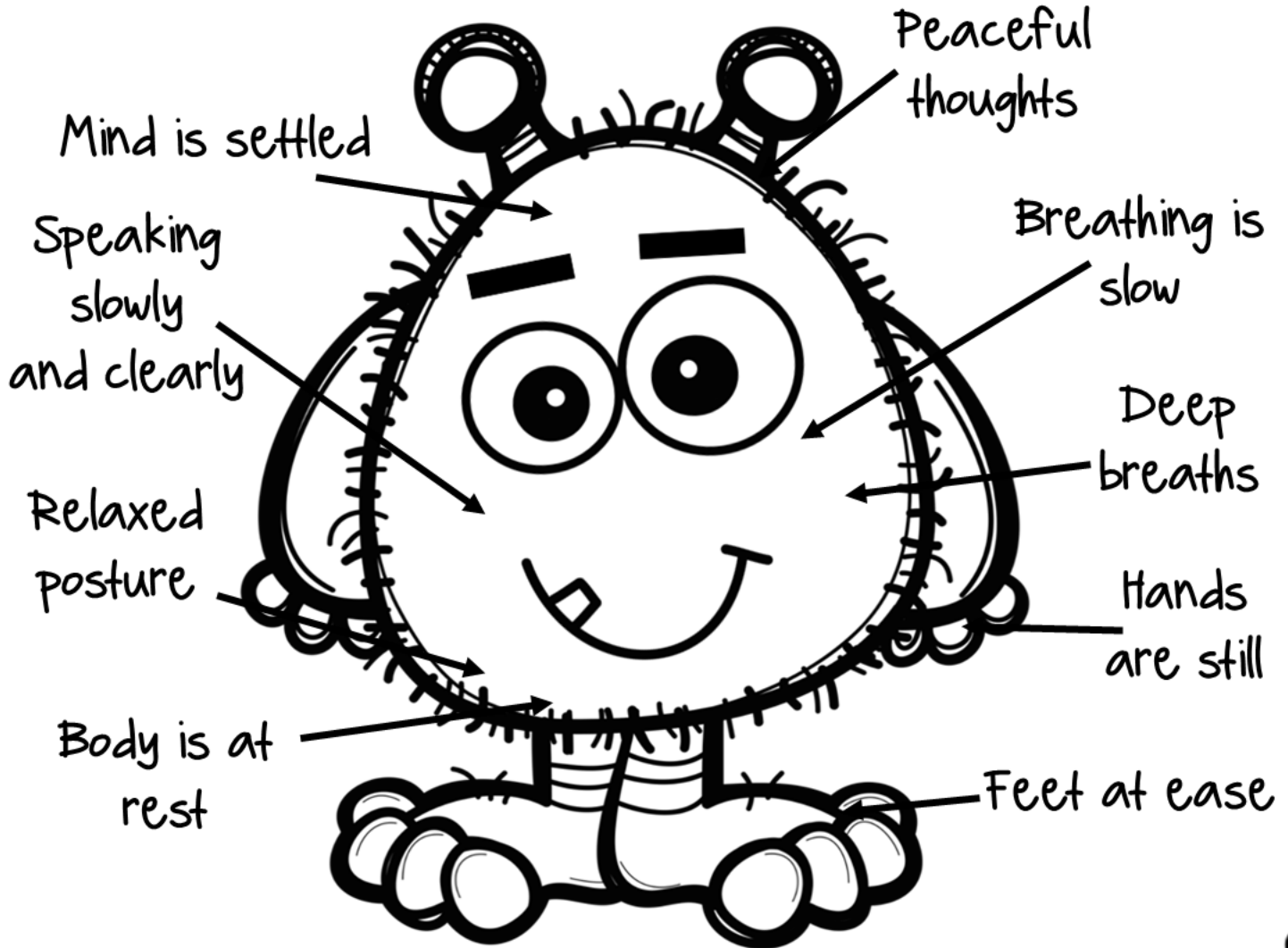
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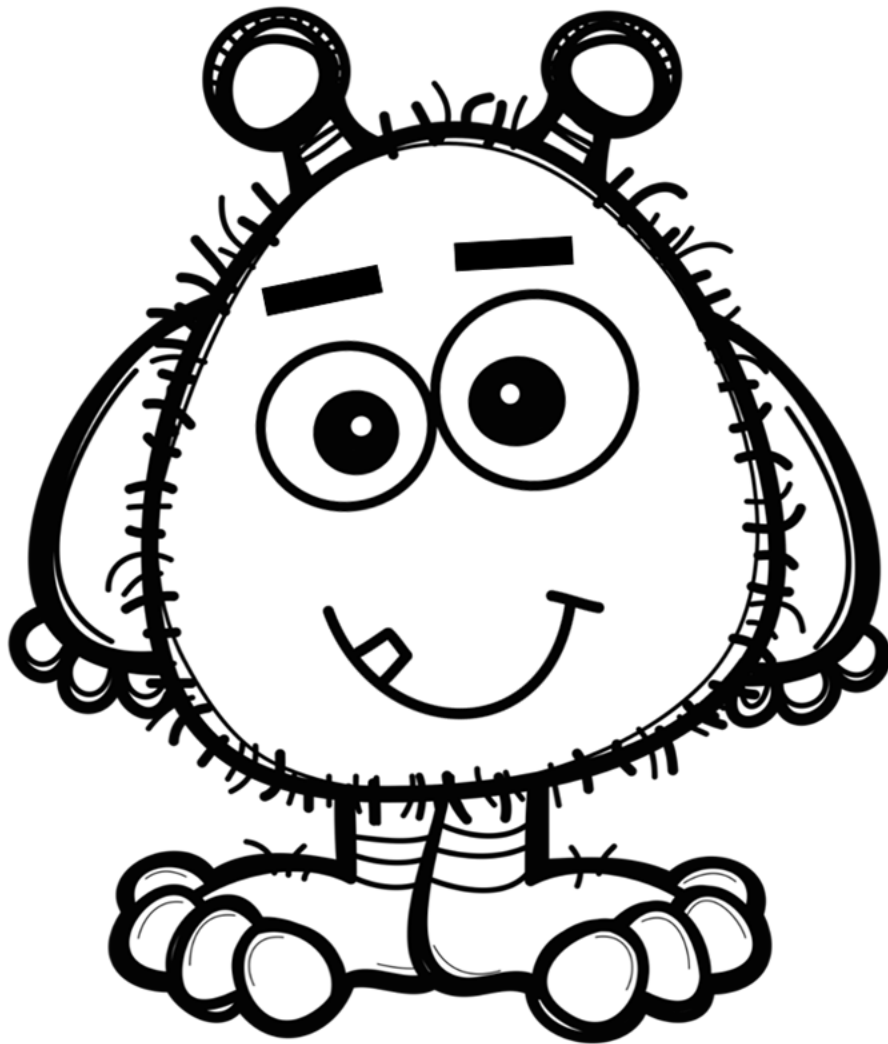
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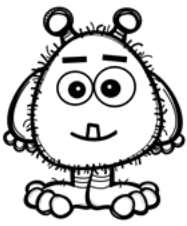
My Calm



What happens to your body when you are calm?



Color your Calm Monster



Not
Calm
(Red)

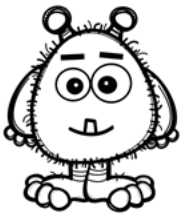


A little
Calm
(Yellow)



VERY
Calm
(Green)

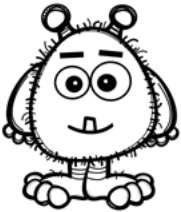
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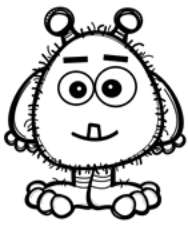


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I think about
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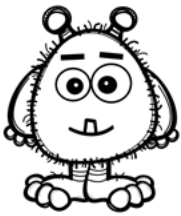


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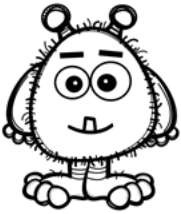
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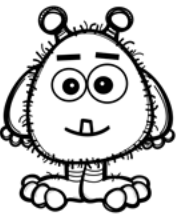
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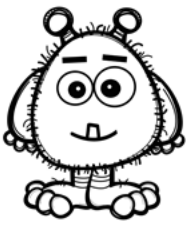


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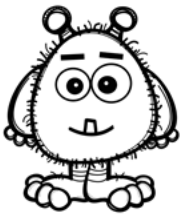


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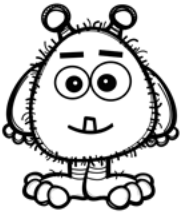
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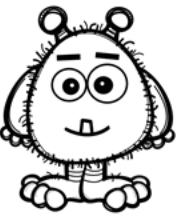
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GOOGLE CLASSROOM

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Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [My Calm Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!



This activity is meant for google edit mode, the drag & drop and text boxes will not work in presentation mode.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom](#) [Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

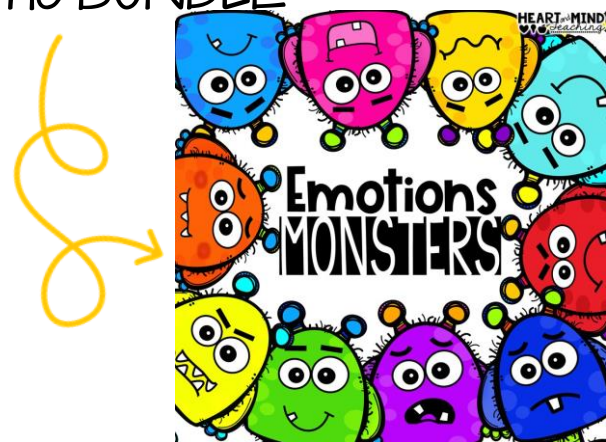
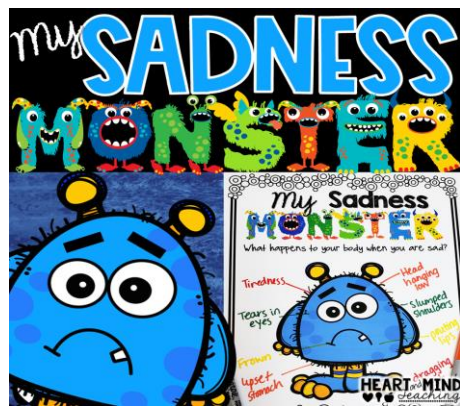
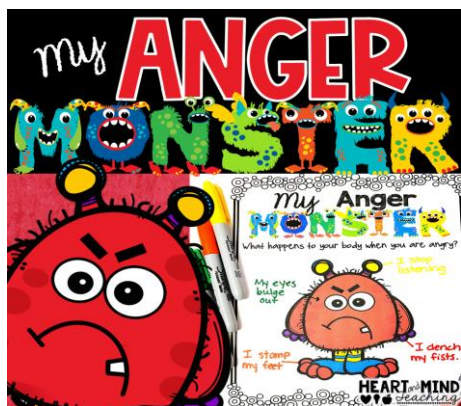
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Access my [freebie library](#) by subscribing to my newsletter, [click here](#)

RECOMMENDED RESOURCES

Check out more Monster Emotions in the BUNDLE



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