

○ MUSIC  city COUNSELOR

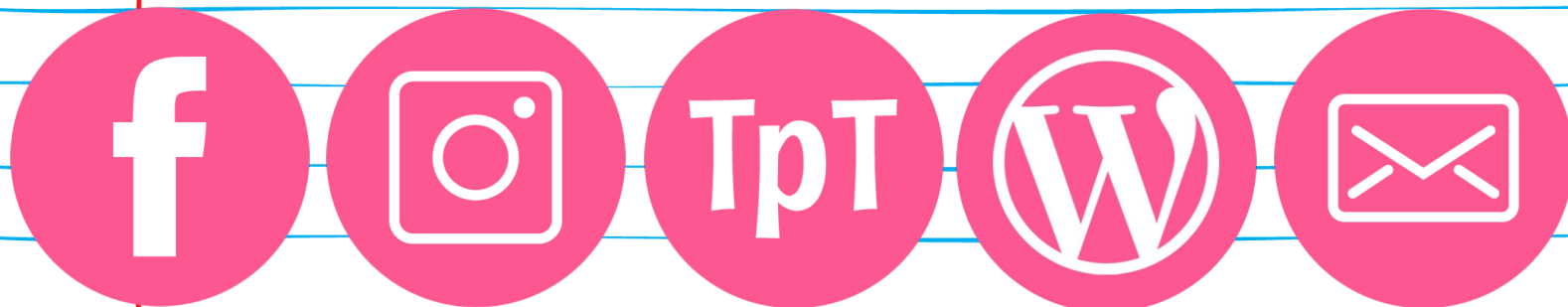
THANK YOU FOR YOUR PURCHASE!



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

ASCA MINDSETS & BEHAVIORS:

Mindset Standards:

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being.

Behavior Standards:

- B-SMS 2: Self-discipline and self-control.
- B-SMS 7: Effective coping skills.
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment.

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Materials Needed:

- "Soda Pop Head" by Julia Cook book or read-aloud video
- Printed posters, discussion cards, and worksheets
- Crayons or markers
- Pencils

Recommended Sequence:

- Read the story, "Soda Pop Head" by Julia Cook aloud to students or show a YouTube read aloud of the story.
- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Share the instructional posters with students.
- Review the discussion cards with students.
- Choose a worksheet or coloring page to close the lesson.

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. Start by reading the story "Soda Pop Head" by Julia Cook aloud to students (or showing a video read-aloud). The presentation summarizes the story and teaches students what a Soda Pop Head looks like, the definition of a coping skill, and 13 coping strategies. As you teach the coping skills, model and practice them with students. The presentation includes discussion questions about the story and coping with anger. This is a great time to ask students to "turn and talk" with a partner, then share out their ideas with the class.

DIRECTIONS PAGE 2:

Instructional Posters:

5 instructional posters are included. Feel free to use these with students and/or display them in your space.

Discussion Cards:

24 discussion cards are included in full color and black/white. Please cut them out. You can use these in many ways! You can divide students into small groups and give each group 2-3 cards to discuss. Then, they can share their thoughts with the class. You could use these as a whole-class exercise and ask students to come to the front and choose a card, read it aloud, then answer it. Whatever works best for you!

Worksheets & Coloring Pages:

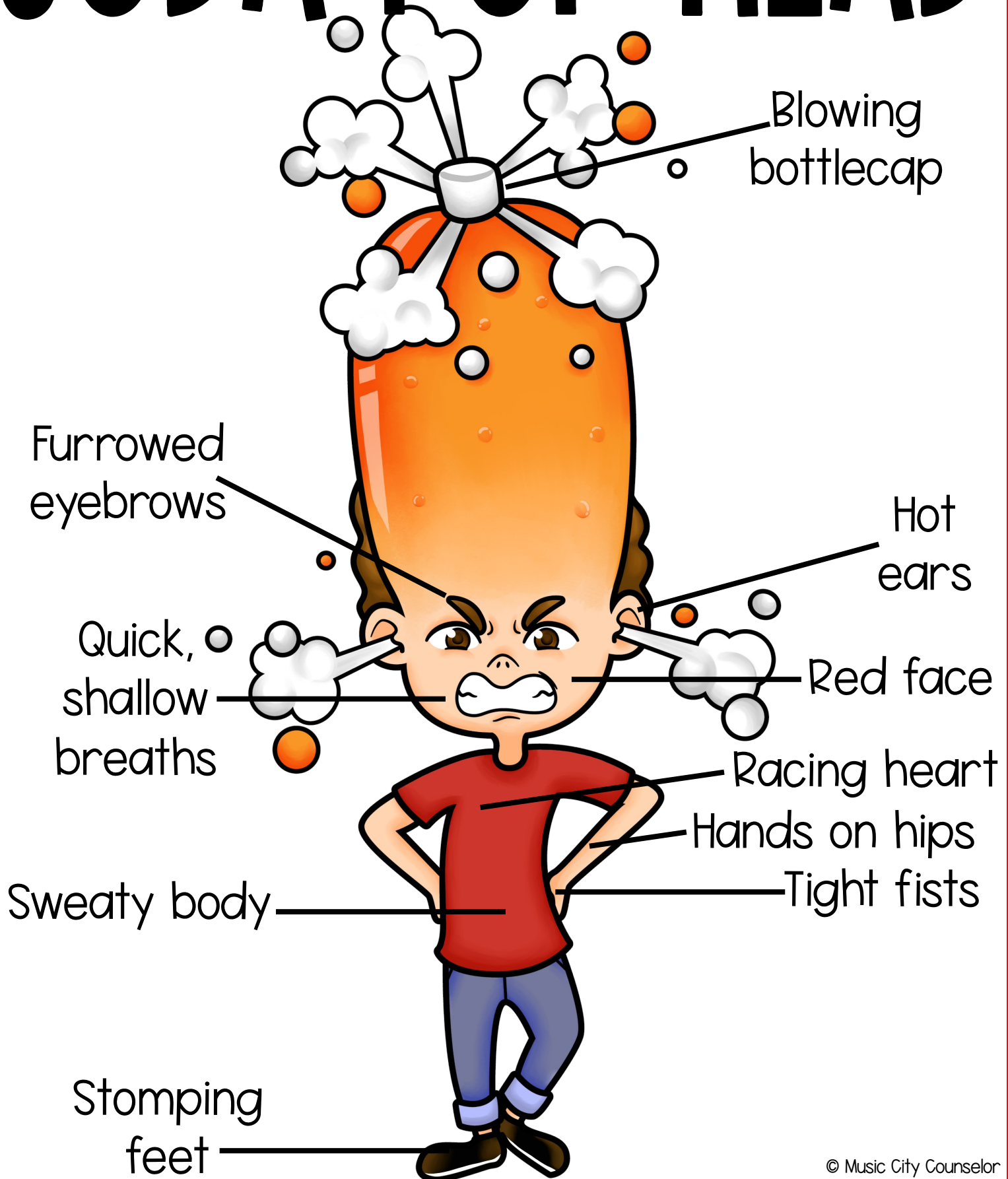
Assorted worksheets and coloring pages are included in full color and black/white. Please choose the ones that best fit the needs and abilities of your students.

Questions or suggestions? Please email me any time at laura@musiccitycounselor.com. I'm here to help!

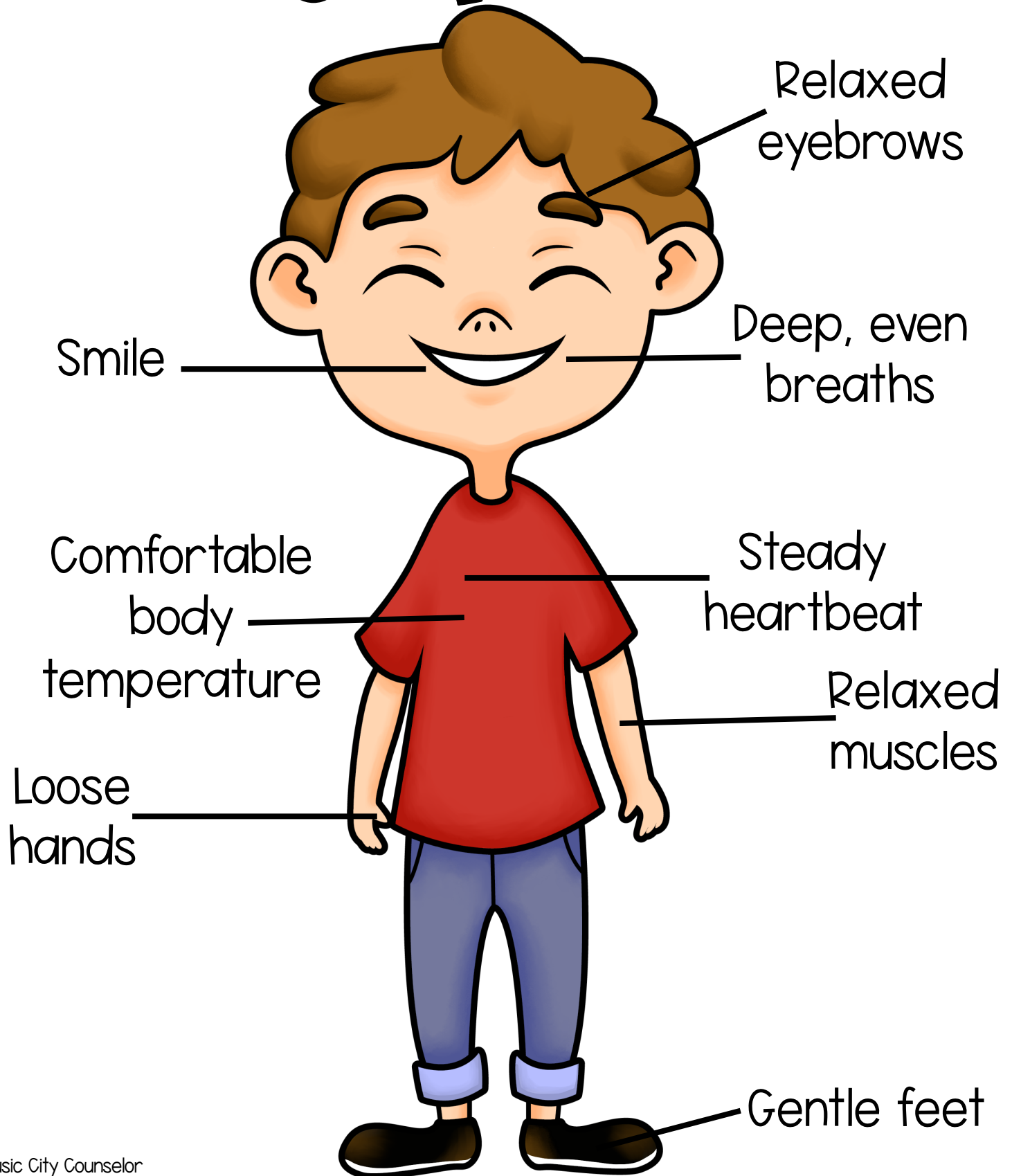
PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

POSTERS

SODA POP HEAD

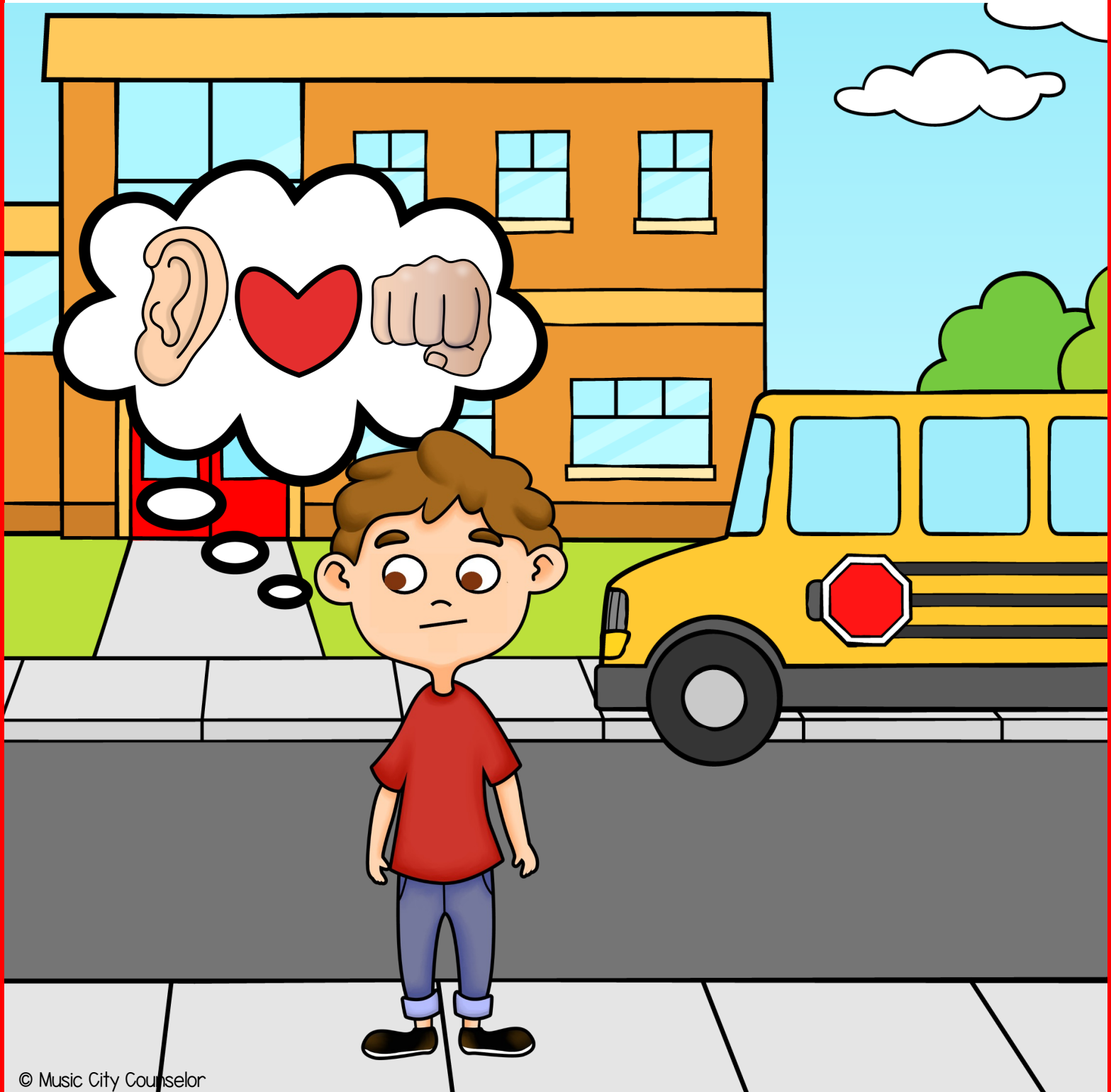


CALM



LISTEN TO YOUR BODY

Listen to your body for clues to how you are feeling. If you feel signs of anger, try a coping skill before you blow your bottlecap!

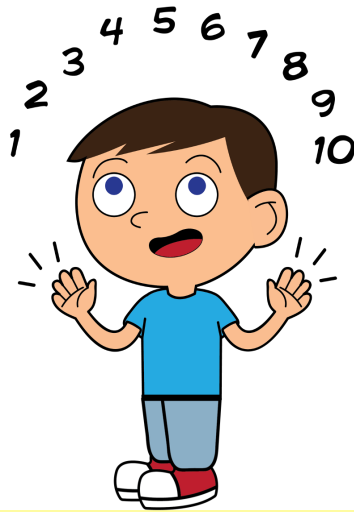


COPING SKILLS

© Music City Counselor



Take deep breaths



Count to 10



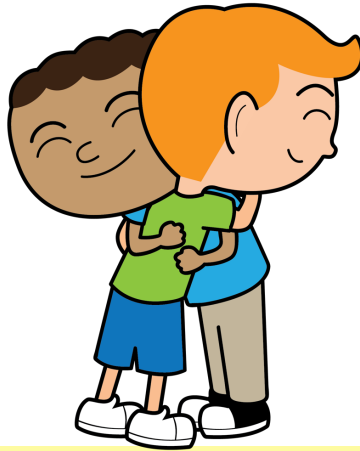
Use sensory tools



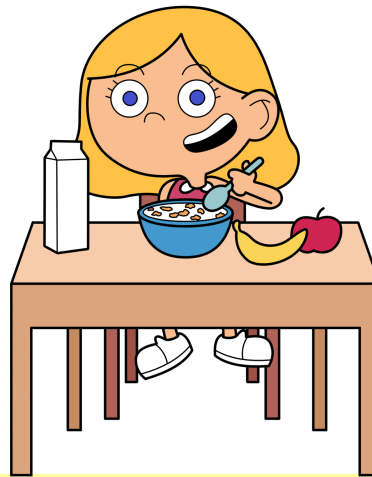
Write, draw, paint



Push, pull, dangle



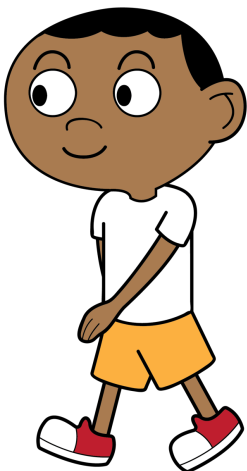
Ask for a hug



Eat & sleep well



Relax



Go for a walk



Talk it out



Listen to music



Try mindfulness

COPING SKILLS

Coping skills are strategies and techniques to control big feelings. They help us calm our body and mind.

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DISCUSSION CARDS

SODA POP HEAD

What is a Soda Pop Head?



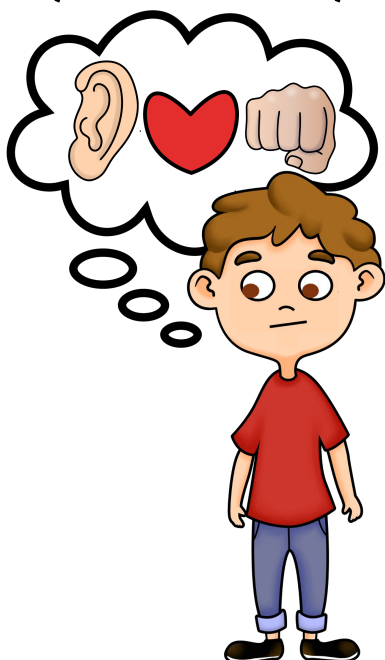
SODA POP HEAD

What does a Soda Pop Head look like?



SODA POP HEAD

What does it mean to "listen to your body?"



SODA POP HEAD

What made Lester turn into a Soda Pop Head?



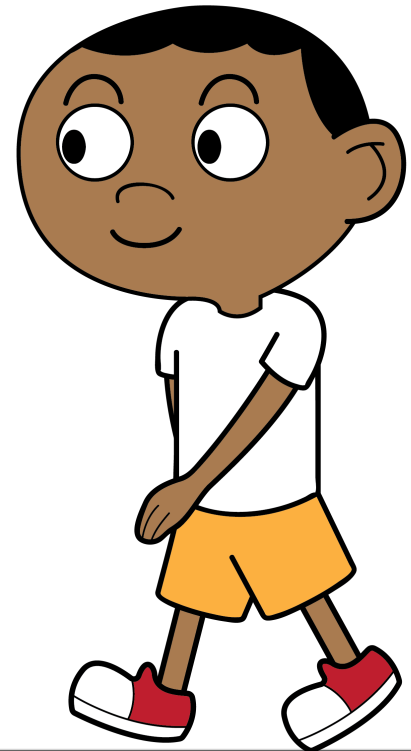
SODA POP HEAD

What is a coping skill?



