

○ MUSIC city COUNSELOR

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For helpful ideas and free resources, please check out my website!

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[www.musiccitycounselor.com](http://www.musiccitycounselor.com)





**Please click on the link below to access the digital activity:**

[https://docs.google.com/presentation/d/1cmcc-2p\\_QBWALkuRFSNr3ptT\\_FFu6k1uhZ4Md6HSU-k/copy](https://docs.google.com/presentation/d/1cmcc-2p_QBWALkuRFSNr3ptT_FFu6k1uhZ4Md6HSU-k/copy)

## **General Google Slides Directions:**

- 1. Please sign in with your Google account.**
- 2. Please click "make a copy" and a copy of the activity will automatically be saved to your Google Drive.**
- 3. If you are using Google Classroom, please assign the activity as an assignment to your students.**
- 4. If you distance learning but not using Google Classroom, you can post the resource to the virtual platform that you are using, or email the link directly to students. If you email the link to students, please make sure that they or their parents have a free Google account first. They will click on the link, sign in with their Google account, and then a copy of the activity will automatically be saved to their Google Drive. They can then use any device (tablet, smart phone, computer) to access the resource.**



# How to Use the Digital Activity:

**IMPORTANT NOTE: PLEASE USE THIS ACTIVITY IN "EDIT MODE," THE WAY IT LOOKS WHEN YOU FIRST OPEN THE DOCUMENT. PLEASE DO NOT USE IT IN FULL-SCREEN "PRESENTATION MODE."**

1. This lesson is a festive way to celebrate the winter season while learning feelings identification and coping skills. Students learn 8 feeling words and 3 coping skills to manage each emotion. On the "How do you feel today?" slide, students can show how they are feeling today by dragging the face and decorations to the cookie that express how they are feeling. On each feeling slide, students can share their experiences with that emotion by typing directly into the text boxes. On the second to last slide, students can drag the check marks to share their favorite coping skills.
2. Printable resources are included in the zip folder, too! Feel free to use any of them after completing the digital activity.
3. Questions? Please contact me at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com).
4. PS I so appreciate when you please leave feedback on my resources. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!



# TERMS OF USE:

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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments! I'd love to hear from you!

This resource was made possible by:

