

MUSIC city COUNSELOR

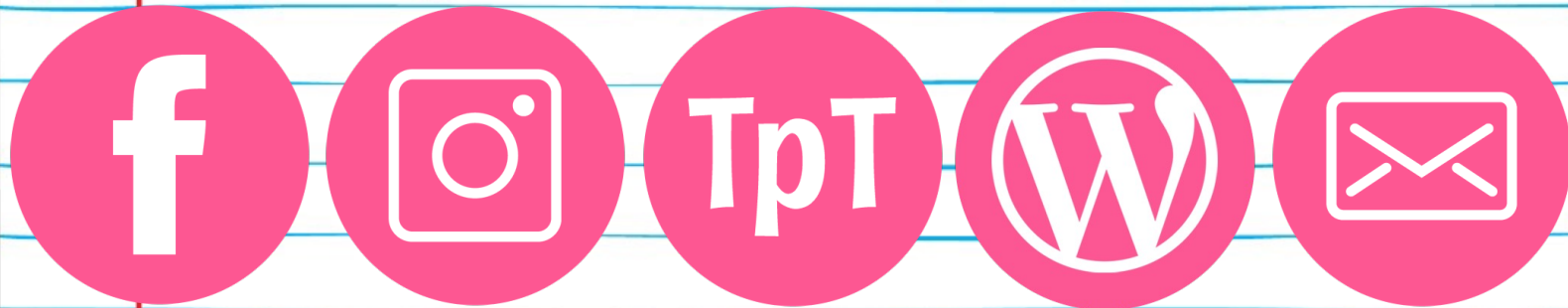
THANK YOU FOR YOUR PURCHASE!



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

Name: _____

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MY WINTER

Social-Emotional Learning

WORKBOOK



Name: _____

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MY WINTER FEELINGS

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



Happy



Sad



Angry



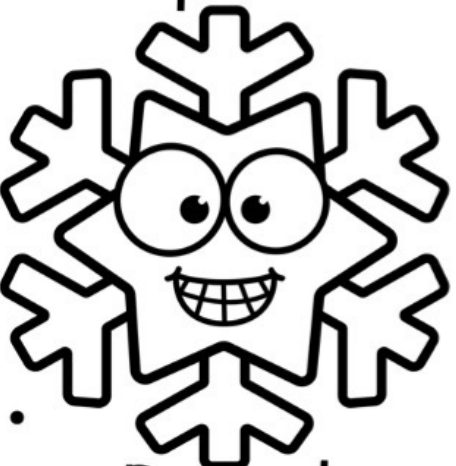
Surprised



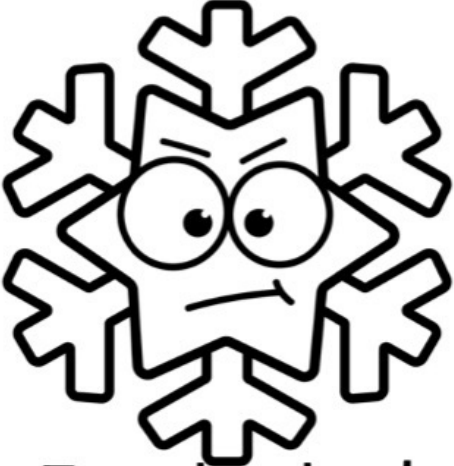
Nervous



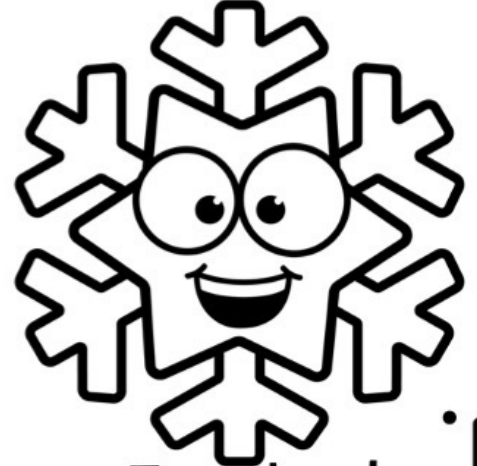
Scared



Proud



Frustrated



Excited

Name: _____

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NEW YEAR, NEW GOALS!

Write your goals for the new year on the lines.



Name: _____

COPING SKILLS PUZZLE

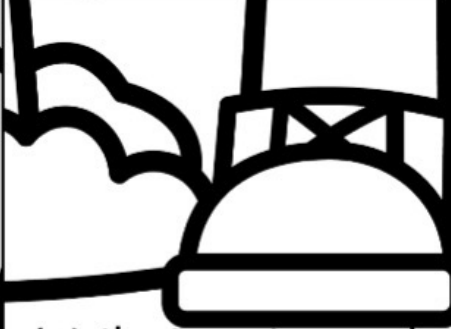
Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!



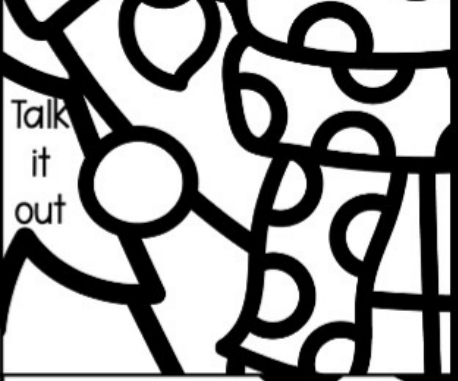
Take deep breaths



Write in a journal



Talk it out



Spend time in nature



Count to 10



Use fidget tools



Be mindful



Take a break



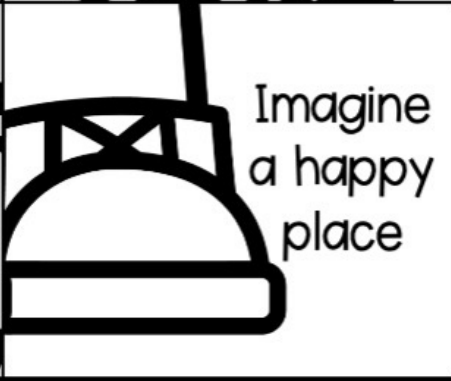
Go for a walk



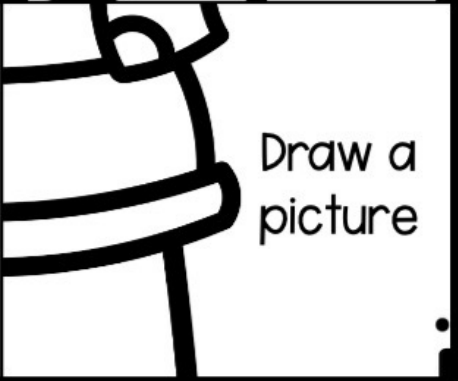
Ask for a hug



Imagine a happy place



Draw a picture

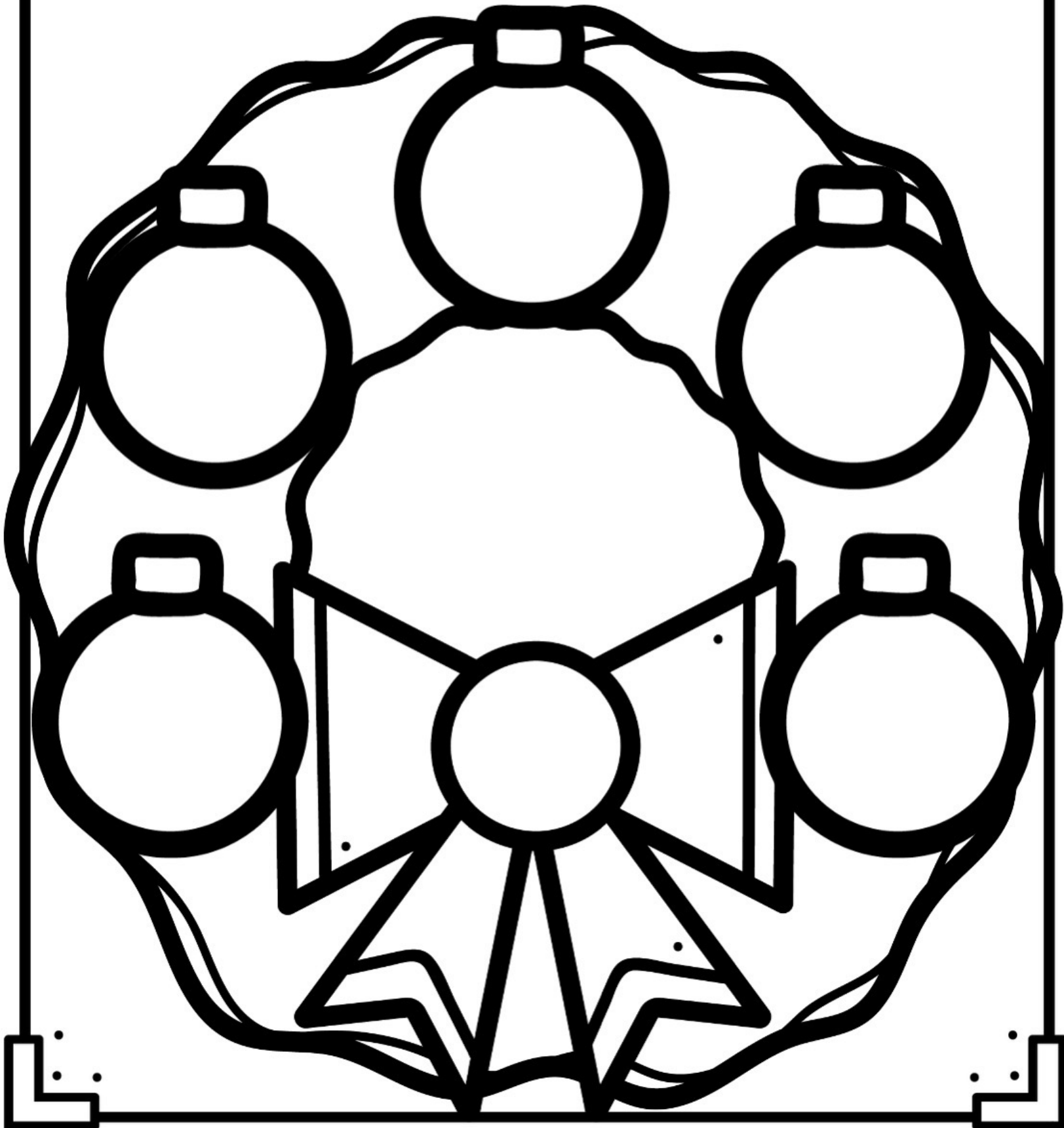


Name: _____

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WREATH OF KINDNESS

On each ornament, write one way to be kind.



Name: _____

WALK IN THEIR BOOTS

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



Kyle's dad's car got stuck in the snow on the way to school.

If I were Kyle,
I would feel...

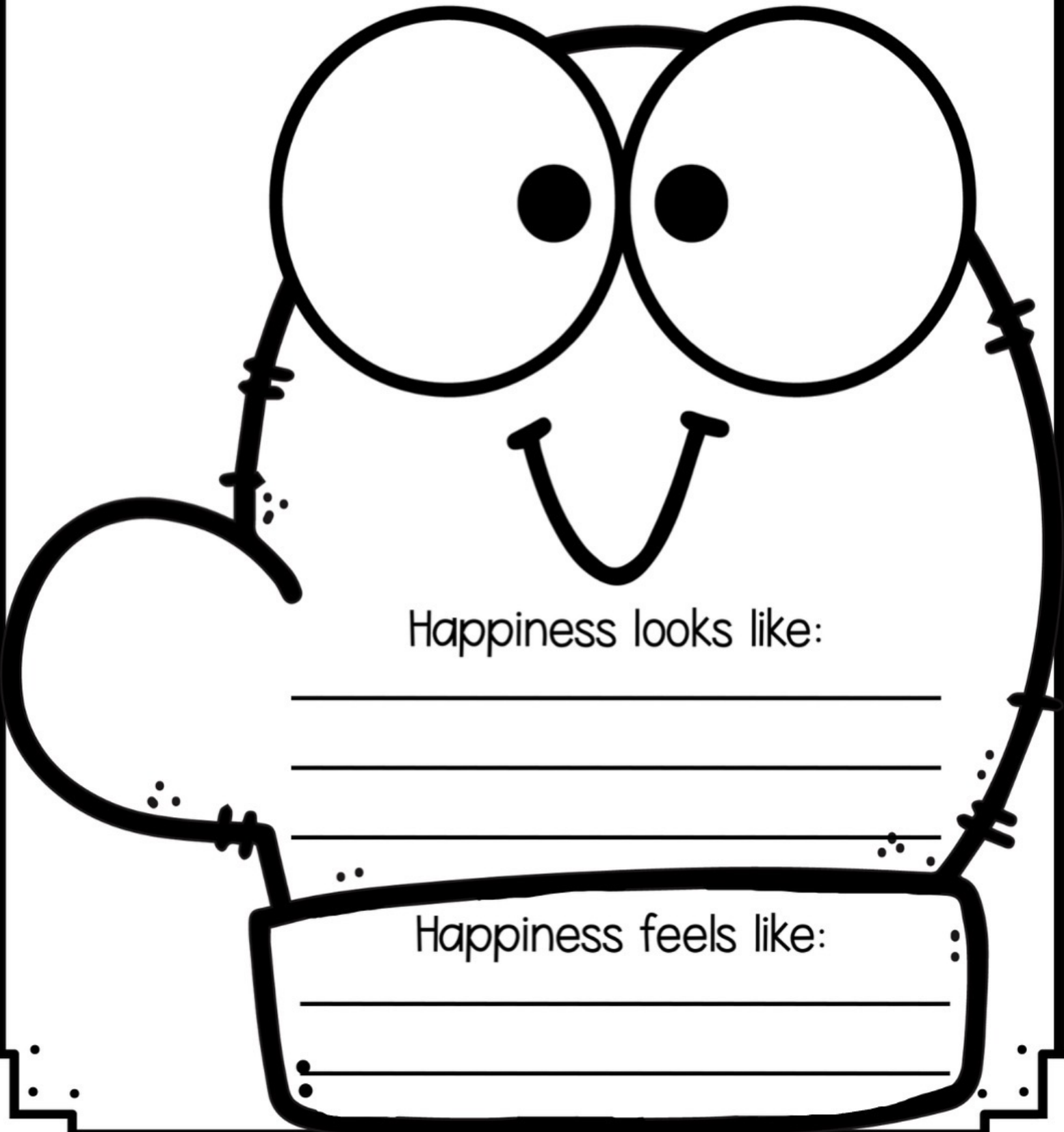
If I were Kyle,
I would...

Name: _____

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HAPPY MITTEN

Write about the feeling on the mitten.