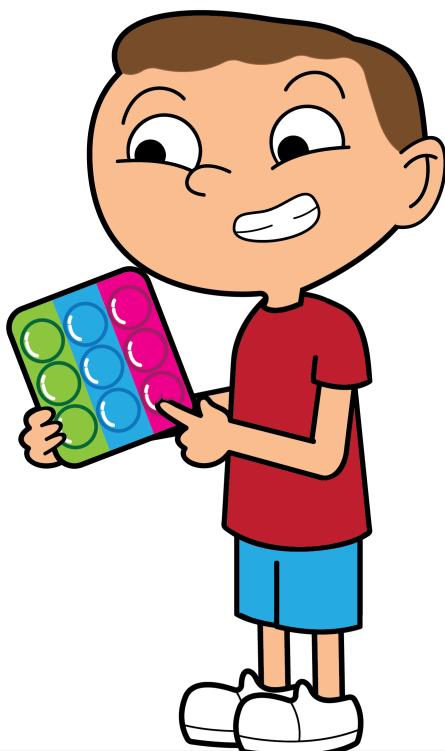
SODA POP HEAD

How do coping skills help us?



SODA POP HEAD

Name two coping skills.



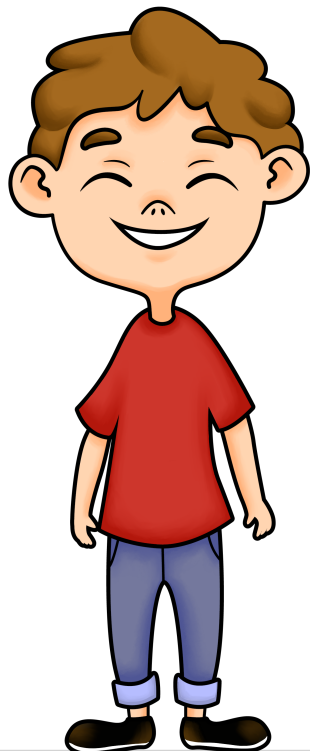
SODA POP HEAD

What is your favorite sensory tool?



SODA POP HEAD

What did Lester learn?



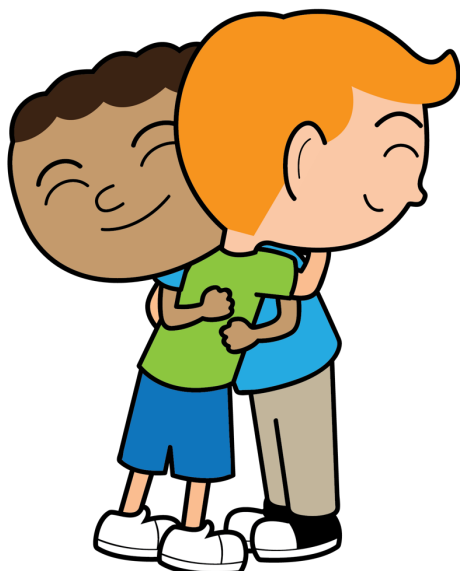
SODA POP HEAD

Share about a time when you were a Soda Pop Head.



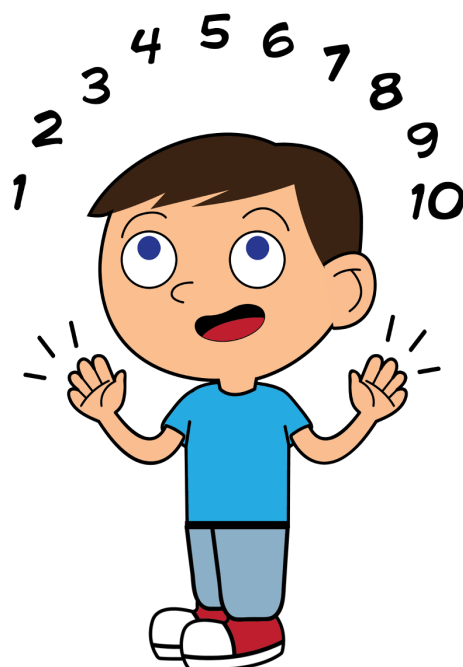
SODA POP HEAD

Share about a time when you used a coping skill.

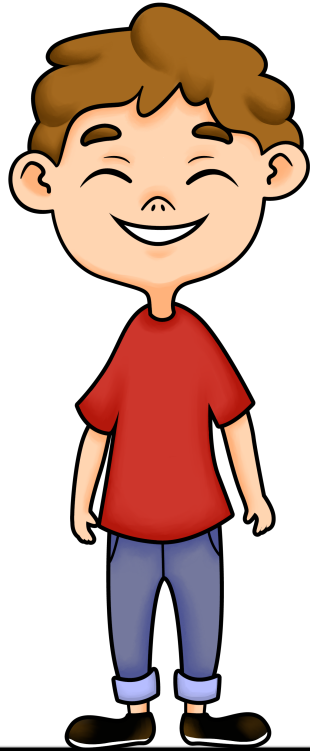


SODA POP HEAD

What is your favorite coping skill?



What does calm
look like?



Demonstrate how
to do the push,
pull, dangle.



Demonstrate how
to take deep
breaths.



What kind of
music makes you
feel calm?



SODA POP HEAD

How do writing and drawing help you with feelings?



SODA POP HEAD

What does it mean to "blow your bottlecap?"



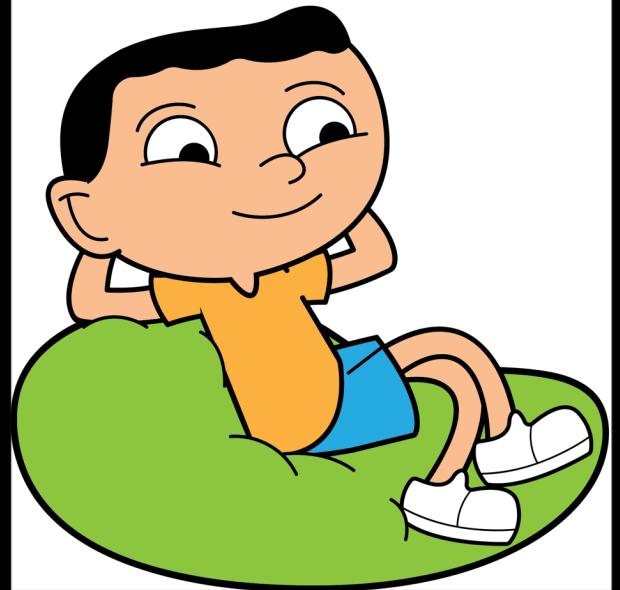
SODA POP HEAD

What do you look like when you're feeling angry?



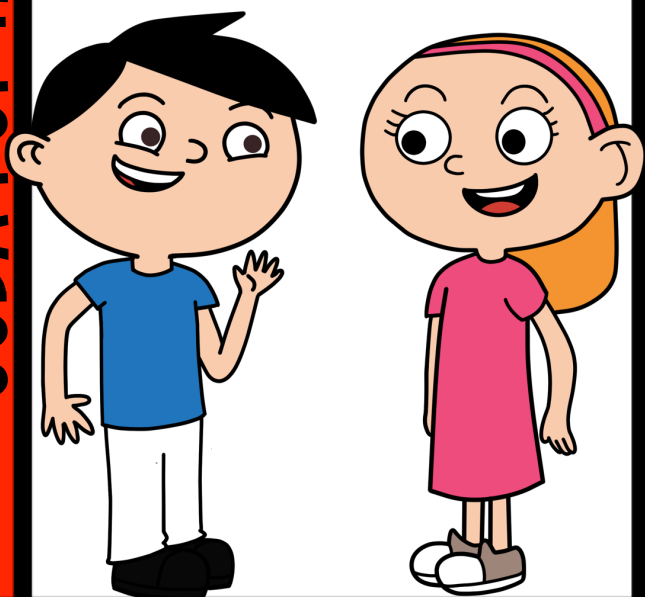
SODA POP HEAD

Where is a comfy place that you can relax at school?



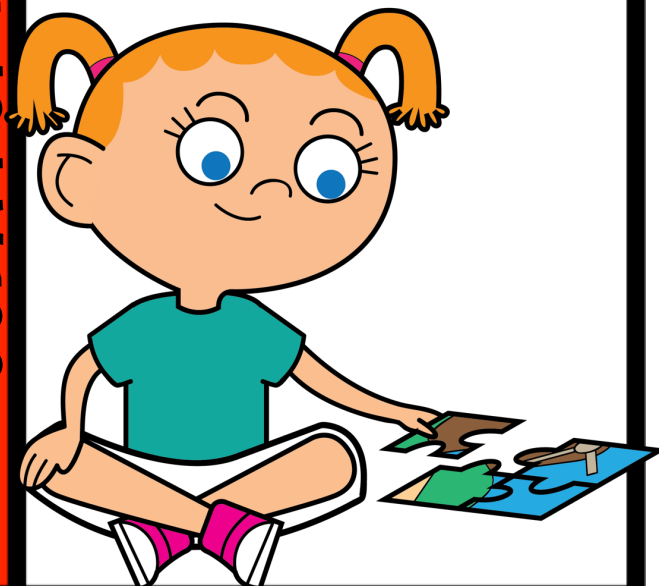
SODA POP HEAD

Who is a safe person that helps you feel calm?



SODA POP HEAD

Where is a safe place you can go at home to calm down?



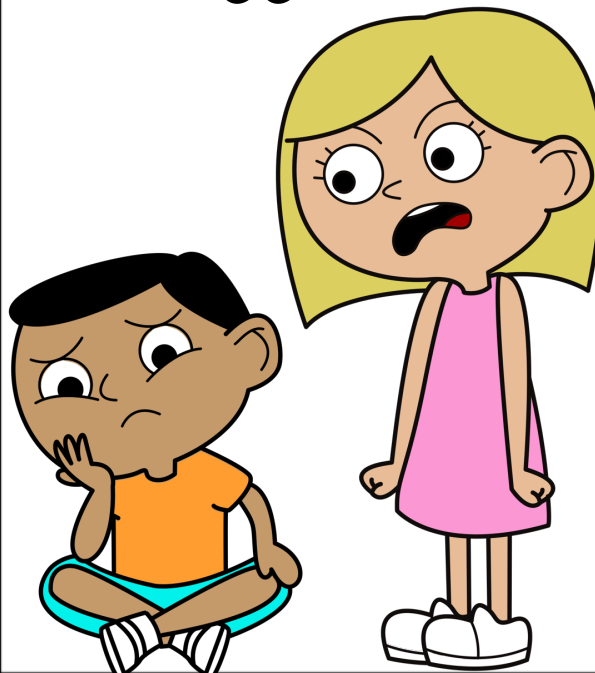
SODA POP HEAD

What is an anger trigger?



