

○ MUSIC  city COUNSELOR

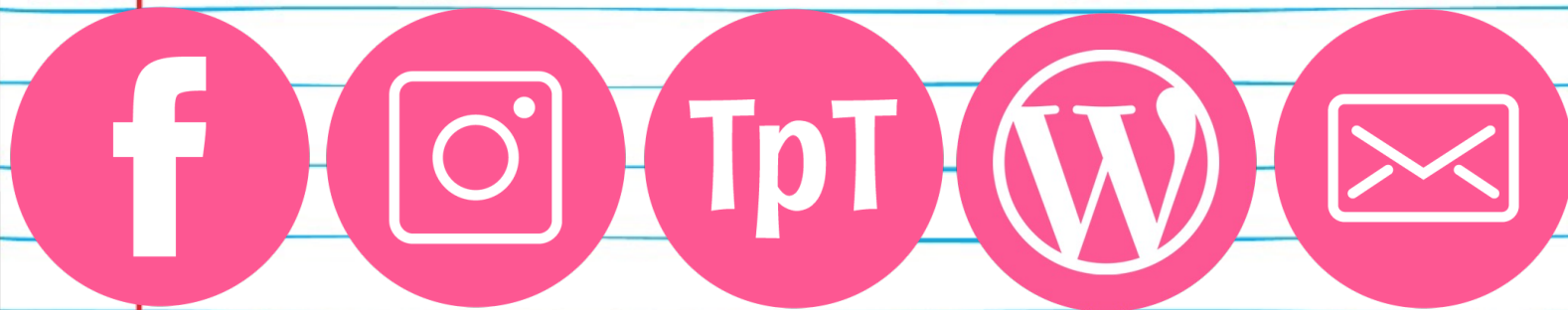
THANK YOU FOR YOUR
PURCHASE!



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!
























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

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

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DECEMBER SEL focus: COPING SKILLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 COPING SKILLS ARE ¹	 WHEN TO USE ²	 LIKES + DISLIKES ³	 BREATHE ⁴	 COUNT TO 10 ⁵
 USE TOOLS ⁸	 RELAX IN NATURE ⁹	 MOVE YOUR BODY ¹⁰	 GO TO CALM CORNER ¹¹	 BLOW BUBBLES ¹²
 HAPPY HANUKKAH! ¹⁵	 HAPPY THOUGHTS ¹⁶	 WRITE + JOURNAL ¹⁷	 LISTEN TO MUSIC ¹⁸	 BE MINDFUL ¹⁹
 STRETCH ²²	 DRAW OR PAINT ²³	 READ A BOOK ²⁴	 MERRY CHRISTMAS! ²⁵	 HAPPY KWANZAA! ²⁶
 TAKE A BREAK ²⁹	 TALK IT OUT ³⁰	 GO FOR A WALK ³¹		

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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*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