Happiness looks like:

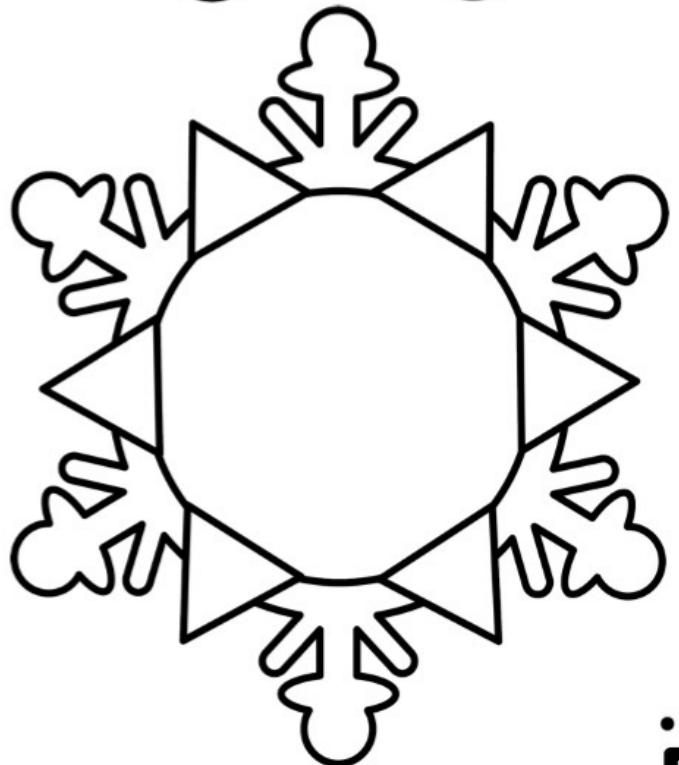
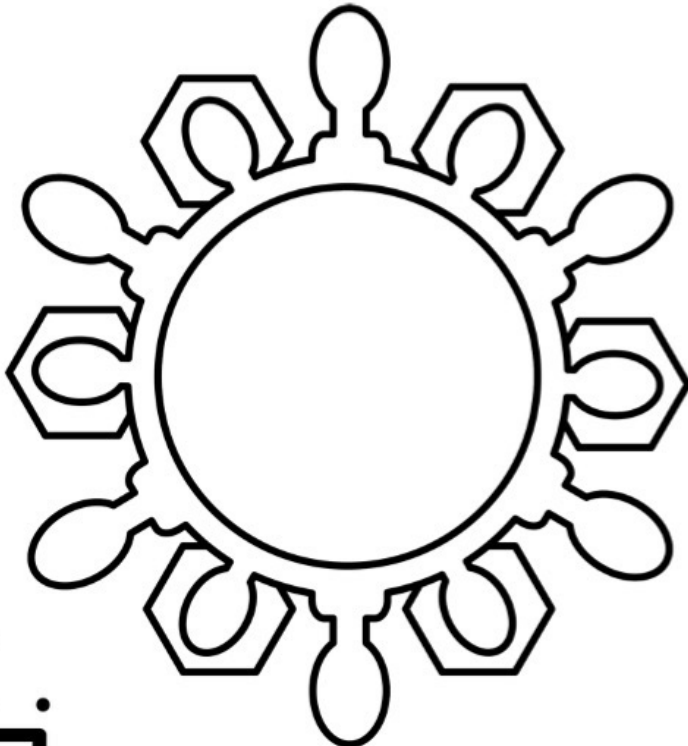
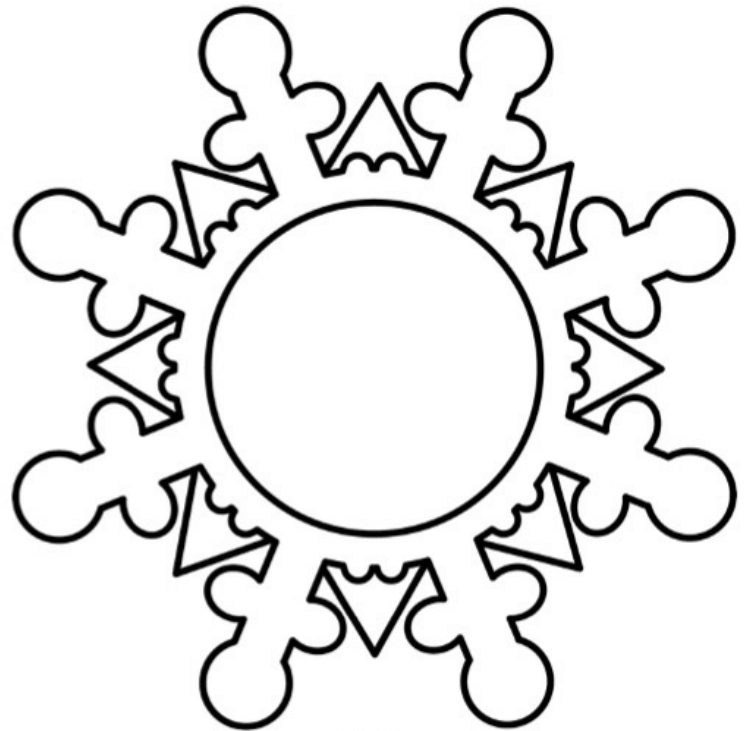
Happiness feels like:

Name: _____

SNOWFLAKE AFFIRMATIONS

Positive affirmations are kind words you say to yourself that make you feel calm and confident.

Write an affirmation inside each snowflake.

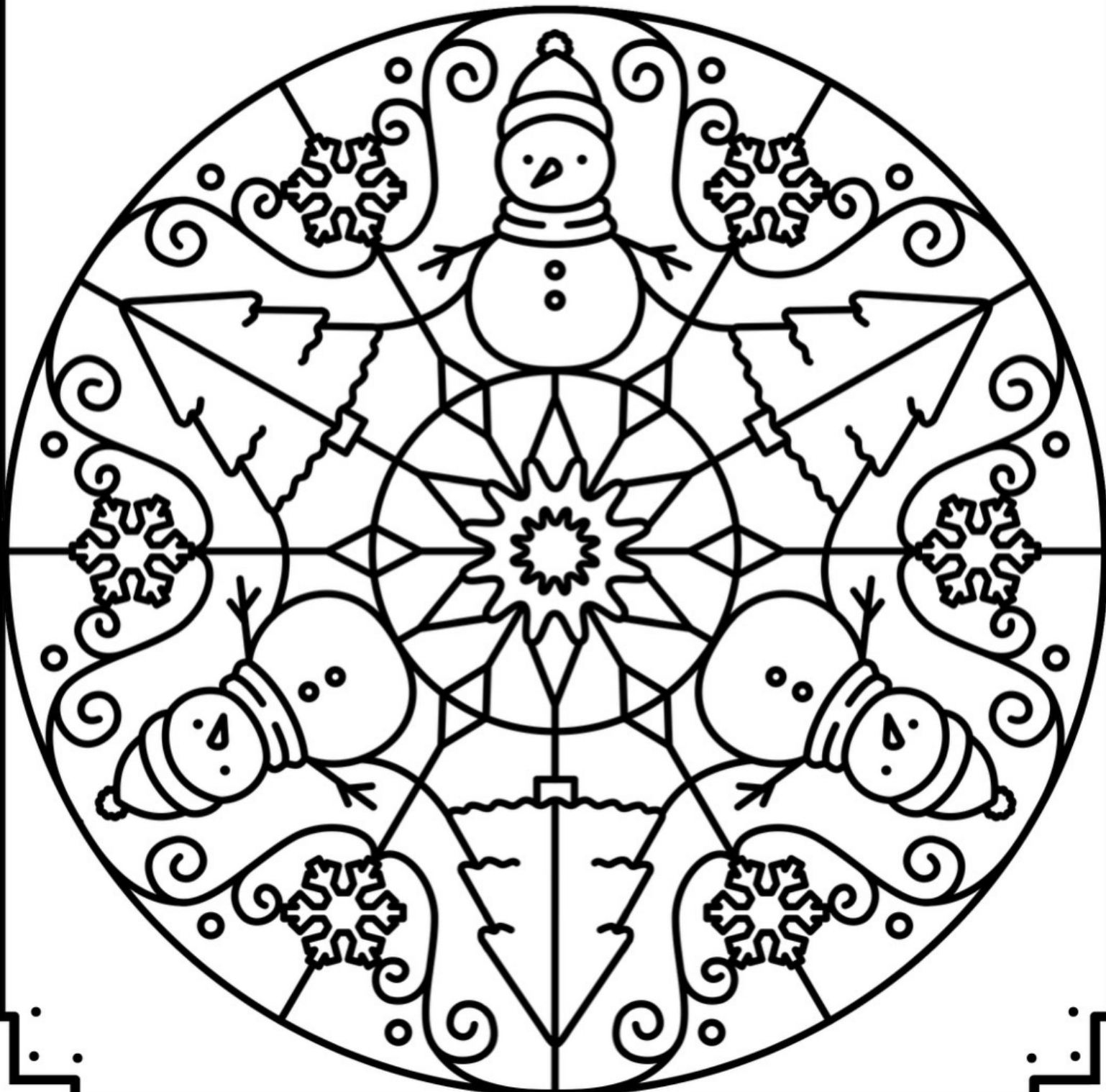


Name: _____

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WINTER 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: _____

SNOWMAN I-MESSAGES

Solve the small problem below using an I-Message.



Carly didn't invite
you to her
holiday party.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



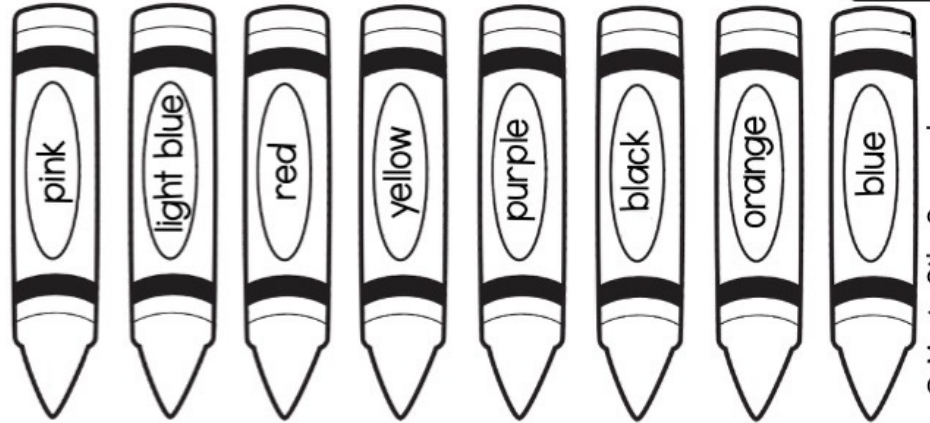
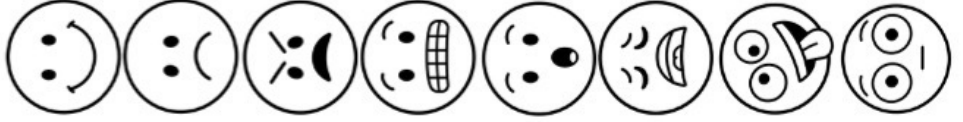
STEP 3: Share what you need.

Can you please _____

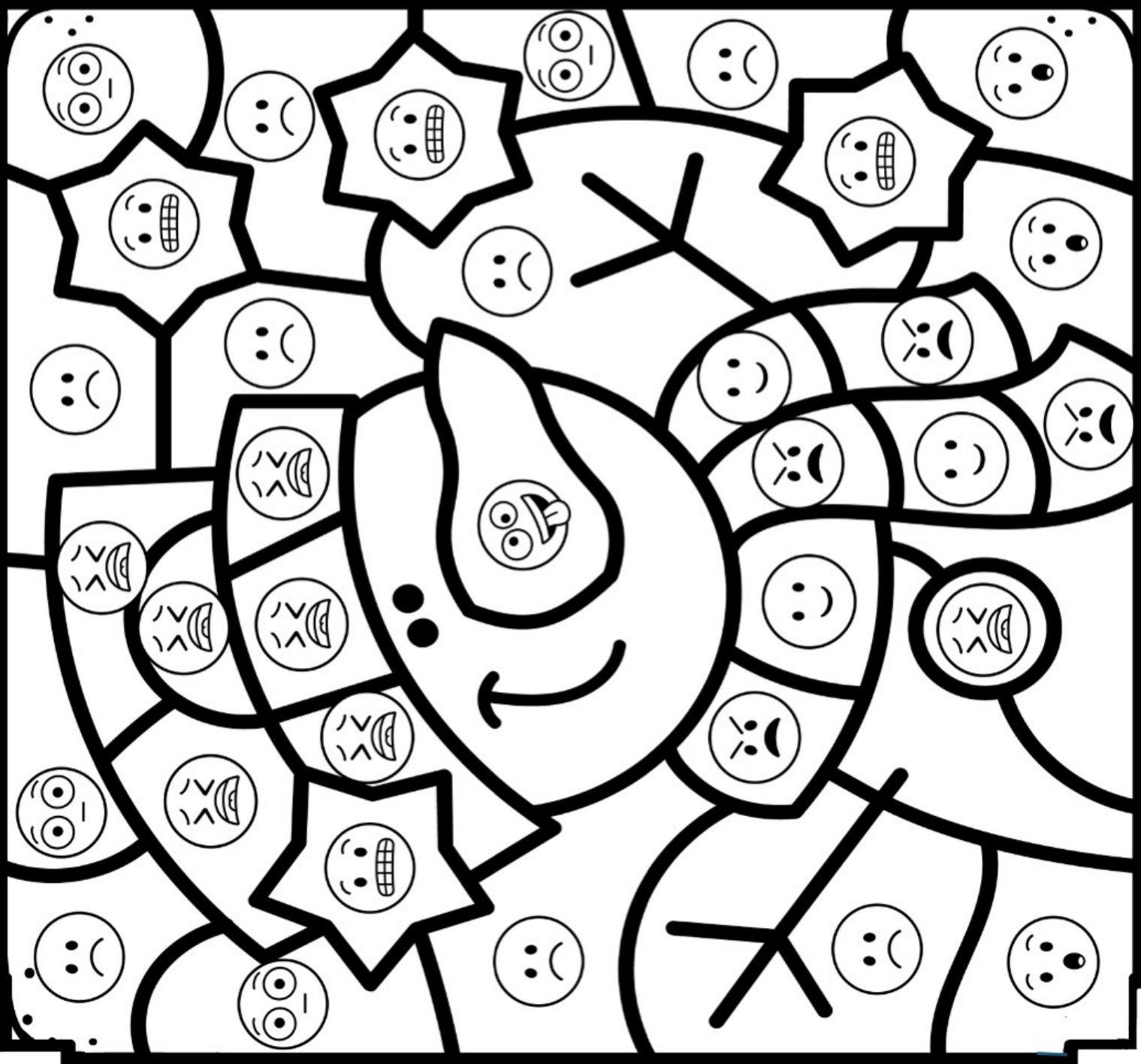


Name: _____

WINTER COLOR BY CODE FEELINGS



© Music City Counselor



Name: _____

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MY WINTER FEELINGS

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



Happy



Sad



Angry



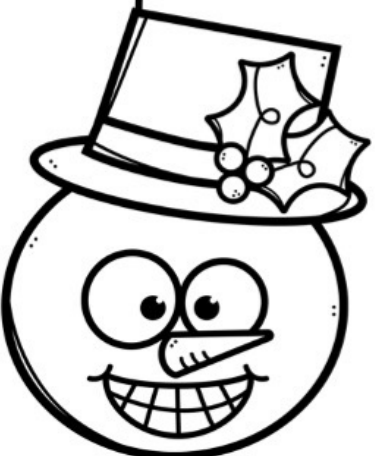
Surprised



Nervous



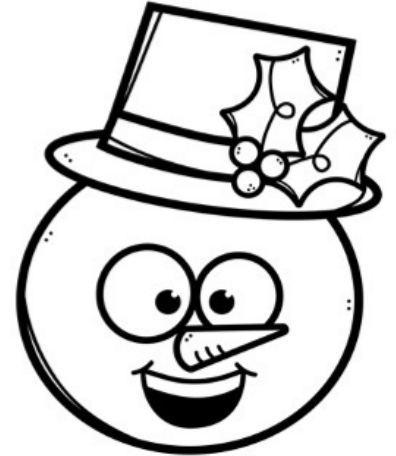
Scared



Proud



Frustrated



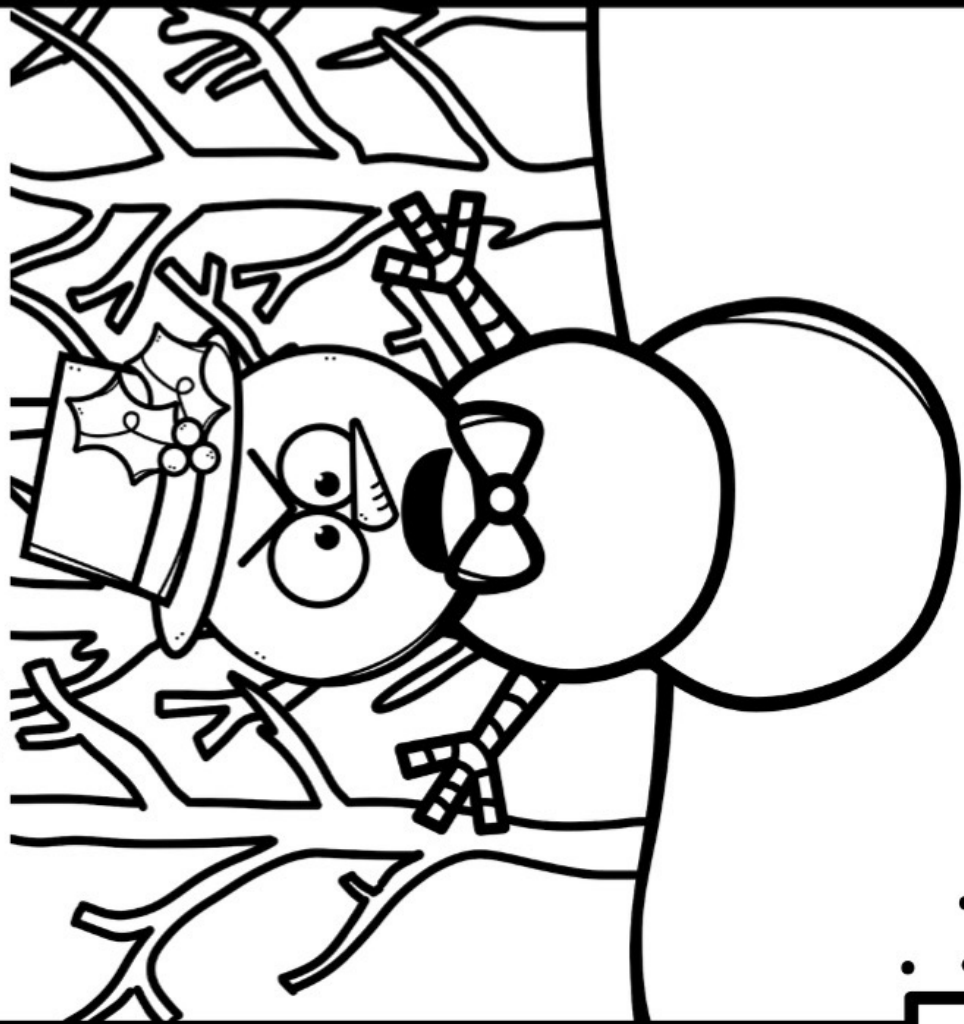
Excited

Name: _____

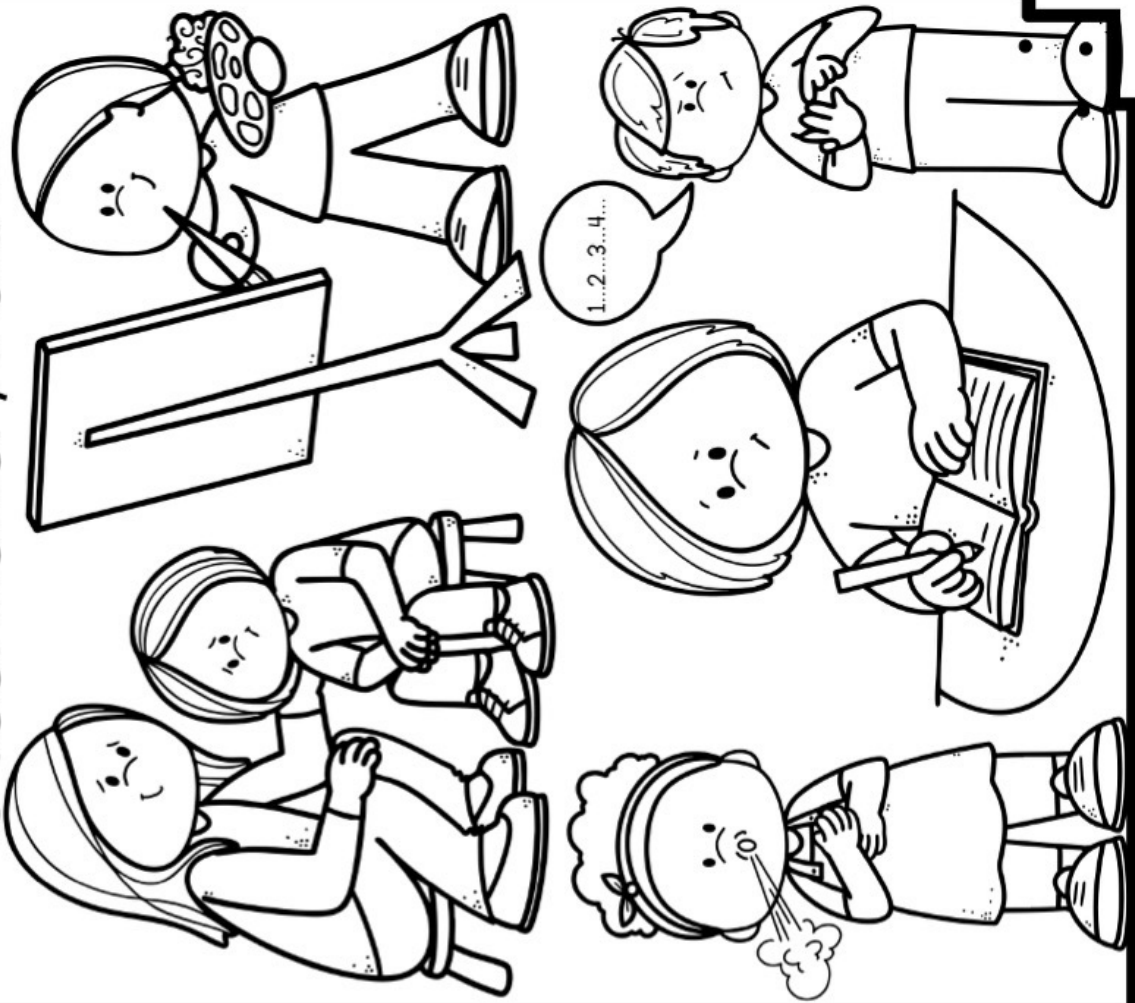
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WHEN I FEEL FROSTY

Sometimes I feel sad,
angry, and nervous.



To feel better, I can...

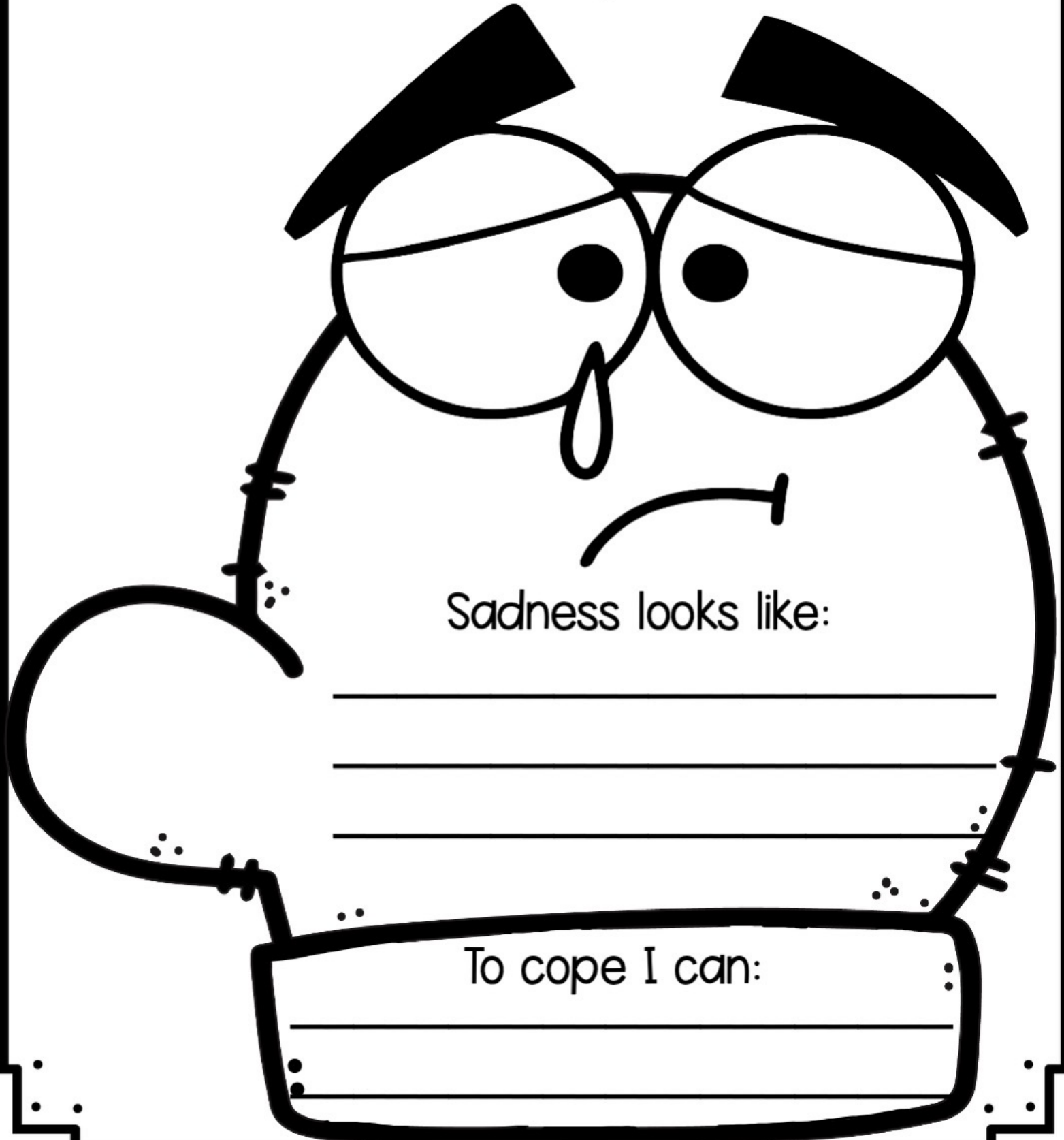


Name: _____

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SAD MITTEN

Write about the feeling on the mitten.



Sadness looks like:

To cope I can:

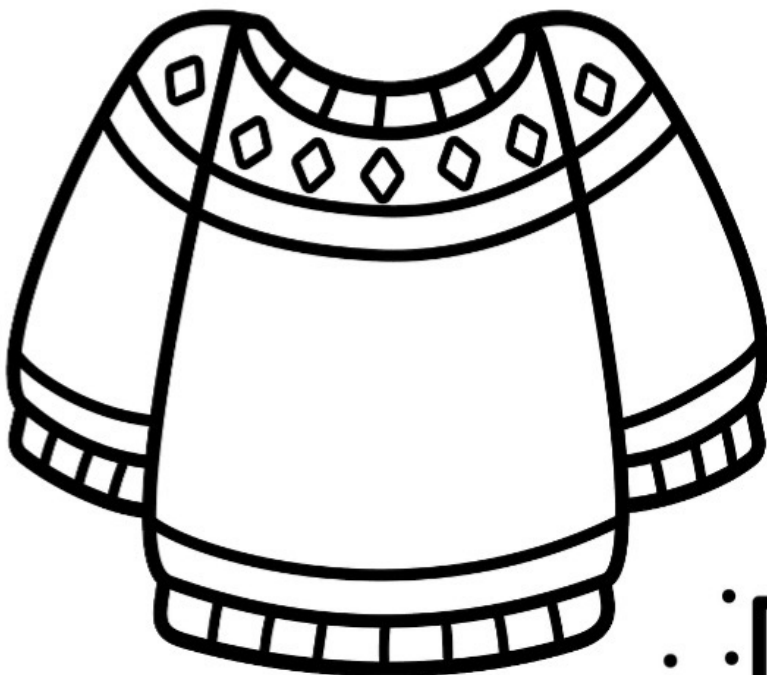
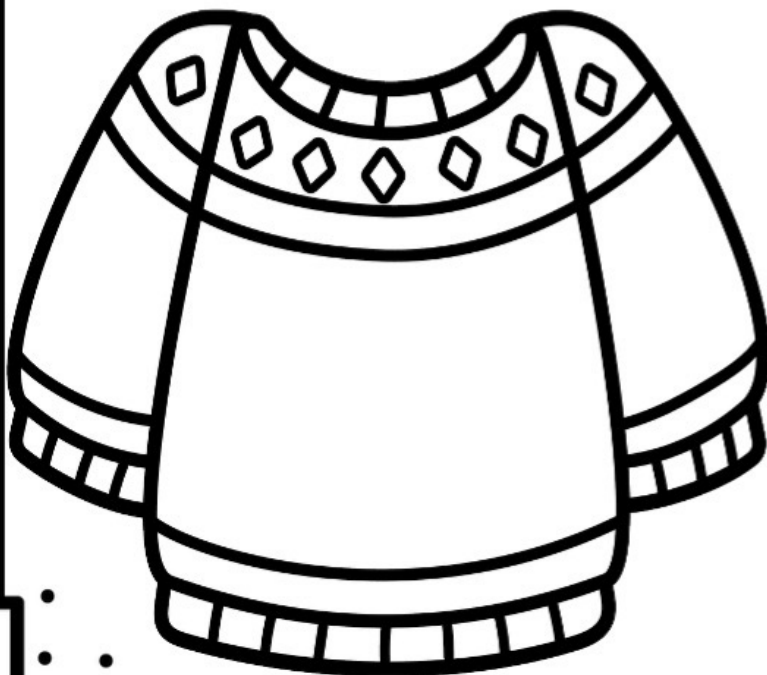
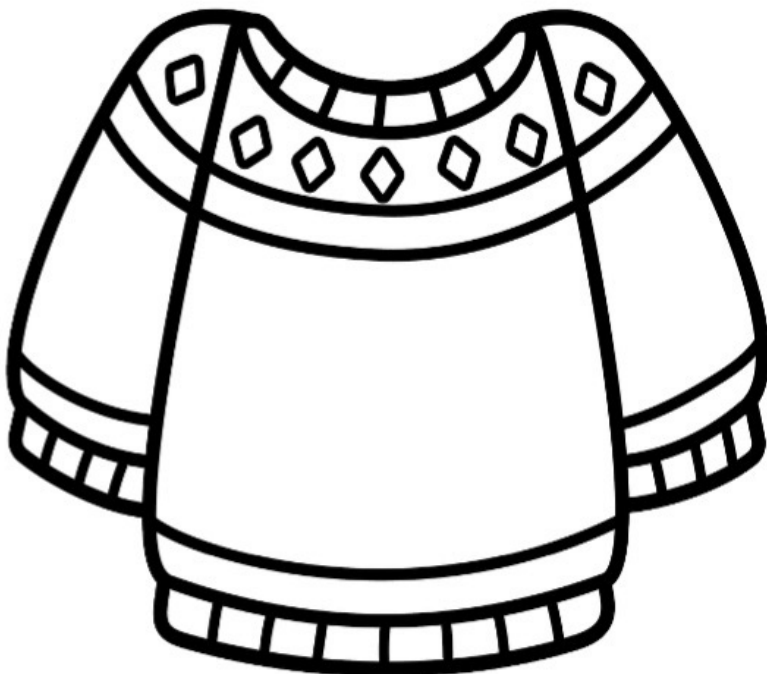
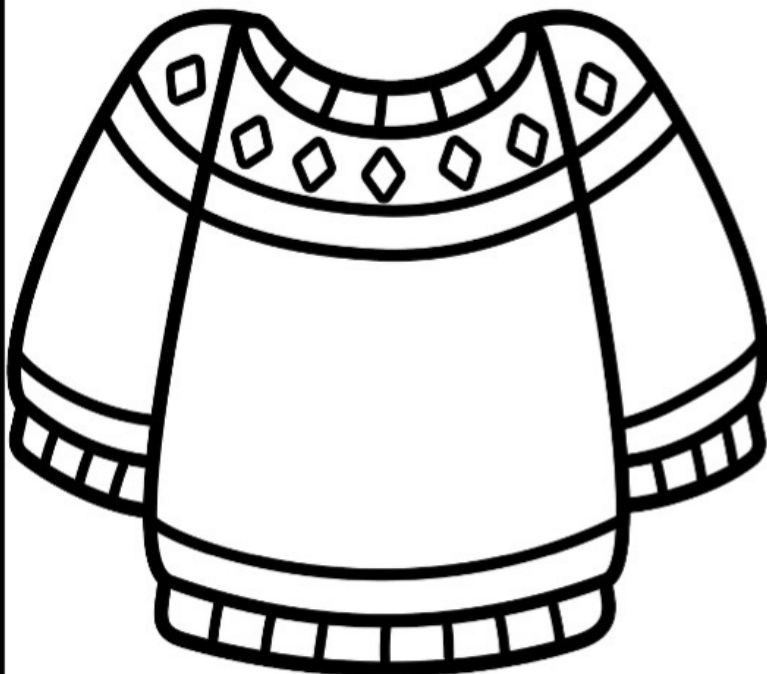
Name: _____

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SWEATER THOUGHTS

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

Write a positive thought on each sweater.

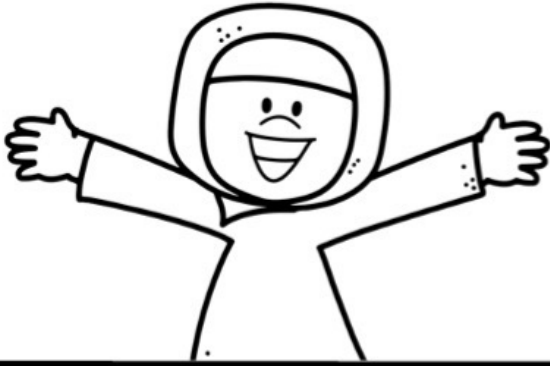


Name: _____

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WALK IN THEIR BOOTS

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



School is out for winter break!

If I were Zahra,
I would feel...

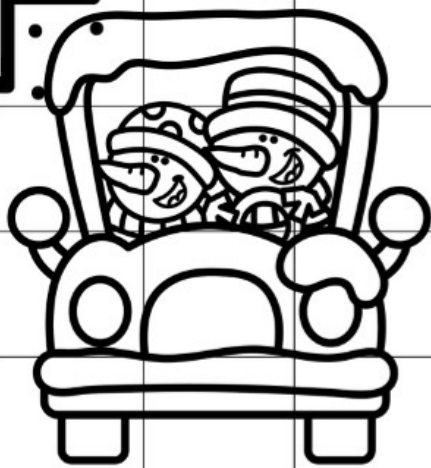
If I were Zahra,
I would...

Name: _____

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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

Spend time in
nature

Use
fidget
tools

Talk it out

Be
mindful

Take
a
break

Draw a
picture

Go for a walk

Ask
for
a hug

Imagine a
happy
place

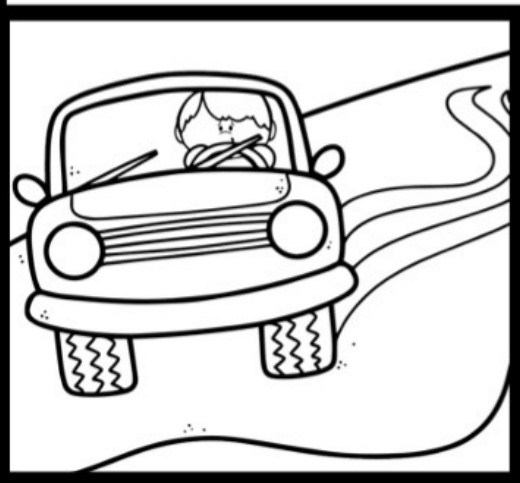
Name: _____

MY WINTER FEELINGS

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



Madison fell when she was learning how to ski.



Juan's grandpa's car slid on the ice when he took him to practice.

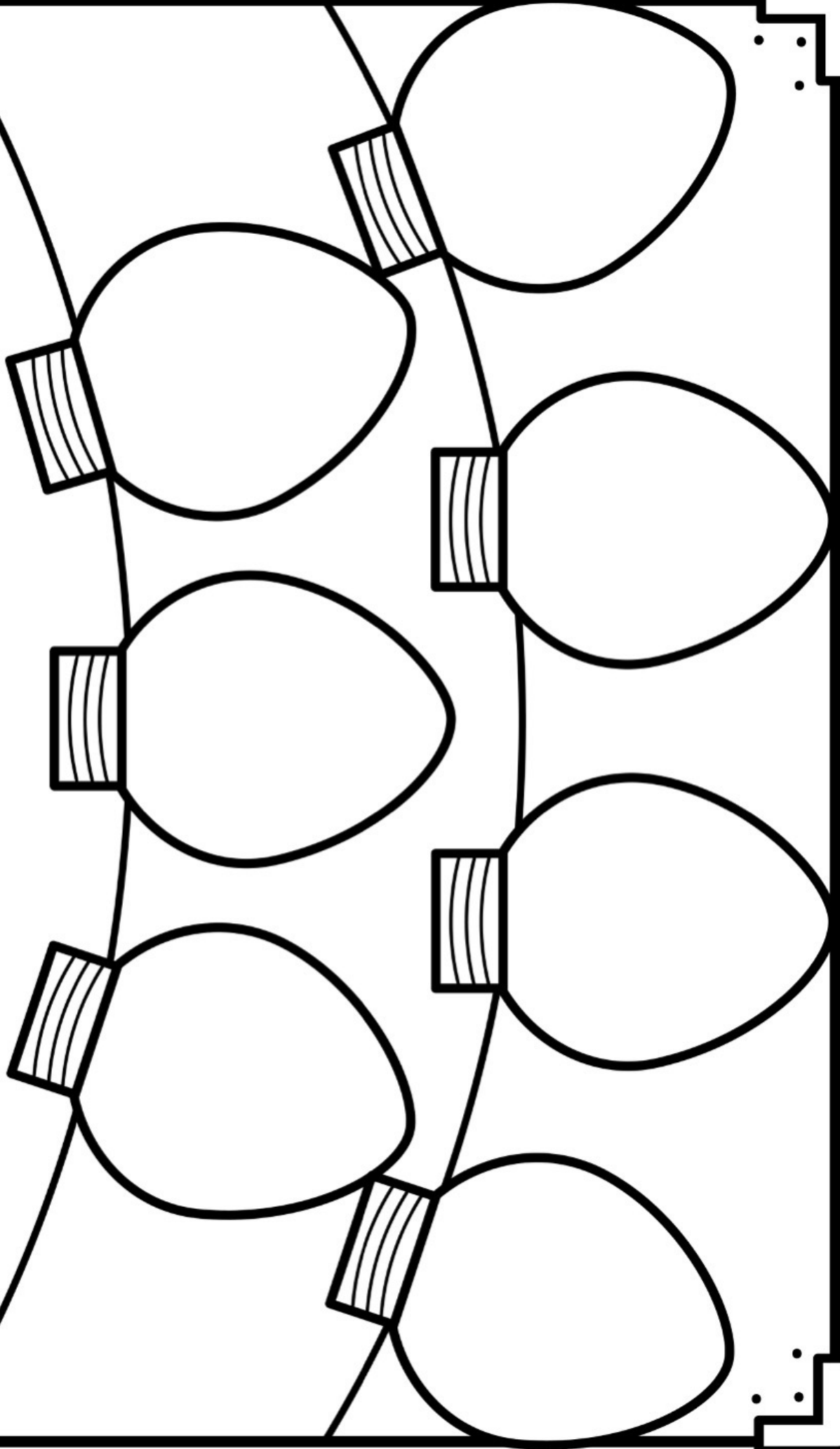


Snow fell on Mark's head as he walked to school.

Name: _____

I SHINE BRIGHT!

Write one thing you love about yourself on each light.

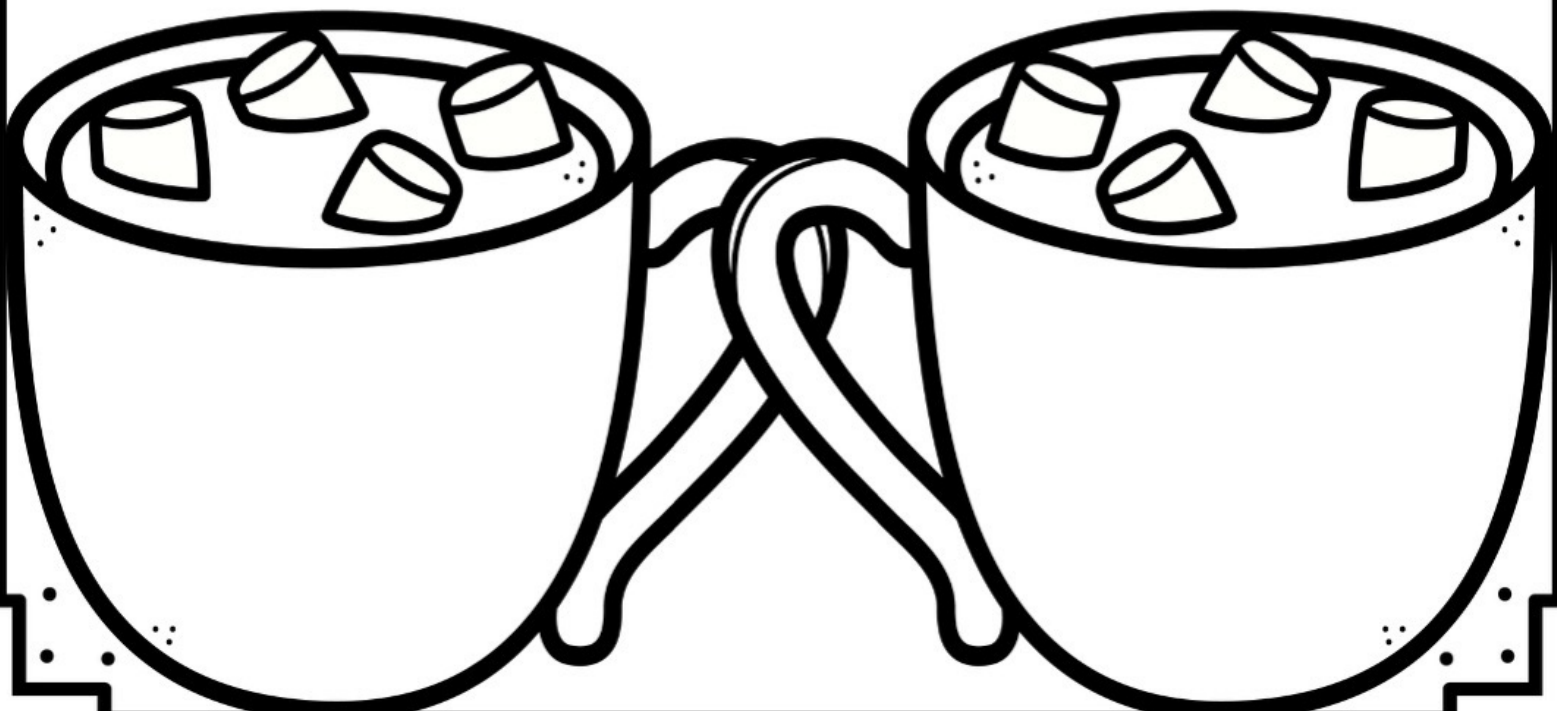
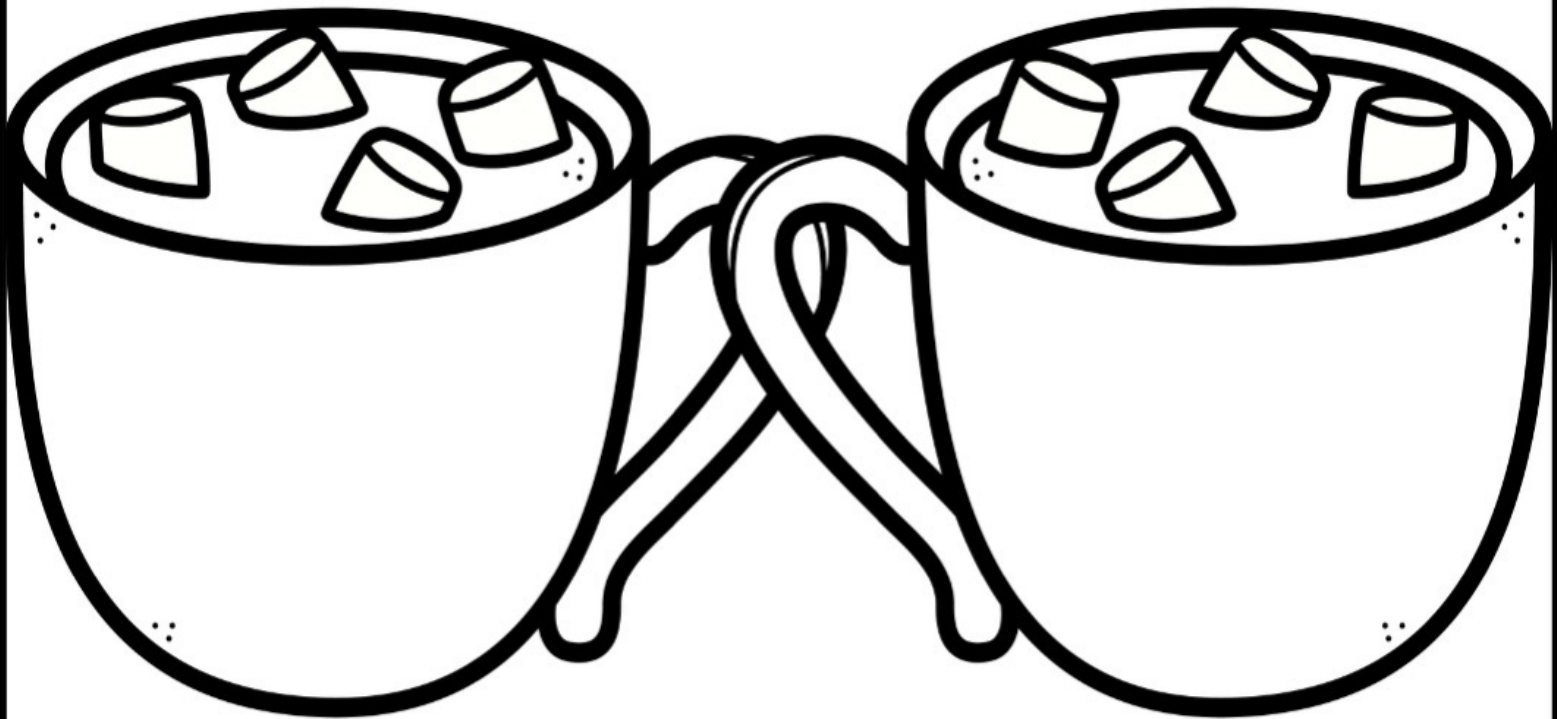


Name: _____

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HOT COCOA THOUGHTS

Positive thinking means telling yourself words that make you feel smart, capable, and strong. Write a positive thought on each hot cocoa cup.

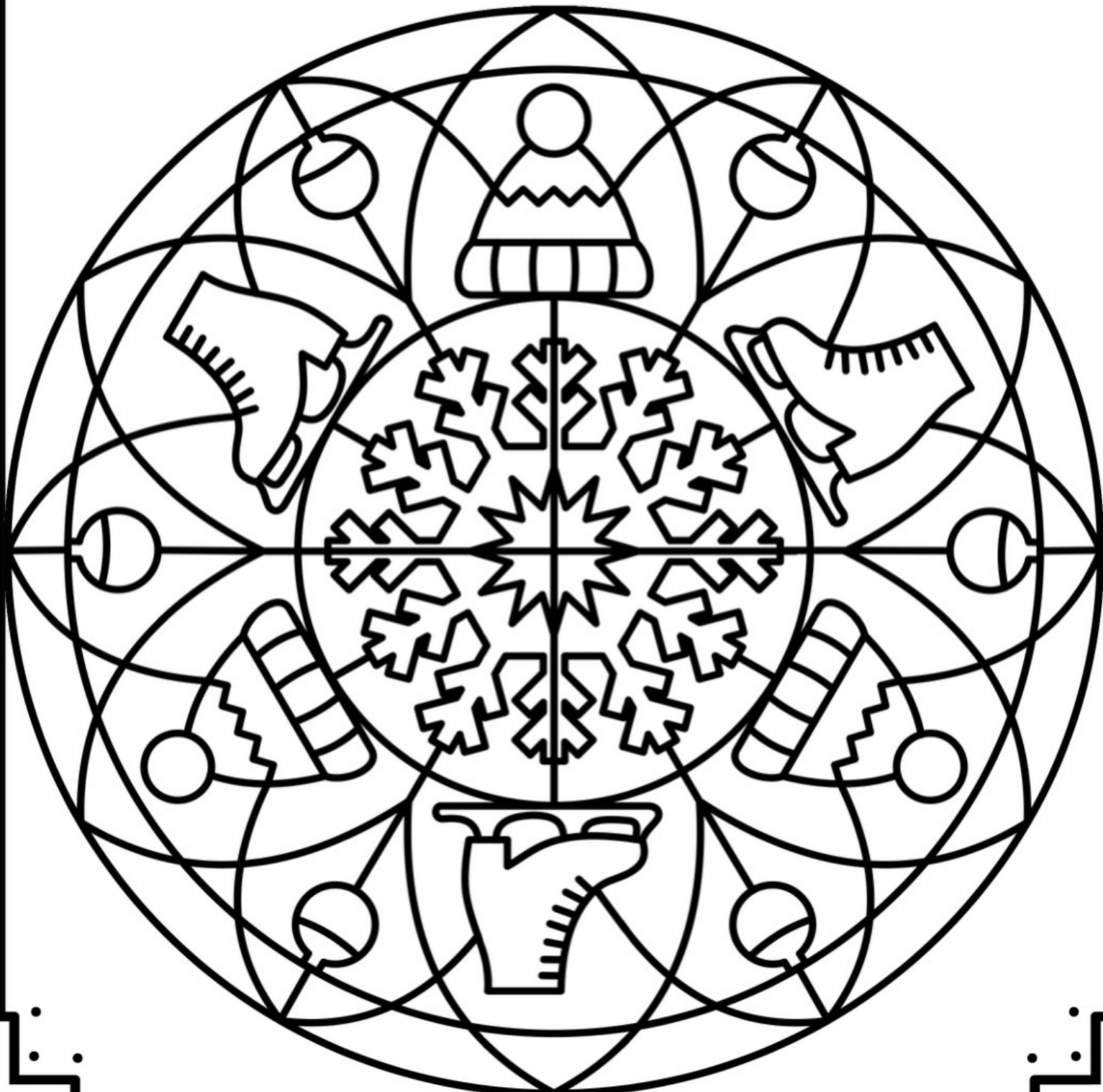


Name: _____

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WINTER 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: _____

SNOWMAN I-MESSAGES

Solve the small problem below using an I-Message.



Maria said you
couldn't sled
with her.



I feel...

STEP 1: Explain how you feel.

I felt _____



when...

STEP 2: Describe what happened.

when _____



Can you
please?

STEP 3: Share what you need.

Can you please _____



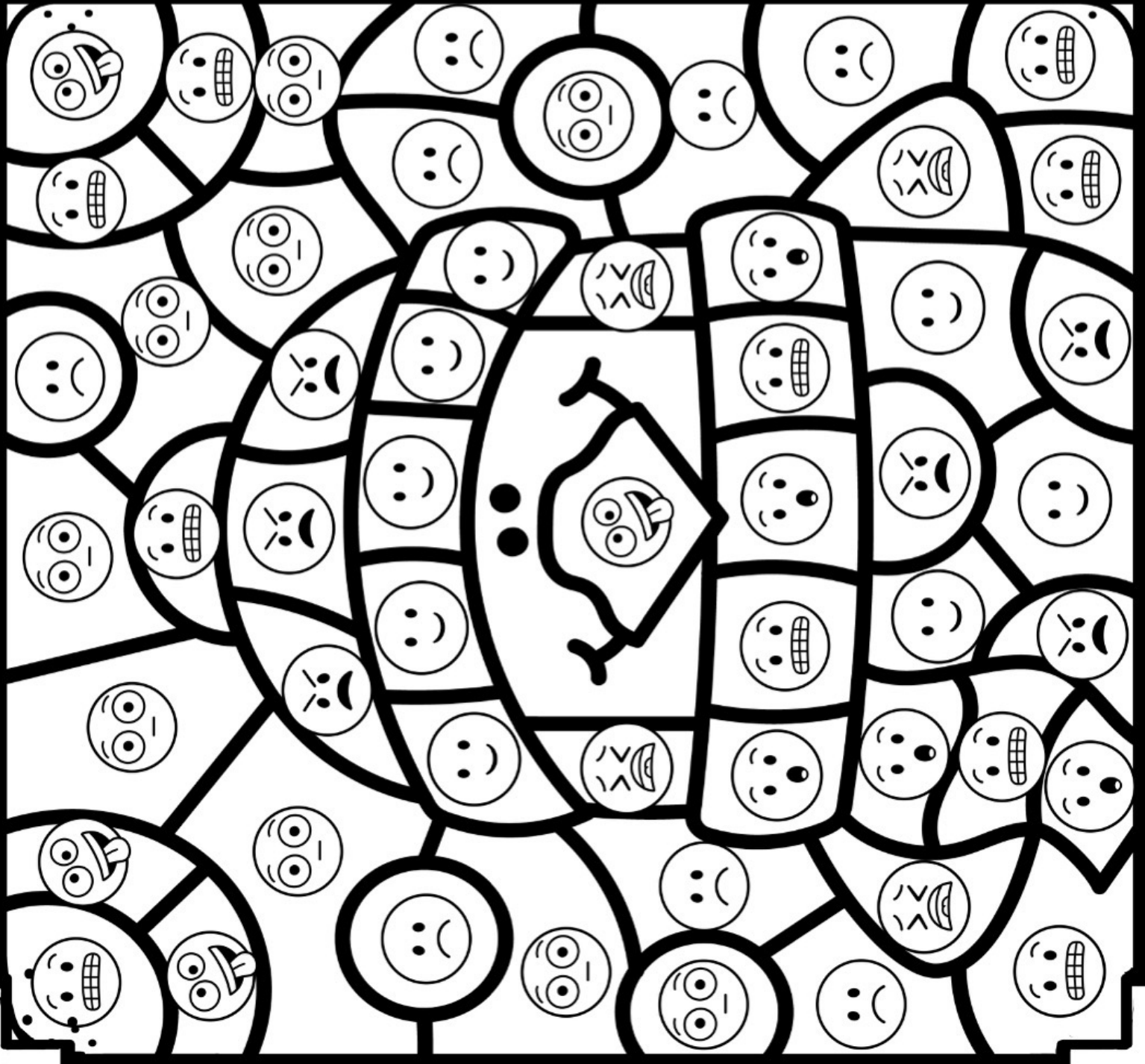
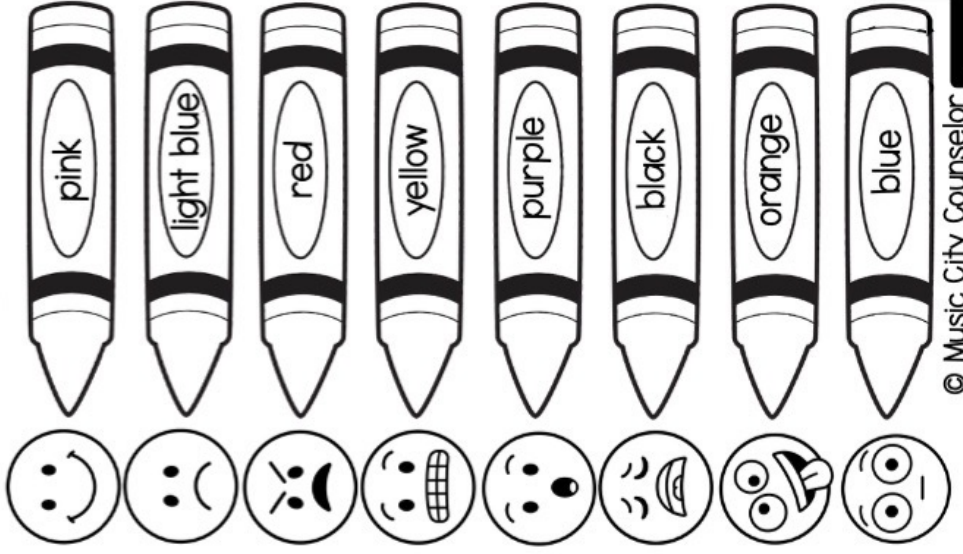
I feel...

when...

Can you
please?

Name: _____

WINTER COLOR BY CODE FEELINGS

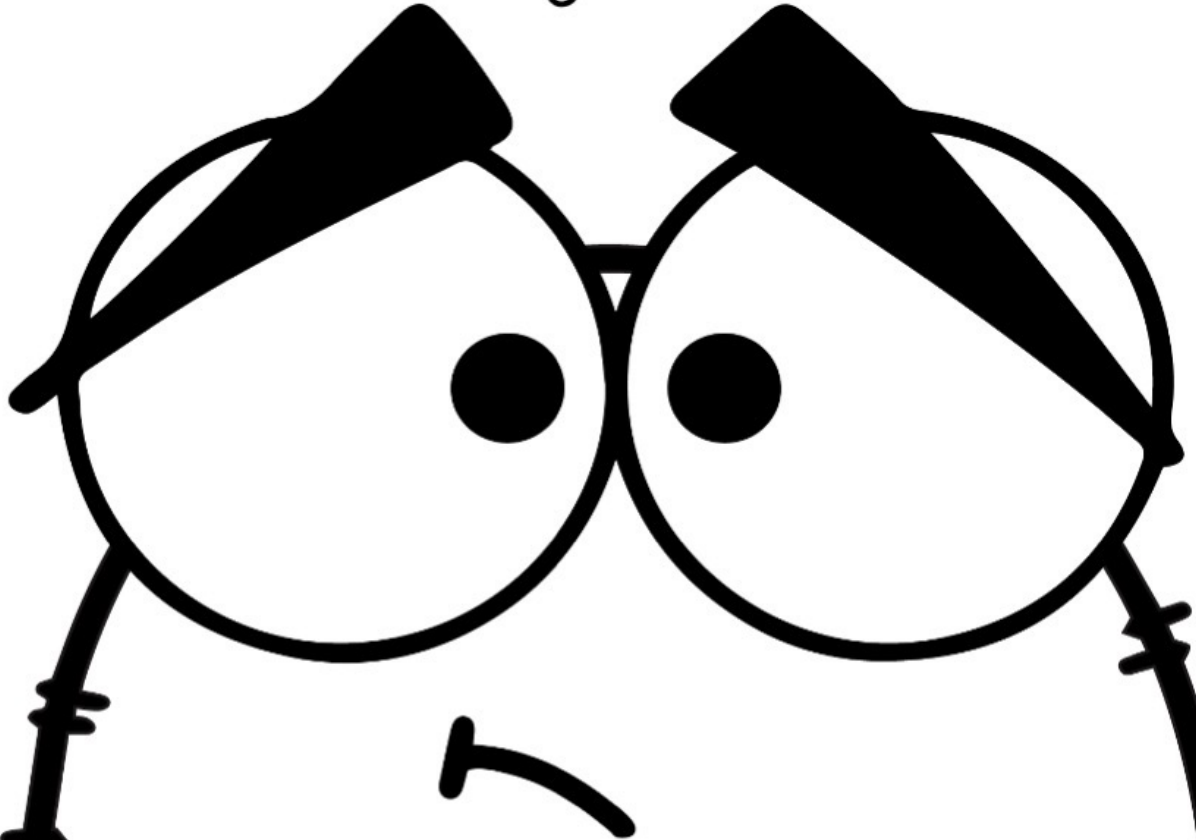


Name: _____

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ANXIOUS MITTEN

Write about the feeling on the mitten.



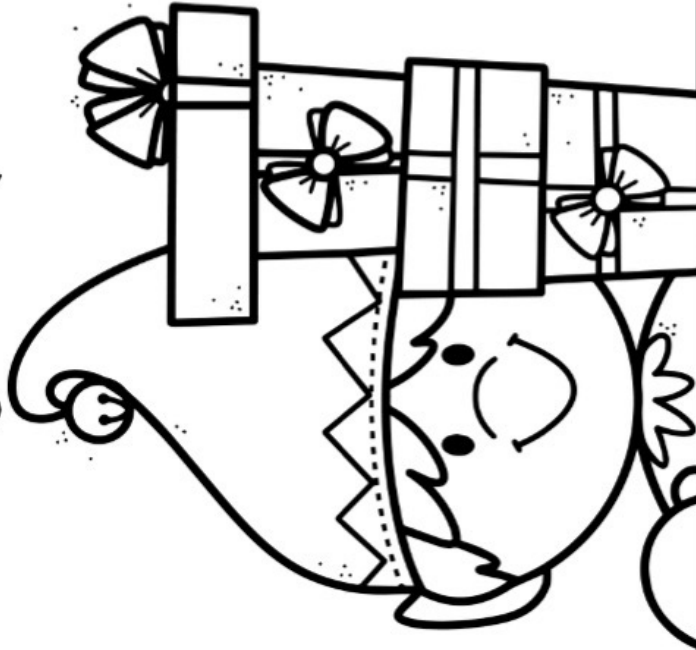
Anxiety looks like:

To cope I can:

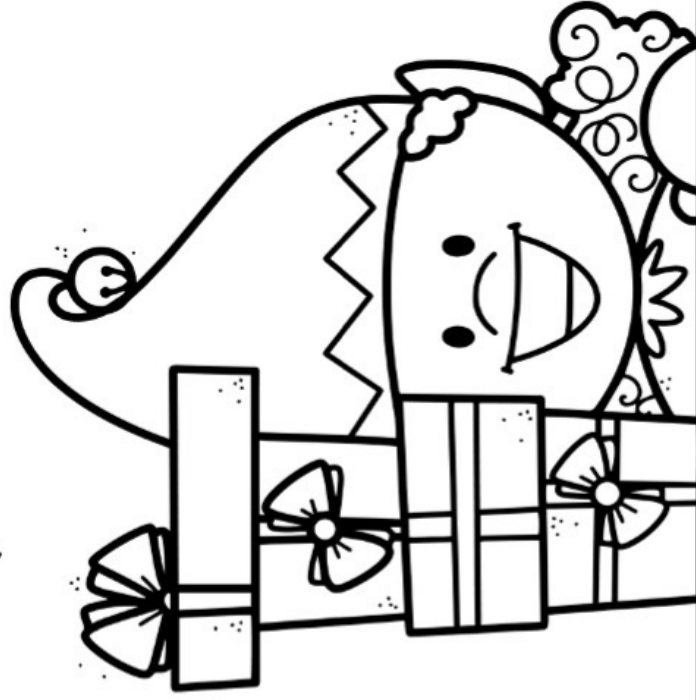
Name: _____

LOVE YOUR S-ELF!

Write things that you love about yourself on the lines.



i LOVE MY S-elf!



i LOVE MY S-elf!

Name: _____

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MY WINTER FEELINGS

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



Happy



Sad



Angry



Surprised



Nervous



Scared



Proud



Frustrated



Excited

Name: _____

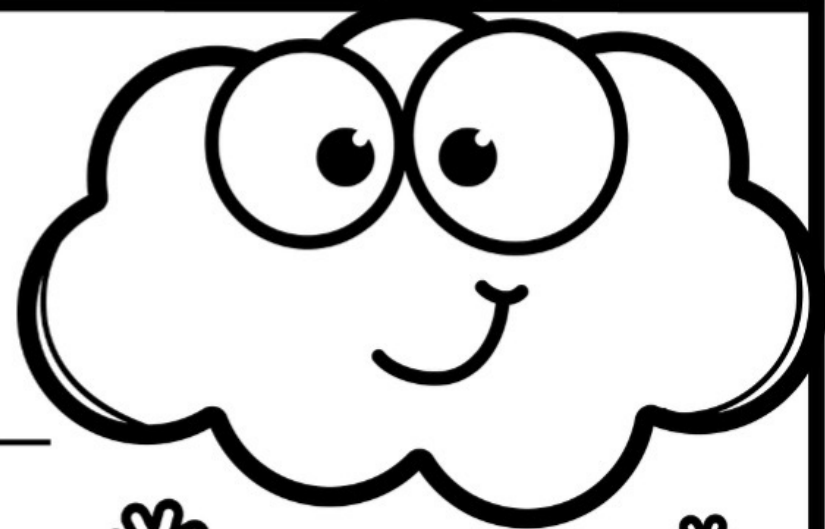
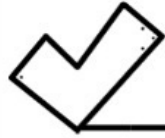
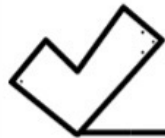
DONUT FLURRY, BE HAPPY!

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

THINGS I WORRY ABOUT:



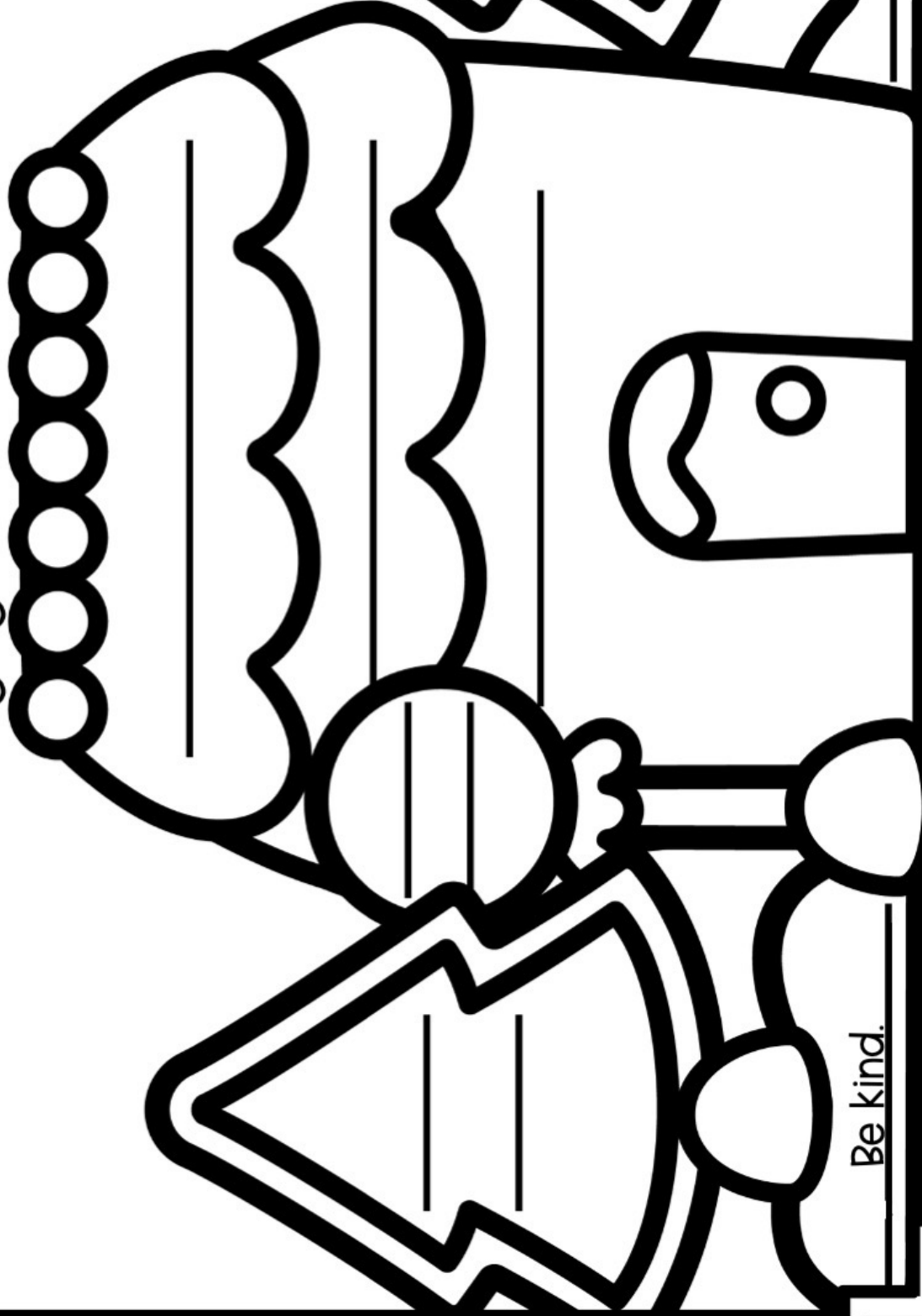
THINGS THAT CALM MY WORRIES:



Name: _____

BUILD A GINGERBREAD FRIEND

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

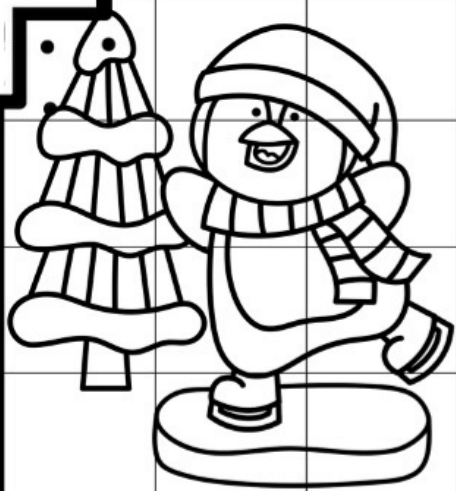


Be kind. _____

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

Ask for a hug

Talk it out

Spend time in nature

Use fidget tools

Take deep breaths

Take a break

Imagine a happy place

Draw a picture

Write in a journal

Go for a walk

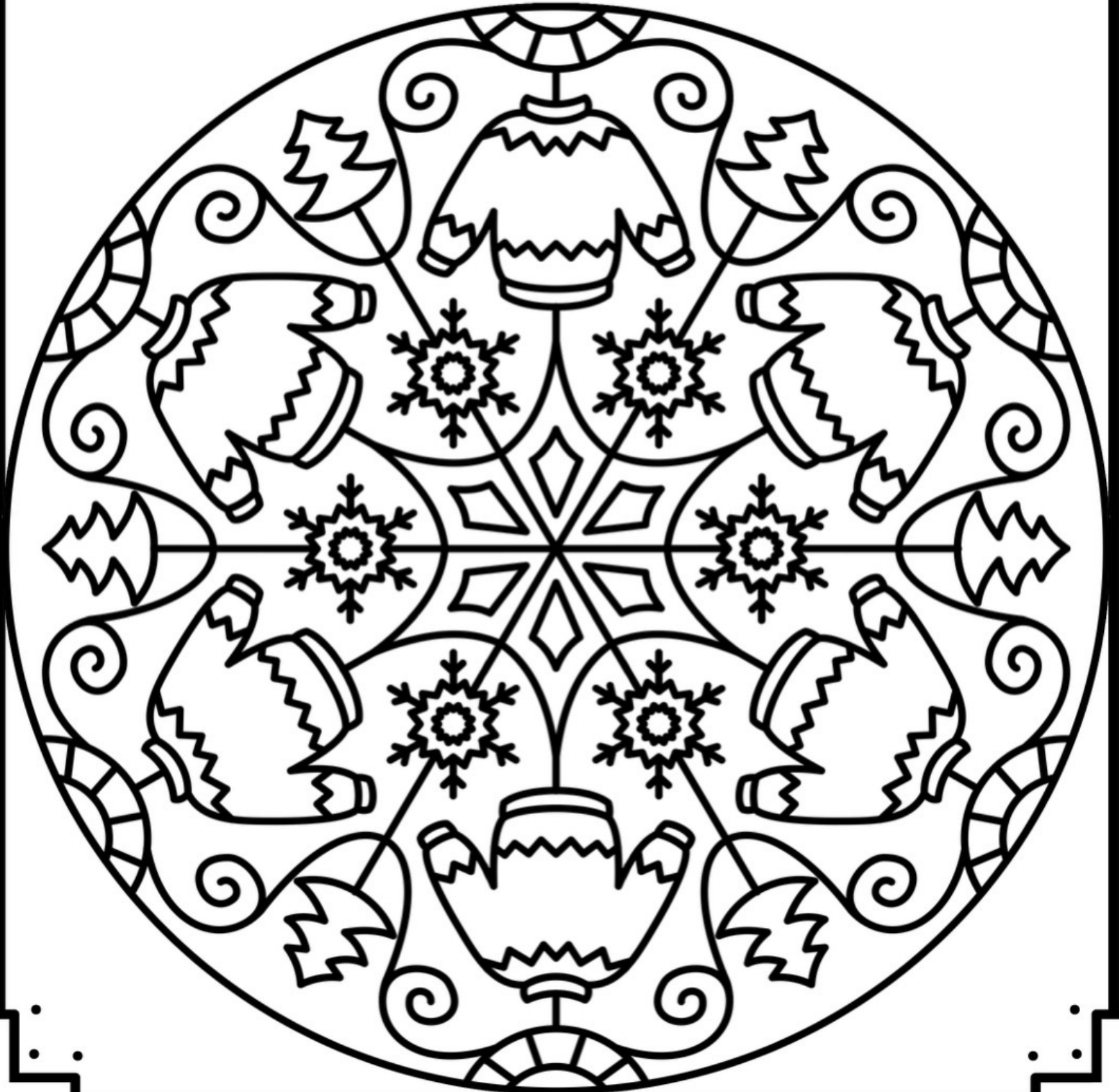
Count to 10

Name: _____

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WINTER 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: _____

WALK IN THEIR BOOTS

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



Keisha slipped on the ice.

If I were Keisha,
I would feel...

If I were Keisha,
I would...

Name: _____

SNOWMAN I-MESSAGES

Solve the small problem below using an I-Message.



Your little brother
knocked down
your snowman.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



STEP 3: Share what you need.

Can you please _____

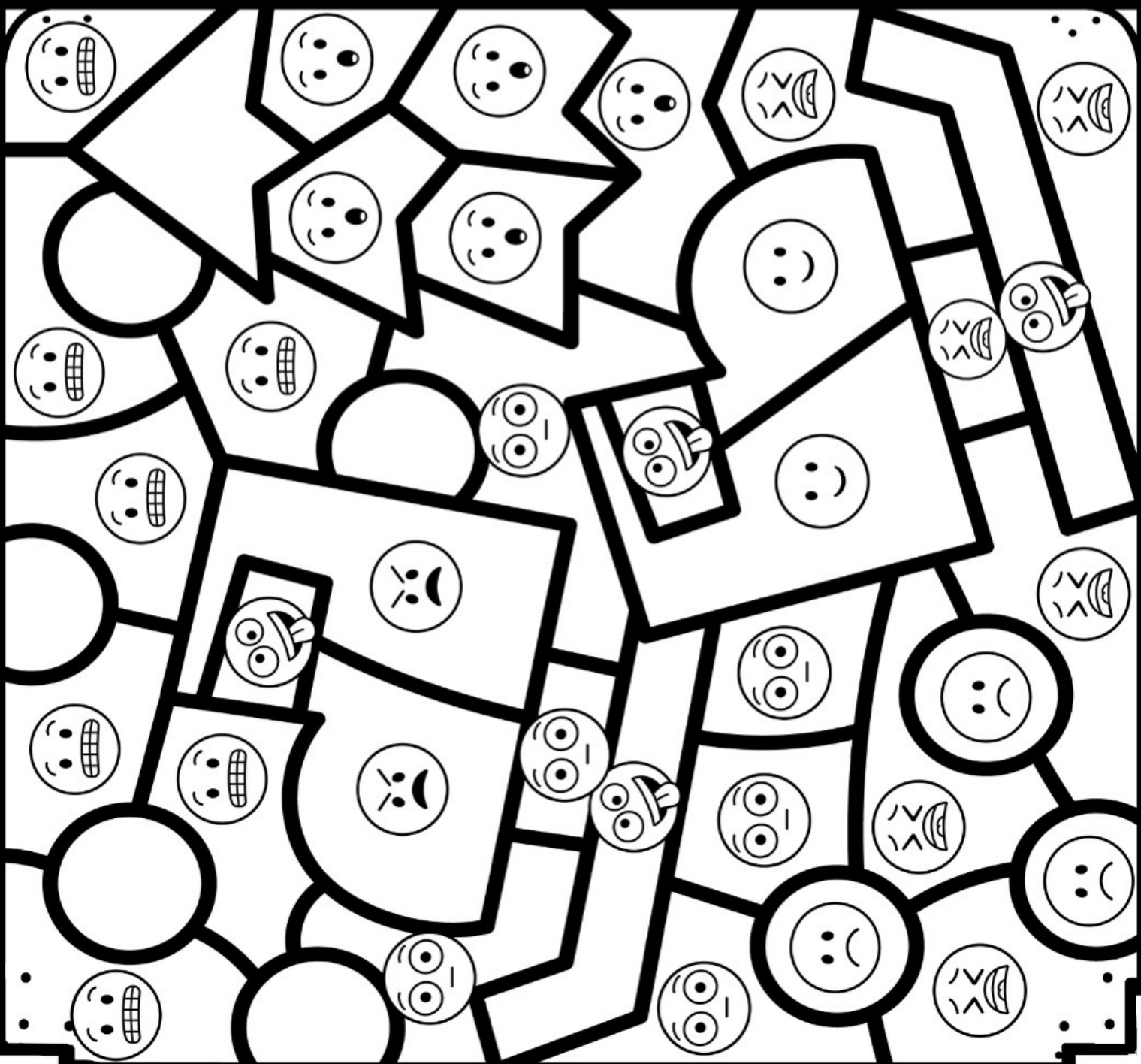


Name: _____

WINTER

COLOR BY CODE

FEELINGS

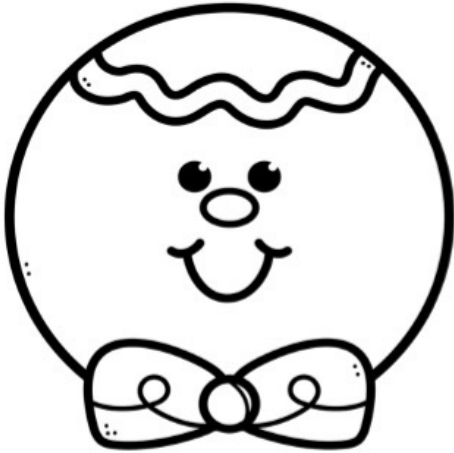


Name: _____

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MY WINTER FEELINGS

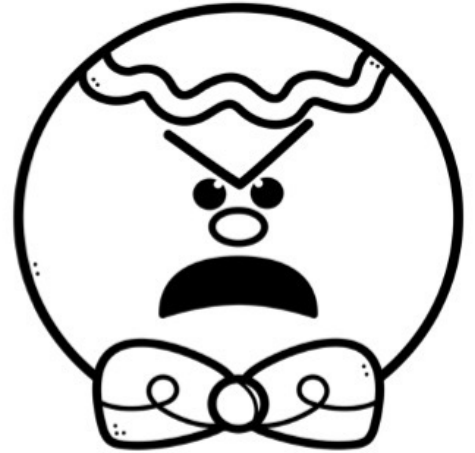
Color the gingerbread boys that show how you're feeling today.



Happy



Sad



Angry



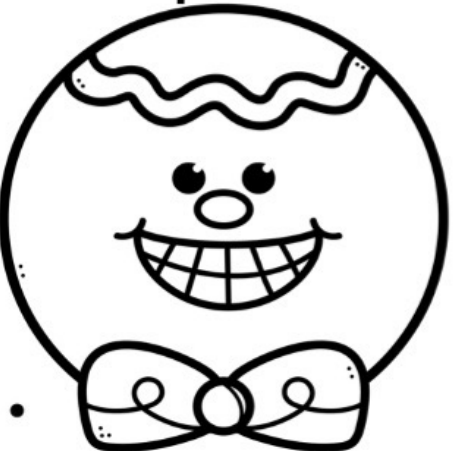
Surprised



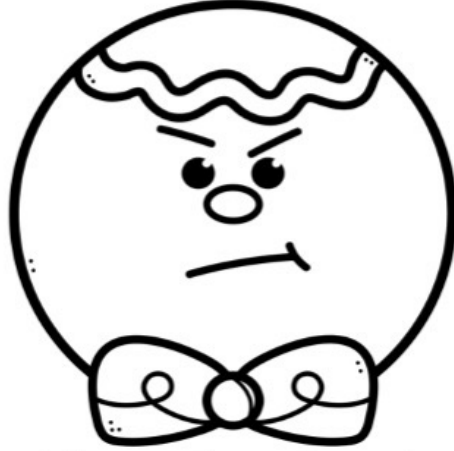
Nervous



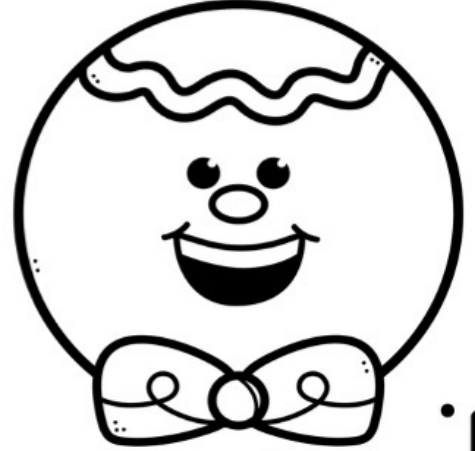
Scared



Proud



Frustrated



Excited

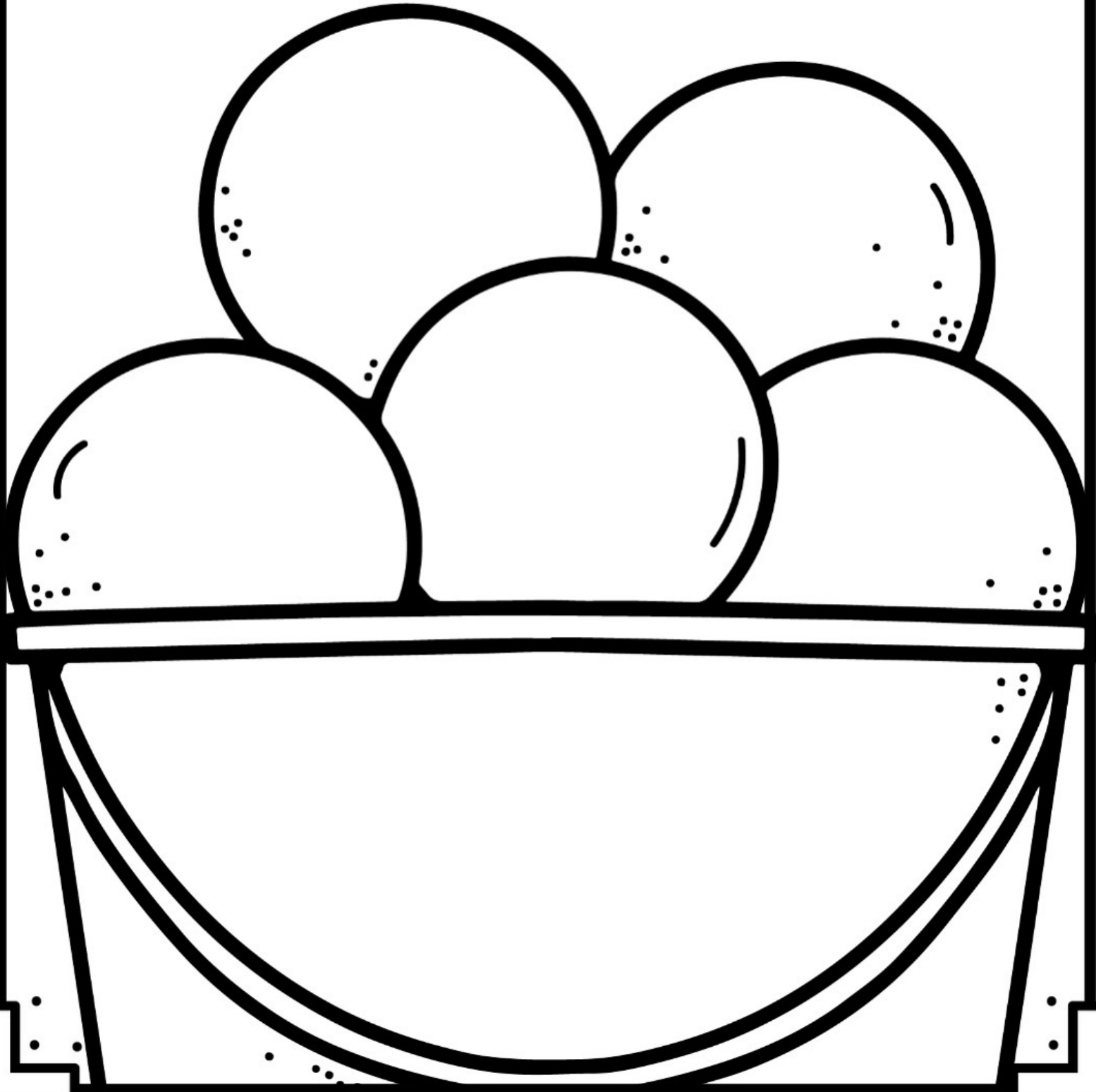
Name: _____

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SNOWBALL AFFIRMATIONS

Positive affirmations are kind words you say to yourself that make you feel calm and confident.

Write an affirmation on each snowball in the bucket.

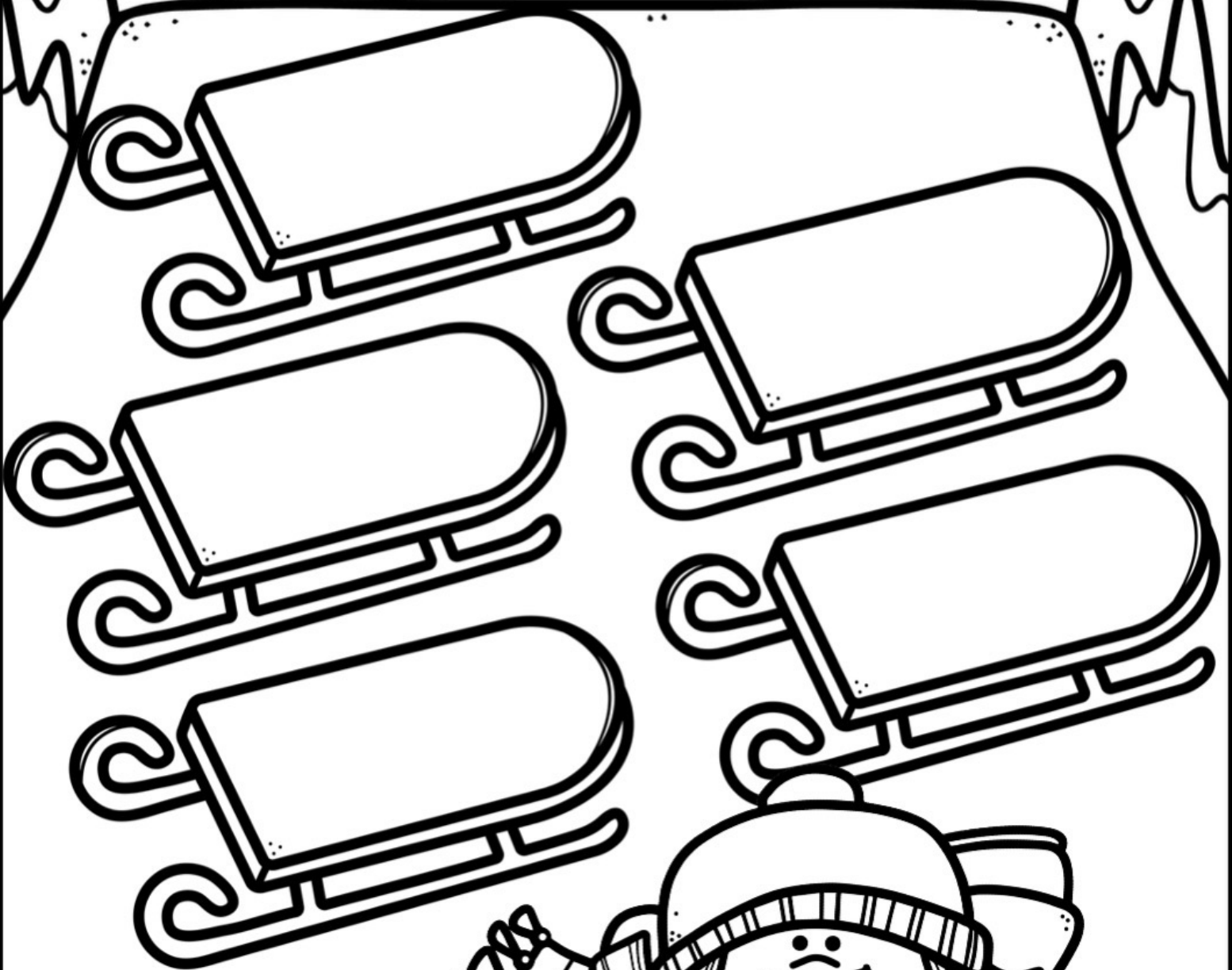


Name: _____

SLEDDING THOUGHTS

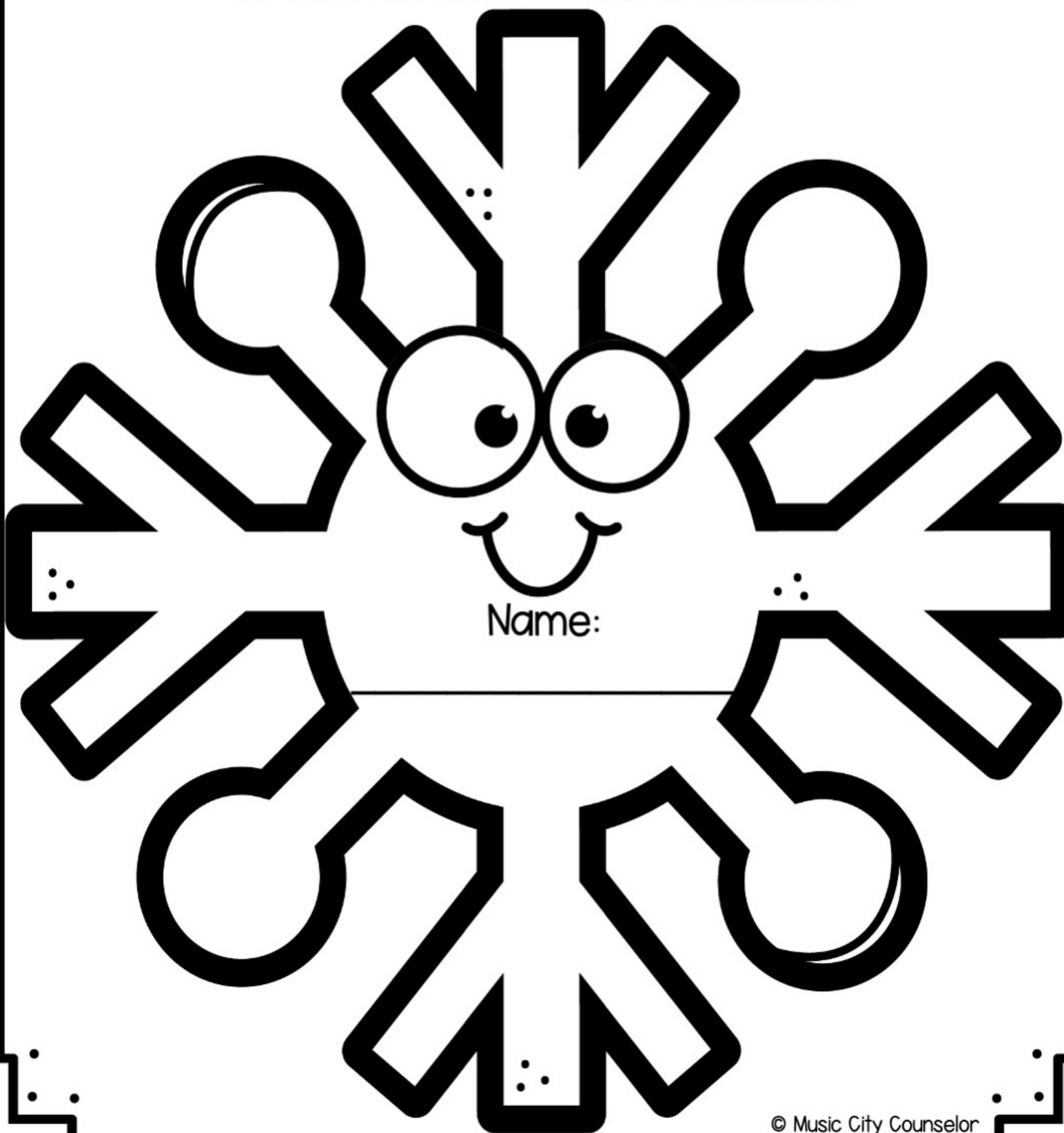
Positive thinking means telling yourself words that make you feel smart, capable, and strong.

Write a positive thought on each sled.



: SPARKLE LIKE A SNOWFLAKE:

Just like no two snowflakes are the same, no one else sparkles like you! Write one thing you love about yourself on each branch of the snowflake.



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

Ask for a hug

Take deep breaths

Talk it out

Spend time in nature

Be mindful

Take a break

Draw a picture

Go for a walk

Use fidget tools

Imagine a happy place

Count to 10

Name: _____

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FRIENDSHIP HOT COCOA

Write on each line an "ingredient" of a good friend to make Friendship Hot Cocoa.

1

Pour 1 cup of milk and
2 cups of kindness _____ into a
small pot.



2

Add $\frac{1}{4}$ cup chocolate chips,
a tiny pinch of salt, and
_____ to the pot.



3

Heat slowly on the stove.
Stir, stir, stir! Sprinkle in
some _____.



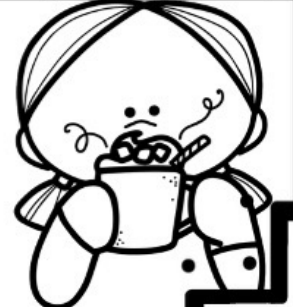
4

Pour into a mug and add
marshmallows, whipped
cream, and _____.



5

Enjoy your hot cocoa with
a friend!



Name: _____

SNOWMAN I-MESSAGES

Solve the small problem below using an I-Message.



Martin hit you in the face with a snowball.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



STEP 3: Share what you need.

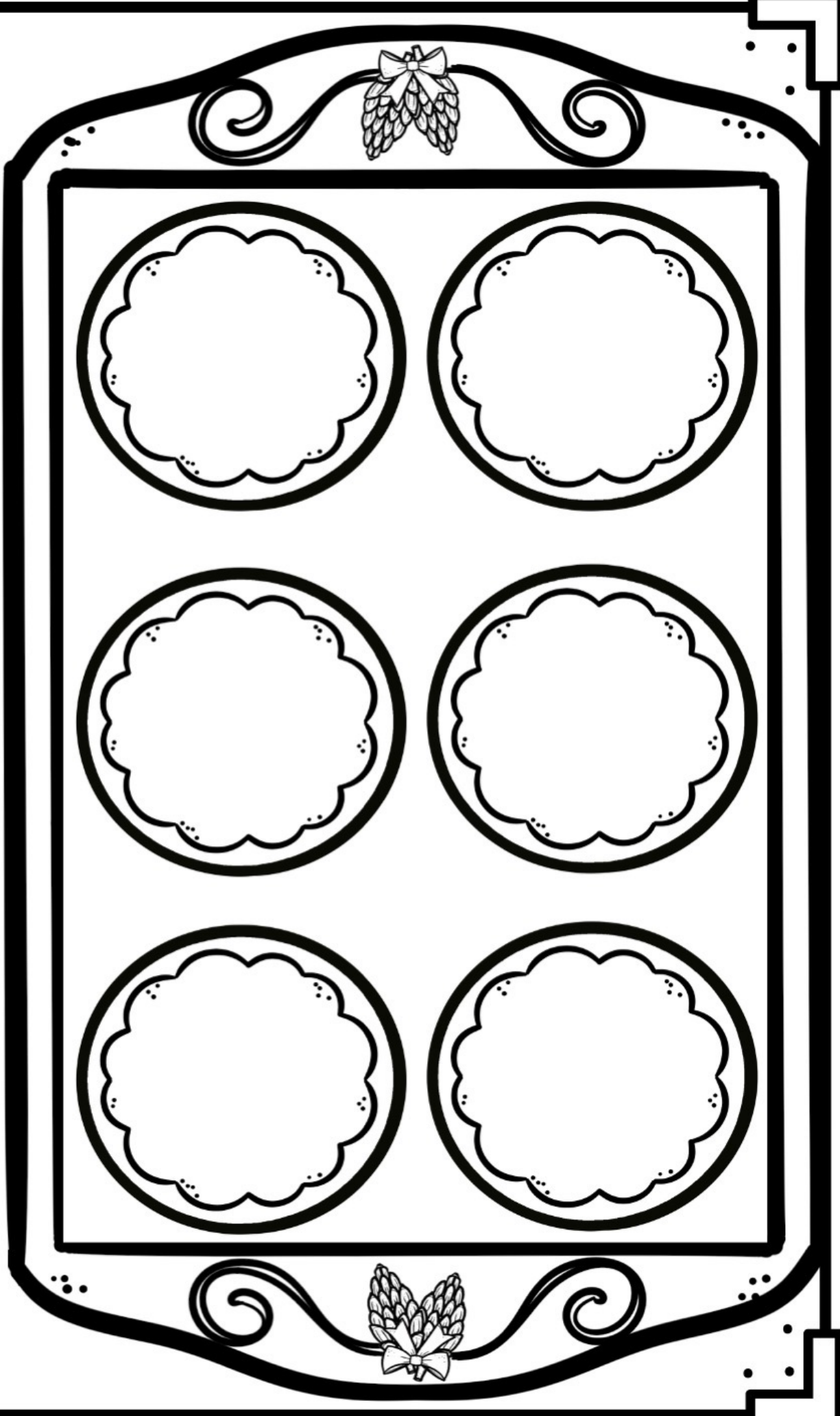
Can you please _____



Name: _____

FRIENDS ARE AS SWEET AS COOKIES!

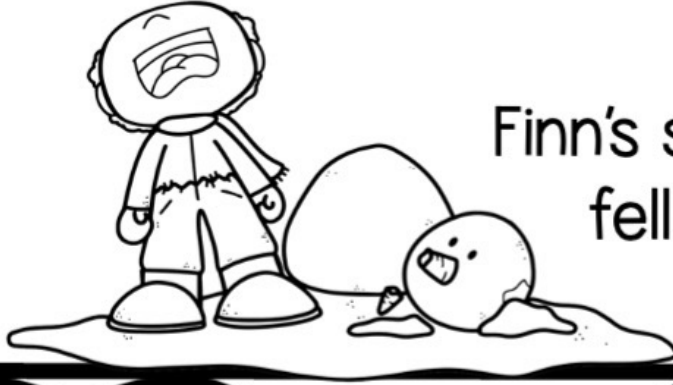
Write one way to be a good friend on each cookie.



Name: _____

WALK IN THEIR BOOTS

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



Finn's snowman
fell over.

If I were Finn,
I would feel...

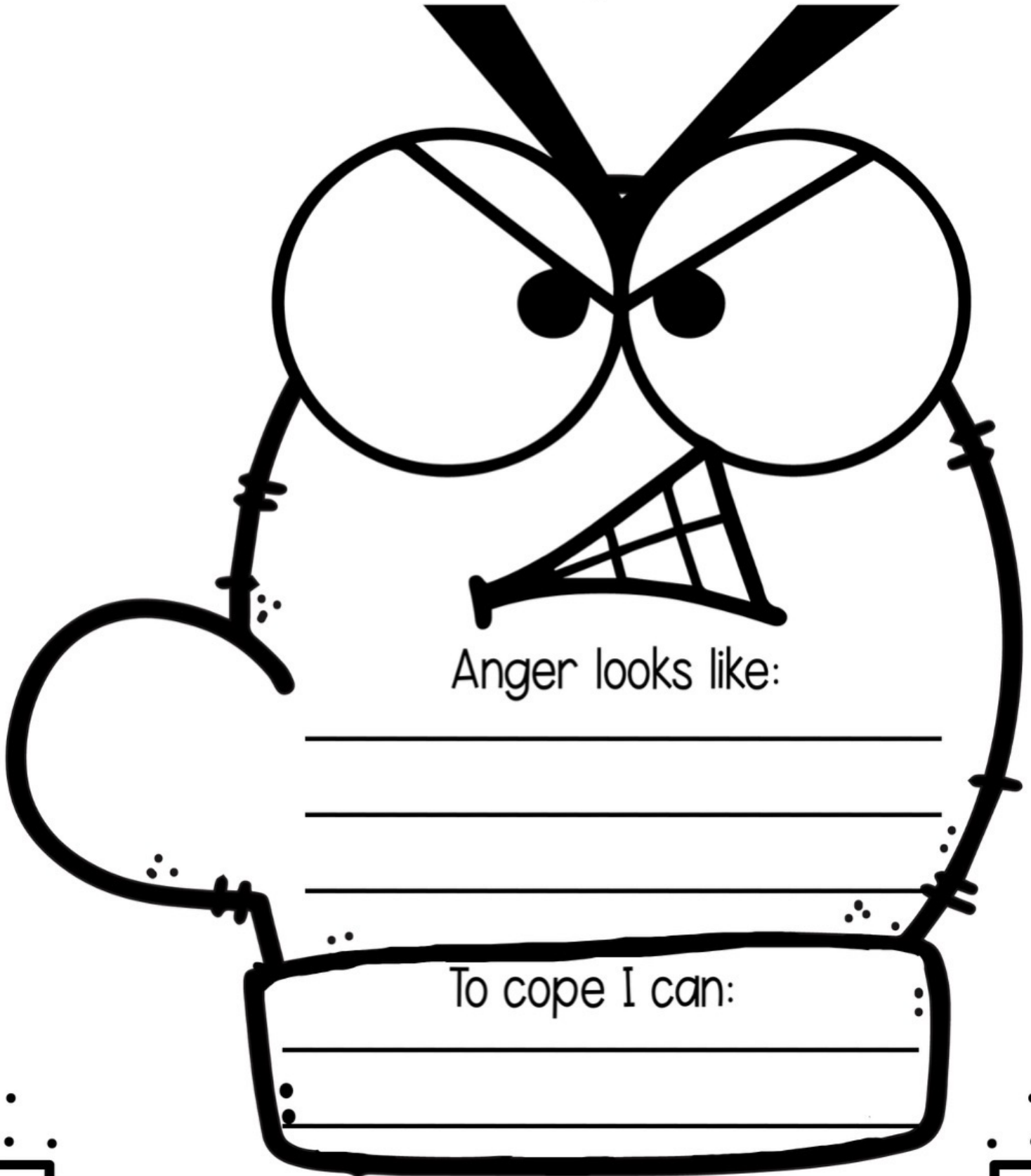
If I were Finn,
I would...

Name: _____

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ANGRY MITTEN

Write about the feeling on the mitten.



Anger looks like:

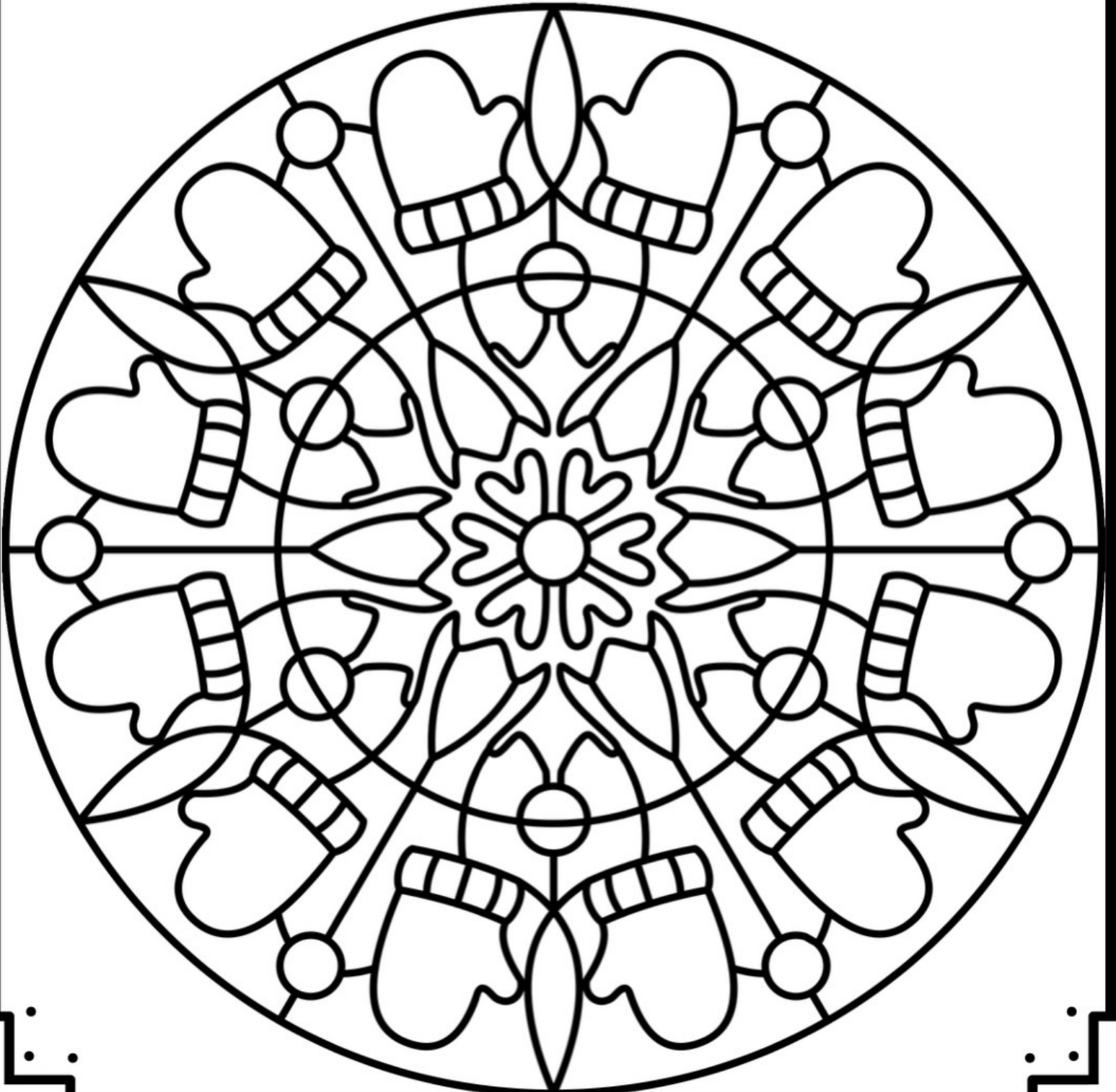
To cope I can:

Name: _____

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WINTER 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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UNIQUE YETI

Write on the lines what makes you unique.



i AM unique!



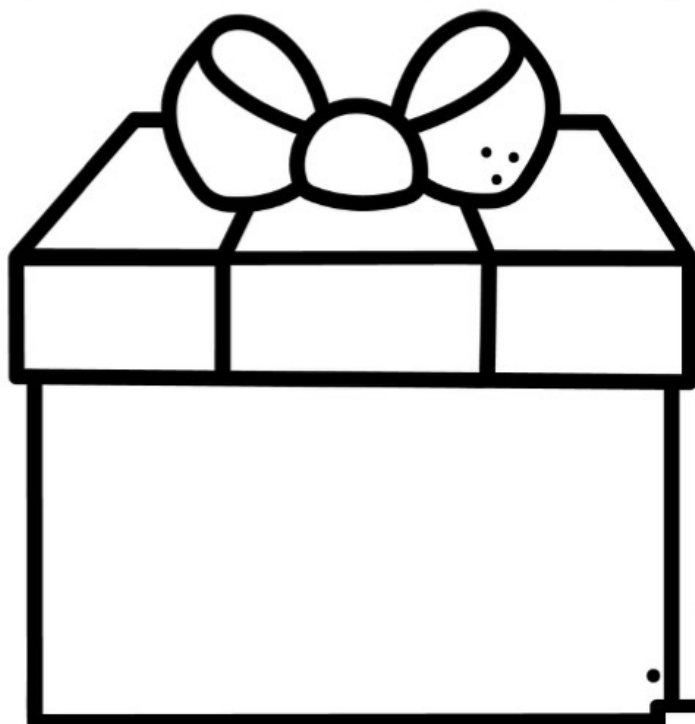
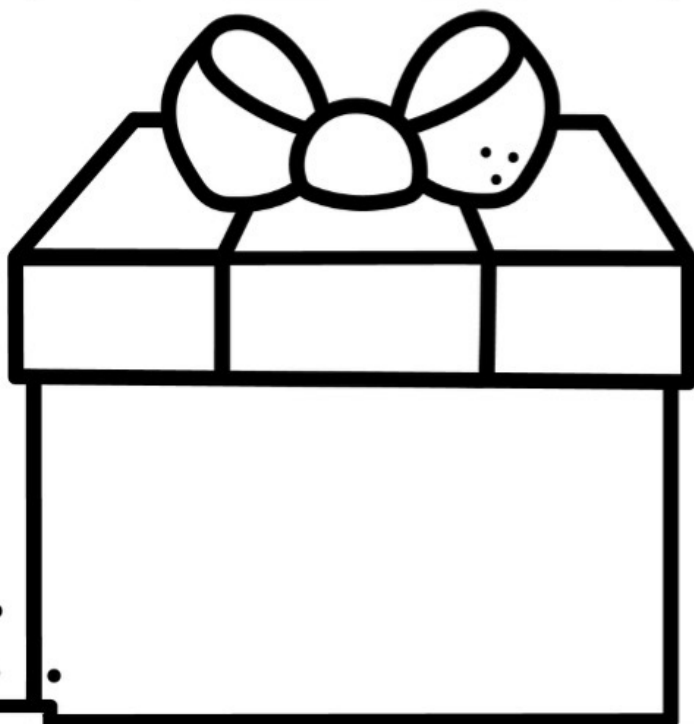
Name: _____

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WE ALL HAVE GIFTS!

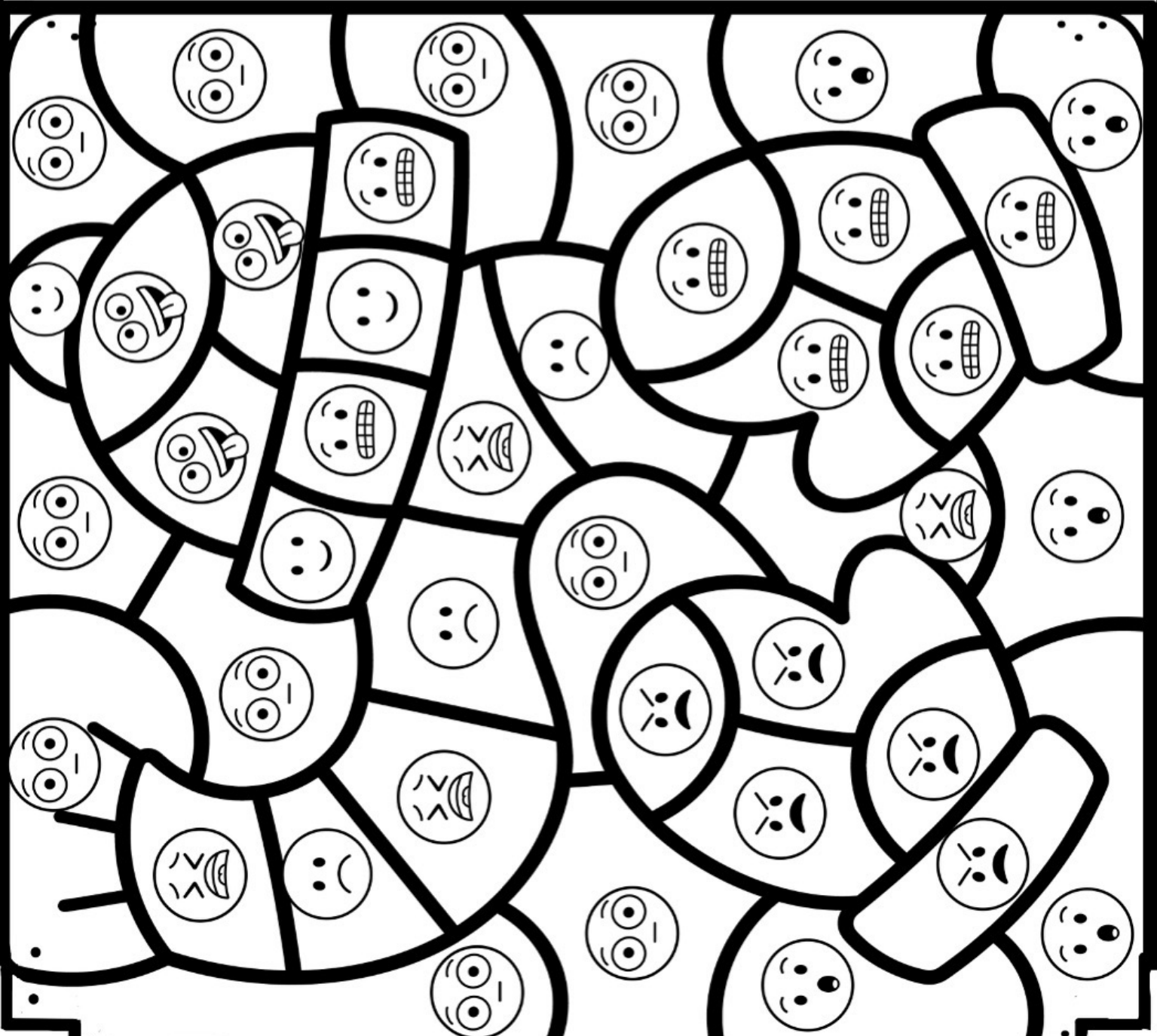
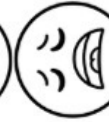
We all have special gifts - things we're really good at - that make the world a better place. Your gift might be making people laugh, drawing, or playing soccer!

Write one of your gifts on each holiday gift.



Name: _____

WINTER 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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