SODA POP HEAD

What is one of your anger triggers?



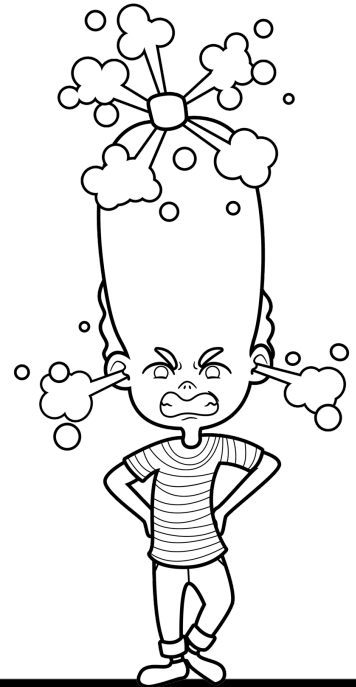
SODA POP HEAD

What is a Soda Pop Head?



SODA POP HEAD

What does a Soda Pop Head look like?



SODA POP HEAD

What does it mean to "listen to your body?"



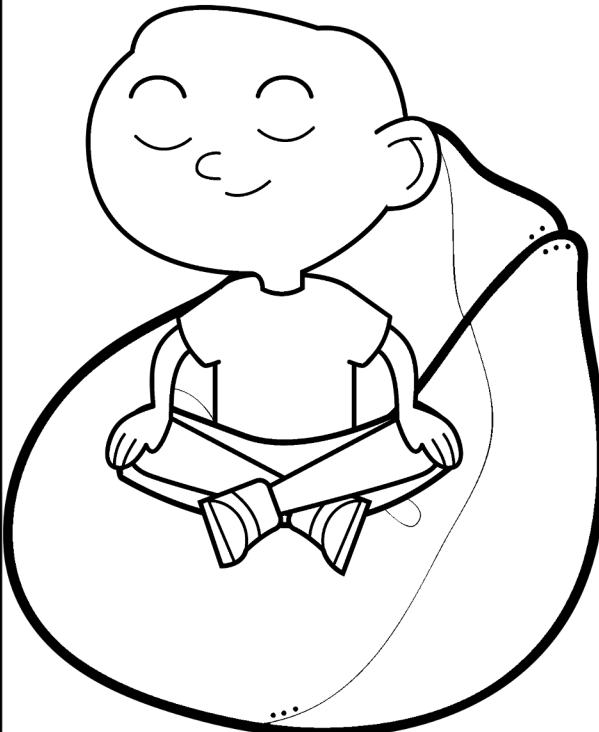
SODA POP HEAD

What made Lester turn into a Soda Pop Head?



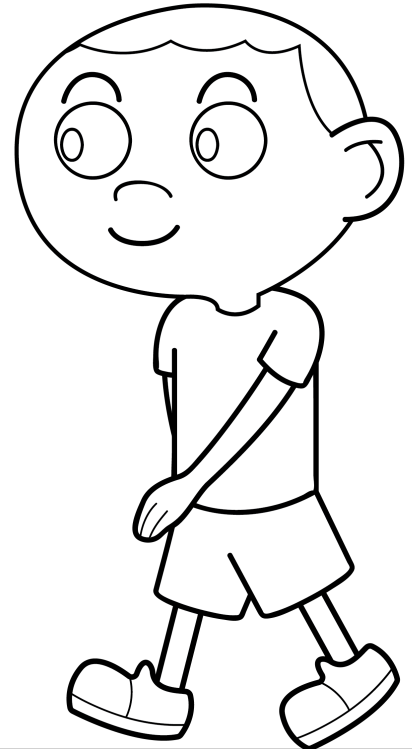
SODA POP HEAD

What is a coping skill?



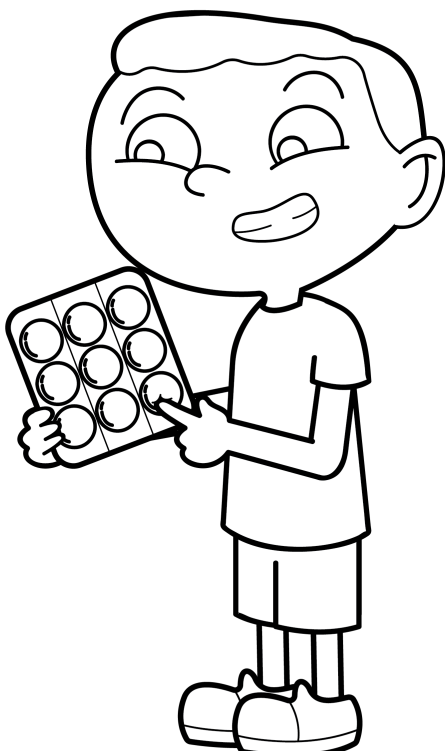
SODA POP HEAD

How do coping skills help us?



SODA POP HEAD

Name two coping skills.



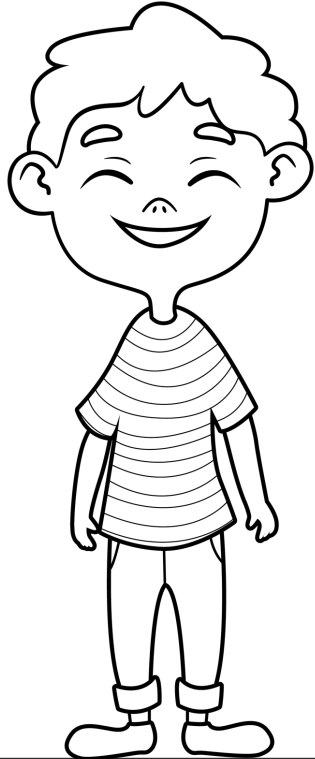
SODA POP HEAD

What is your favorite sensory tool?



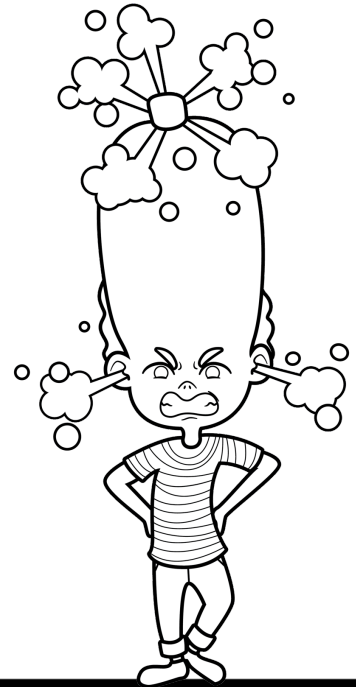
SODA POP HEAD

What did Lester learn?



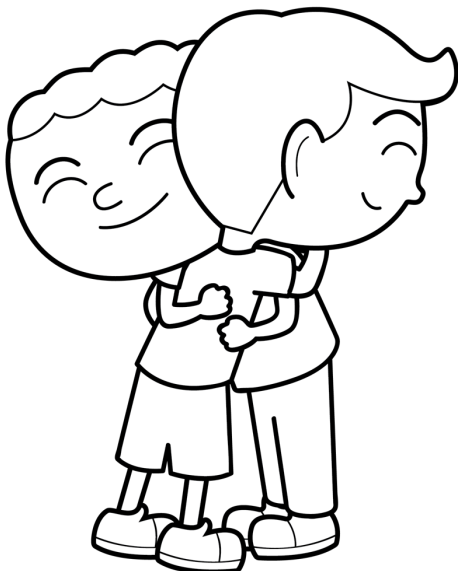
SODA POP HEAD

Share about a time when you were a Soda Pop Head.



SODA POP HEAD

Share about a time when you used a coping skill.



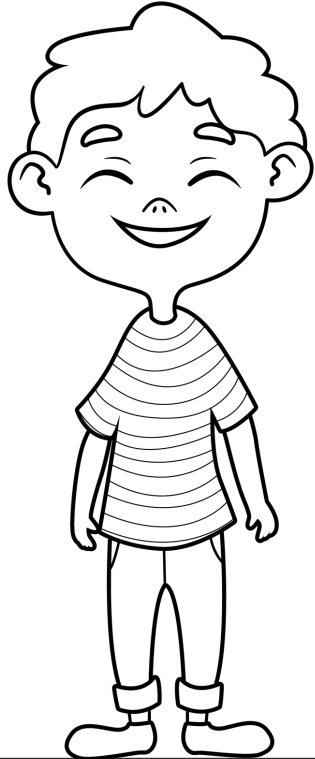
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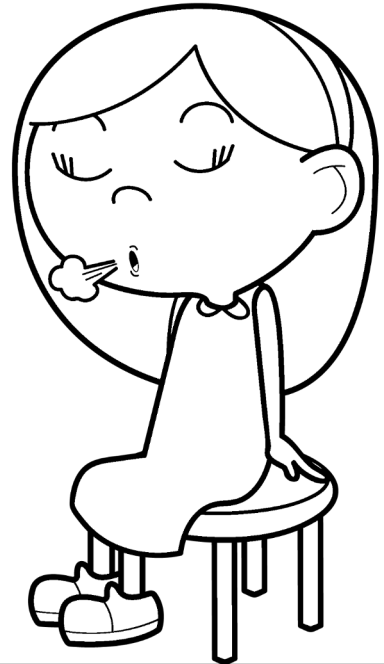
SODA POP HEAD

What does calm look like?



SODA POP HEAD

Demonstrate how to do the push, pull, dangle.



SODA POP HEAD

Demonstrate how to take deep breaths.



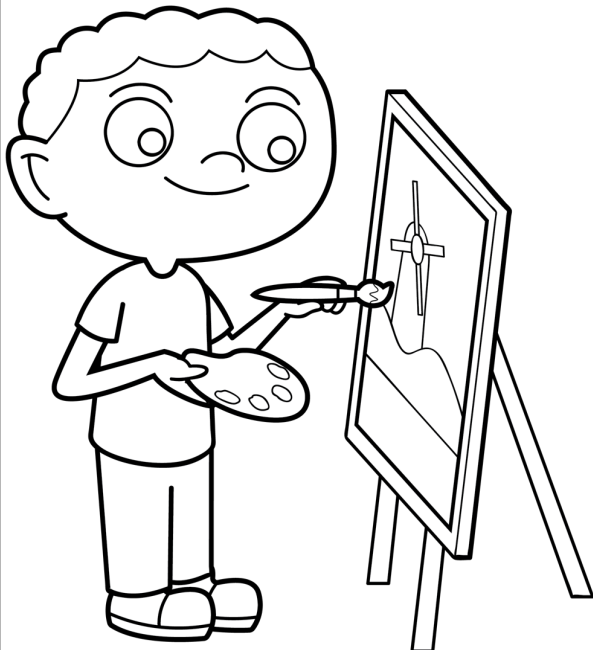
SODA POP HEAD

What kind of music makes you feel calm?



SODA POP HEAD

How do writing and drawing help you with feelings?



SODA POP HEAD

What does it mean to "blow your bottlecap?"



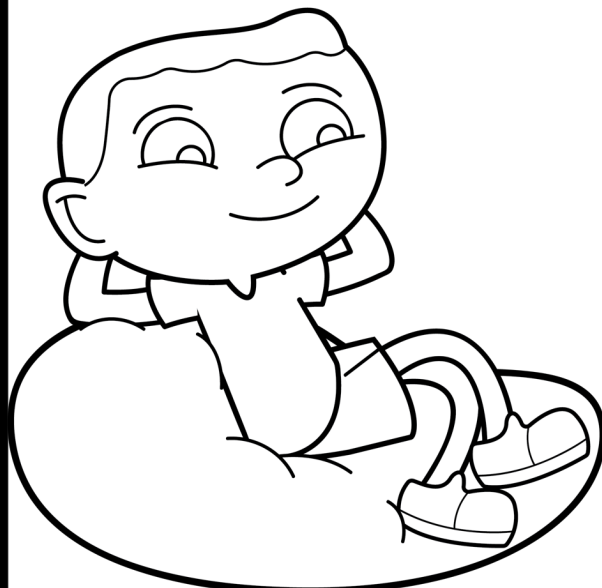
SODA POP HEAD

What do you look like when you're feeling angry?



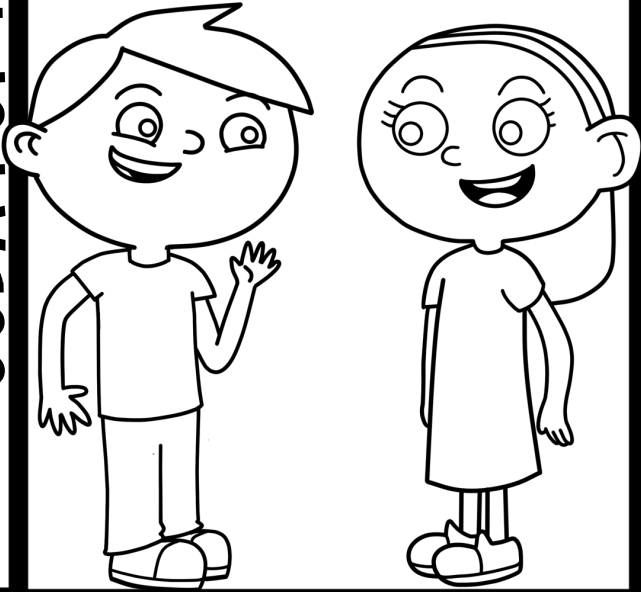
SODA POP HEAD

Where is a comfy place that you can relax at school?



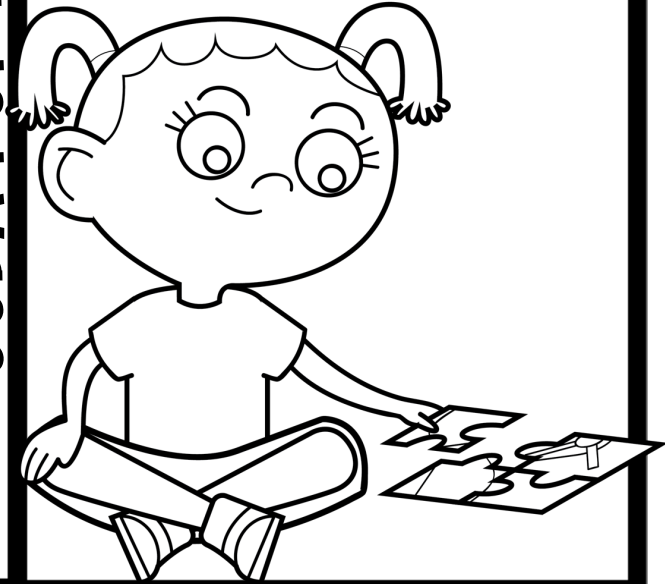
SODA POP HEAD

Who is a safe person that helps you feel calm?



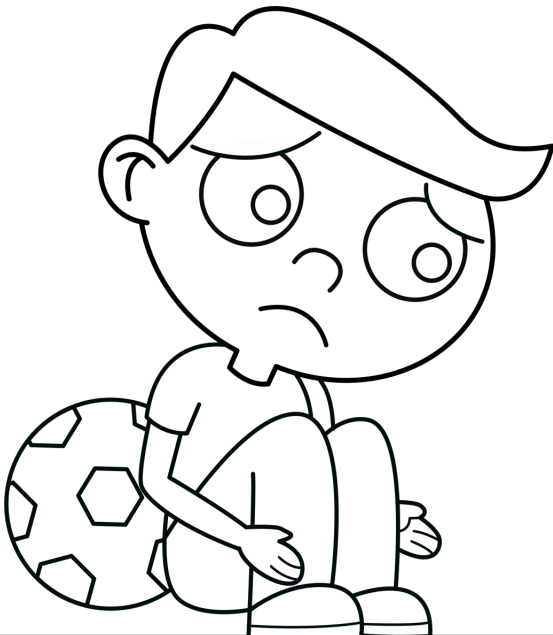
SODA POP HEAD

Where is a safe place you can go at home to calm down?



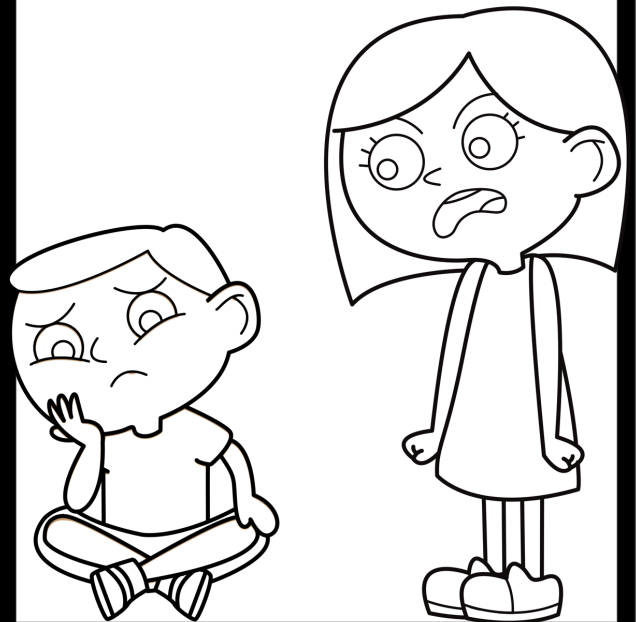
SODA POP HEAD

What is an anger trigger?



SODA POP HEAD

What is one of your anger triggers?

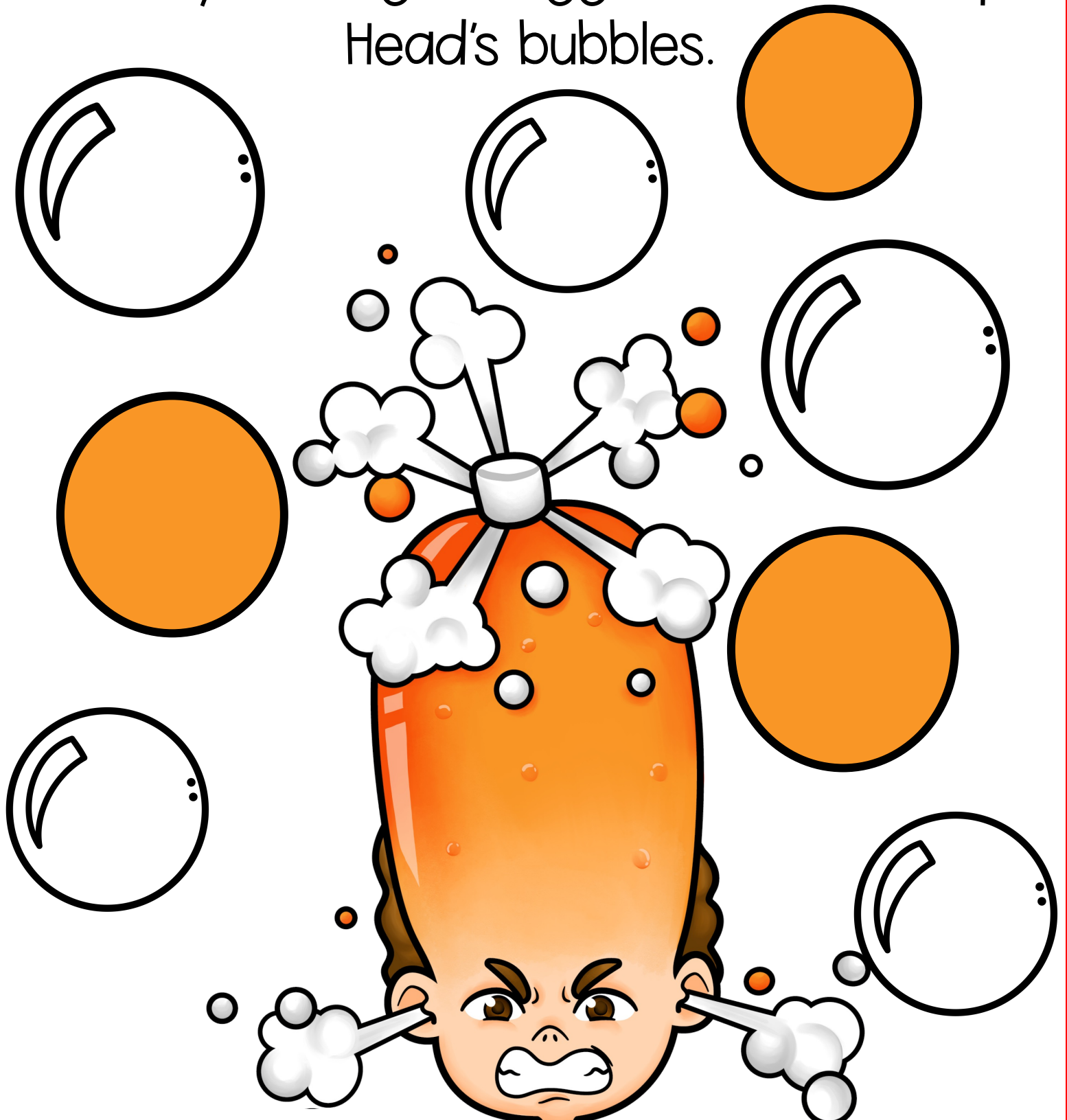


WORKSHEETS & COLORING PAGES

Name: _____

SODA POP HEAD

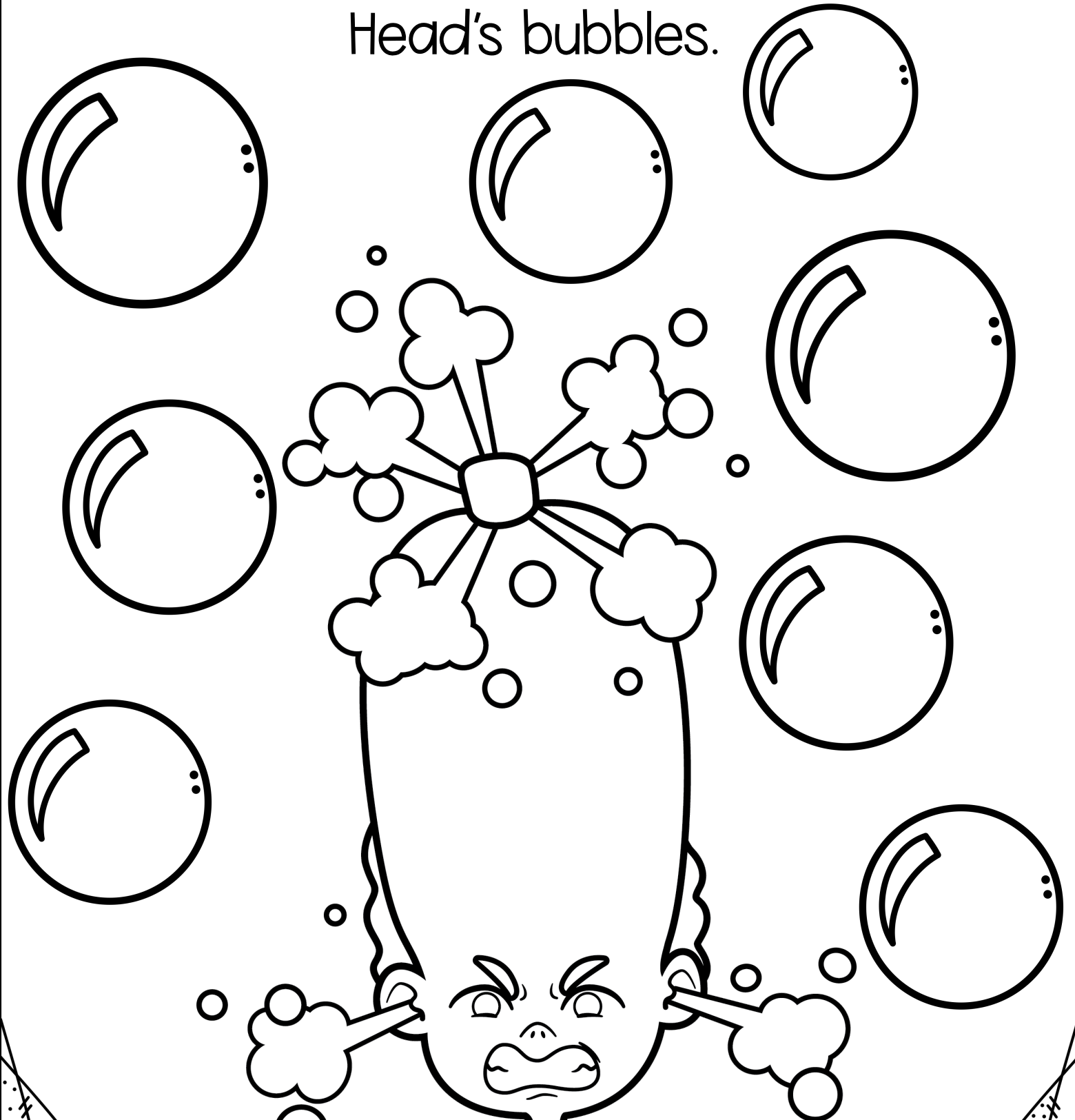
Write your anger triggers on Soda Pop Head's bubbles.



Name: _____

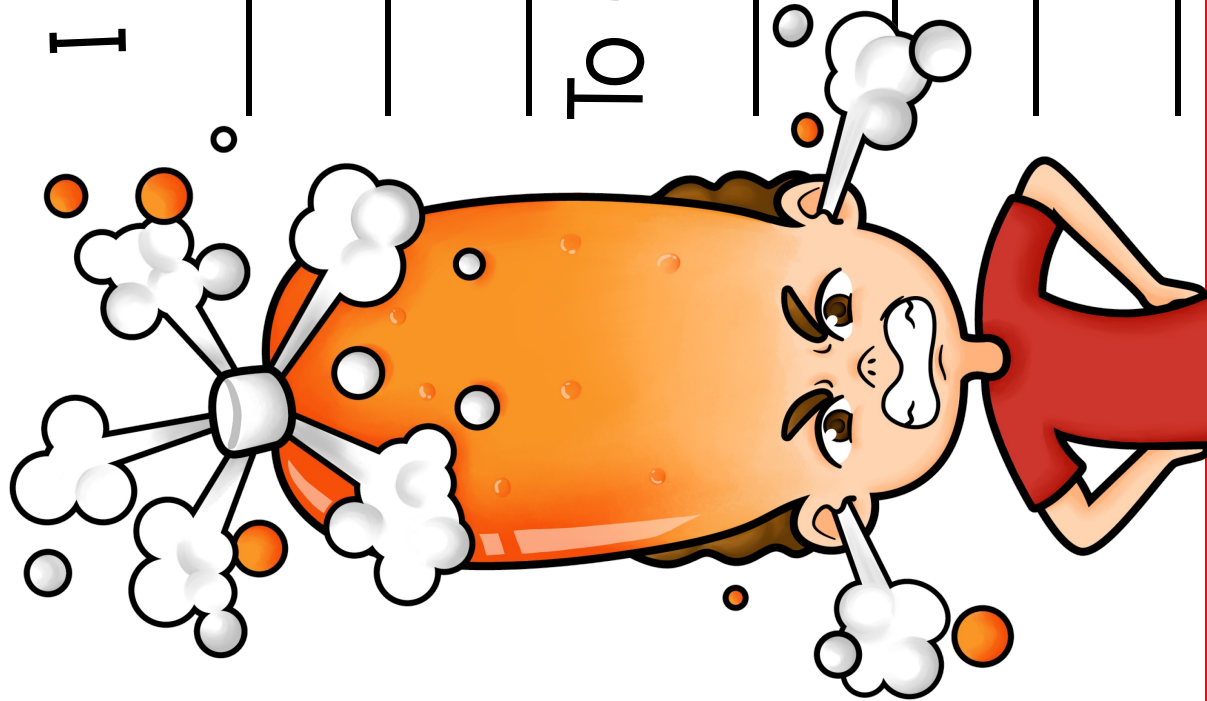
SODA POP HEAD

Write your anger triggers on Soda Pop Head's bubbles.



Name: _____

SODA POP HEAD

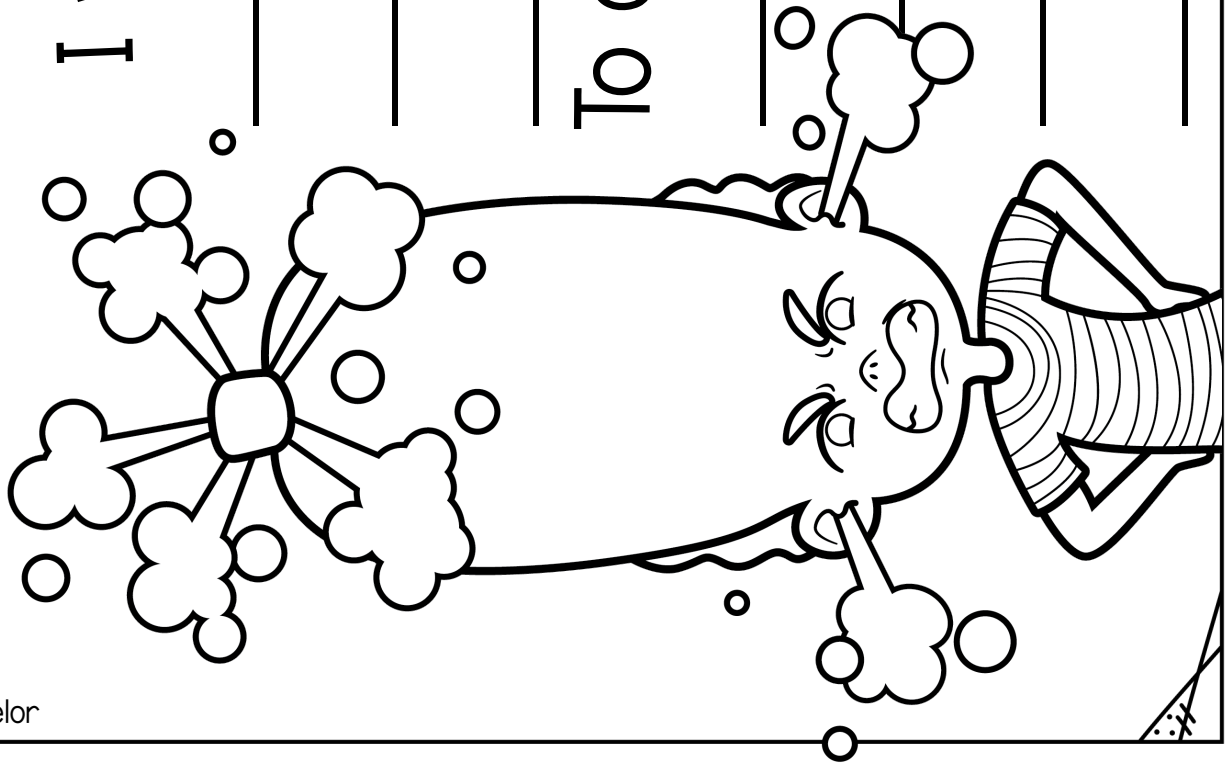


I was a Soda Pop Head when

To cope with my feelings, I can

Name: _____

SODA POP HEAD



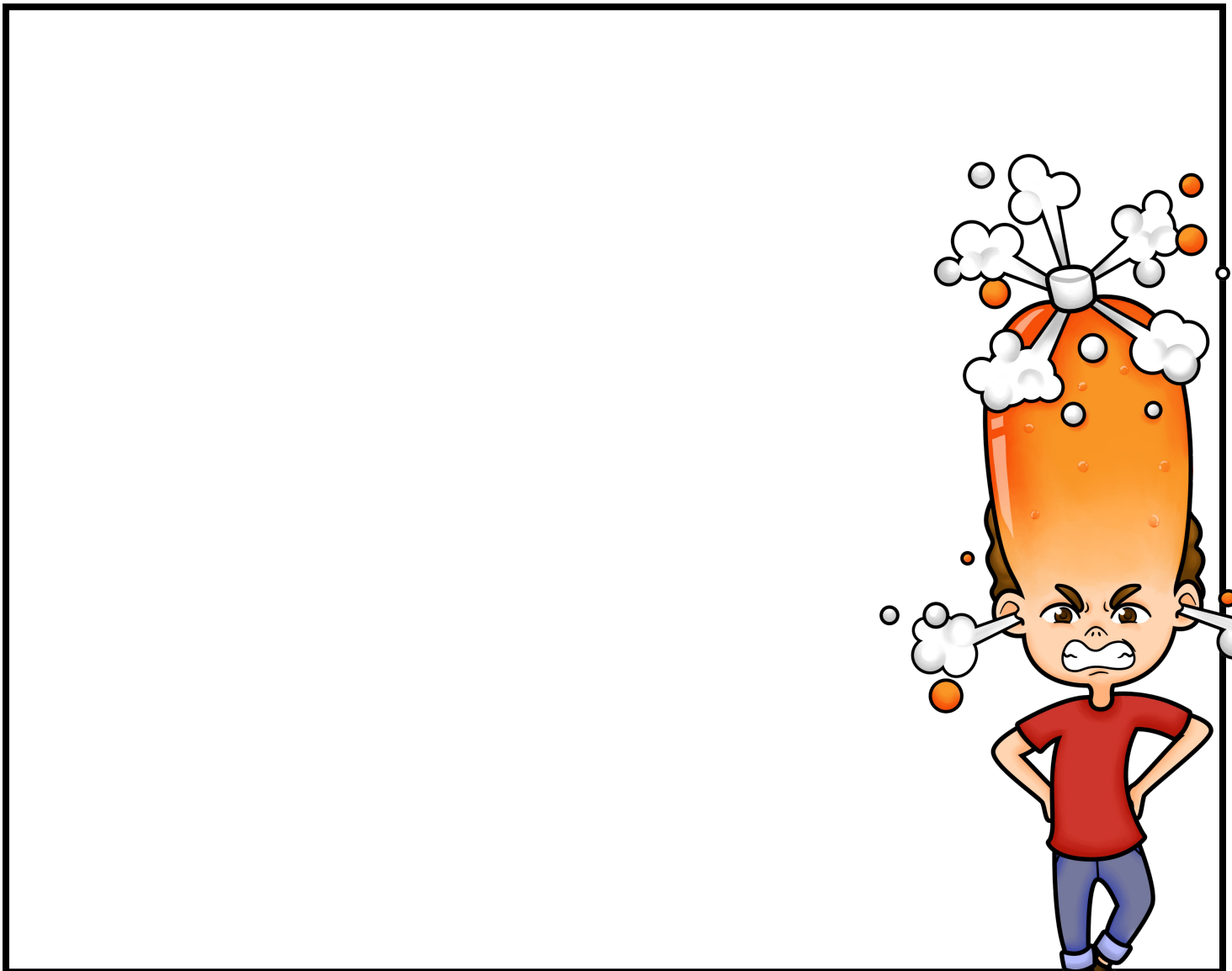
I was a Soda Pop Head when

To cope with my feelings, I can

Name: _____

SODA POP HEAD

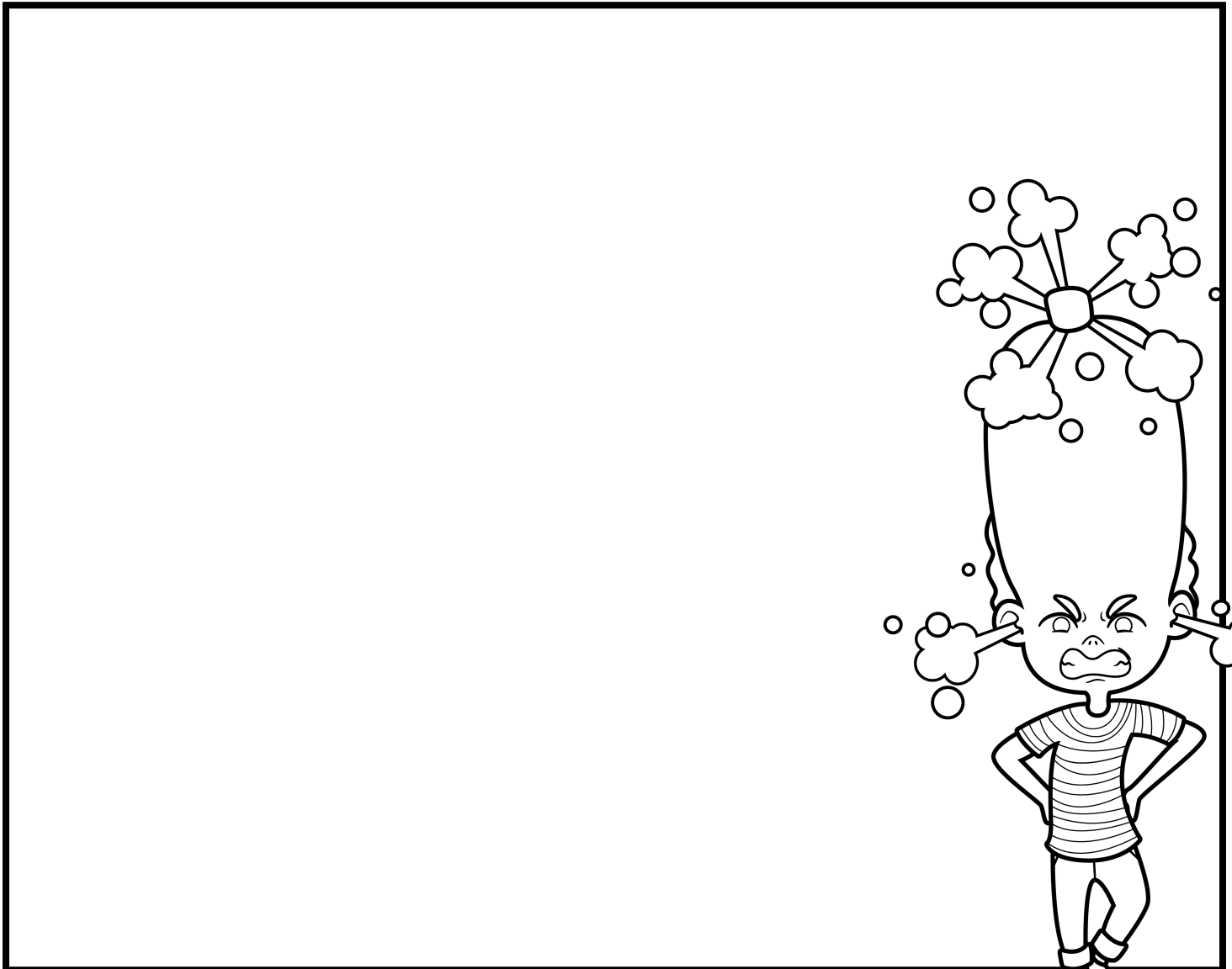
Write and draw about a time when you
were a Soda Pop Head.



Name: _____

SODA POP HEAD

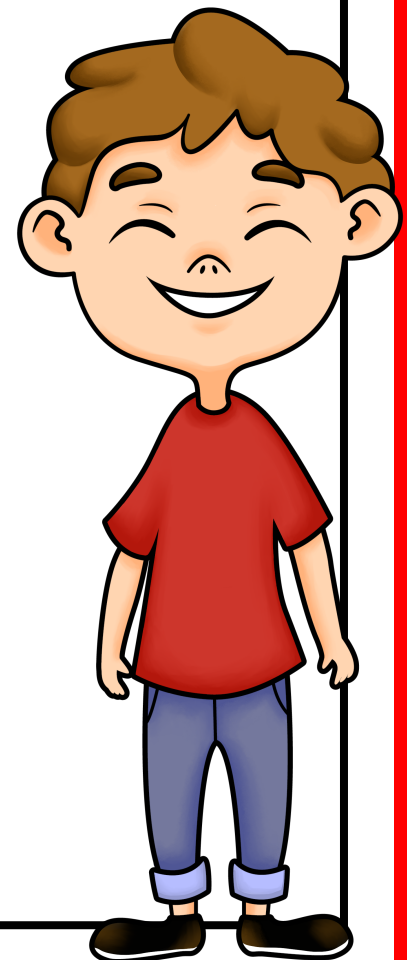
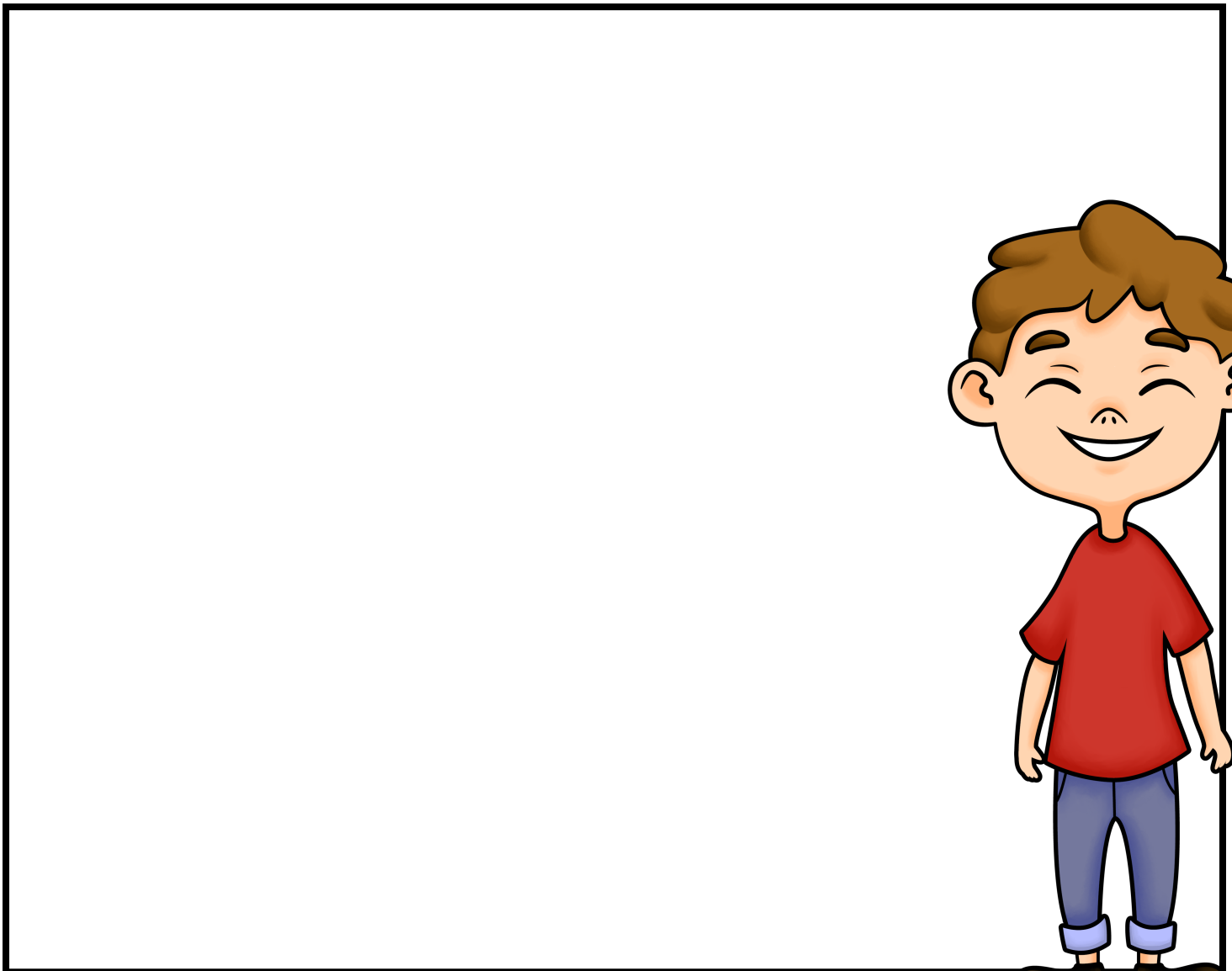
Write and draw about a time when you
were a Soda Pop Head.



Name: _____

SODA POP HEAD

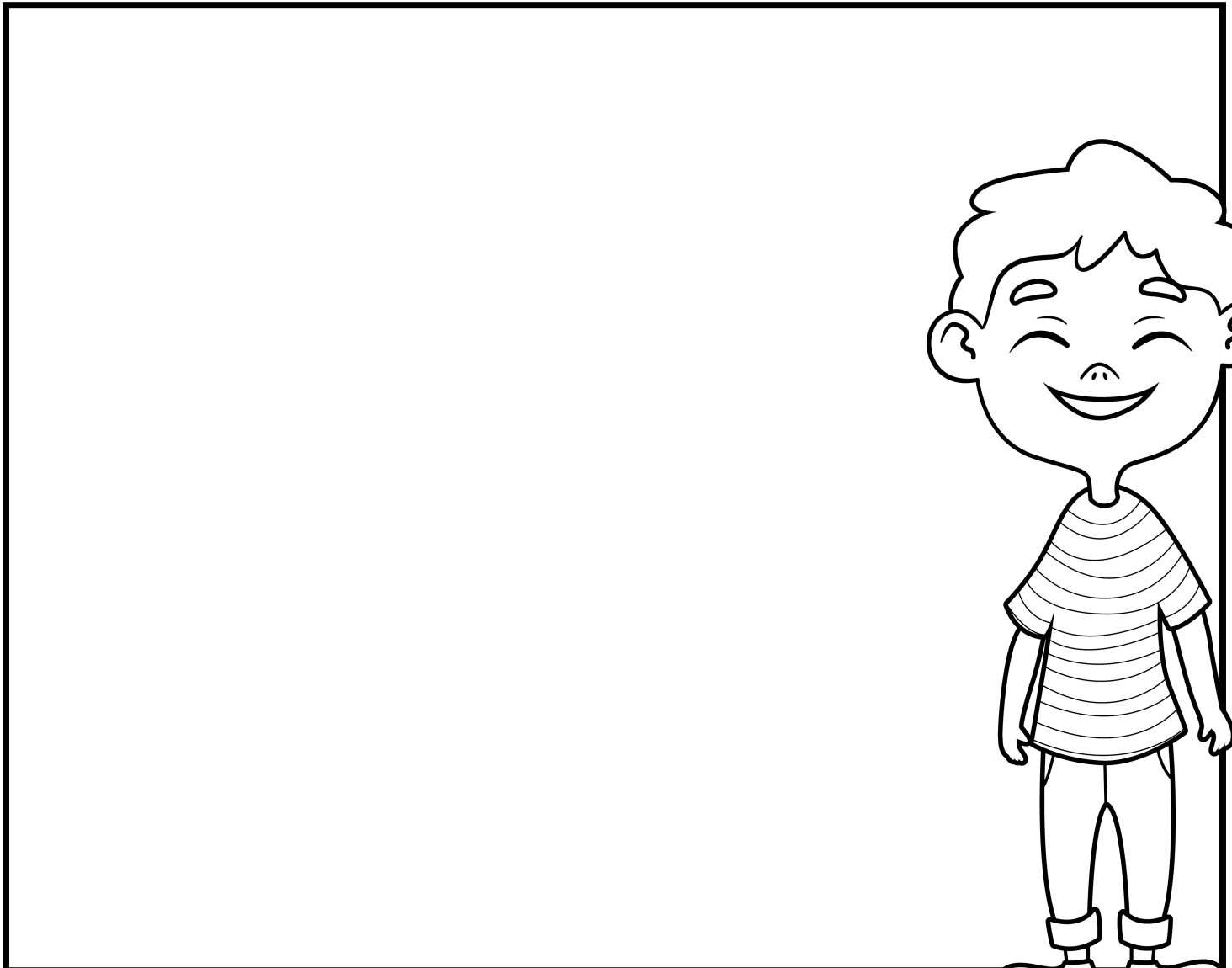
Write and draw about a time when you
felt angry and used a coping skill.



Name: _____

SODA POP HEAD

Write and draw about a time when you
felt angry and used a coping skill.



Name: _____

SODA POP HEAD

Color your favorite coping skills.

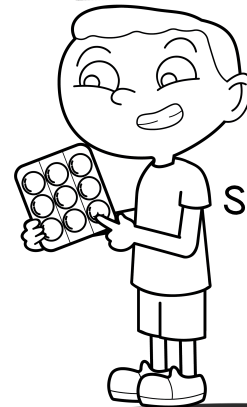
Breathe



Count to 10



Use
sensory
tools



Push, pull, dangle



Relax in
a comfy
spot



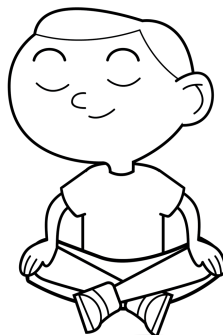
Go for a
walk



Talk it out



Try mindfulness

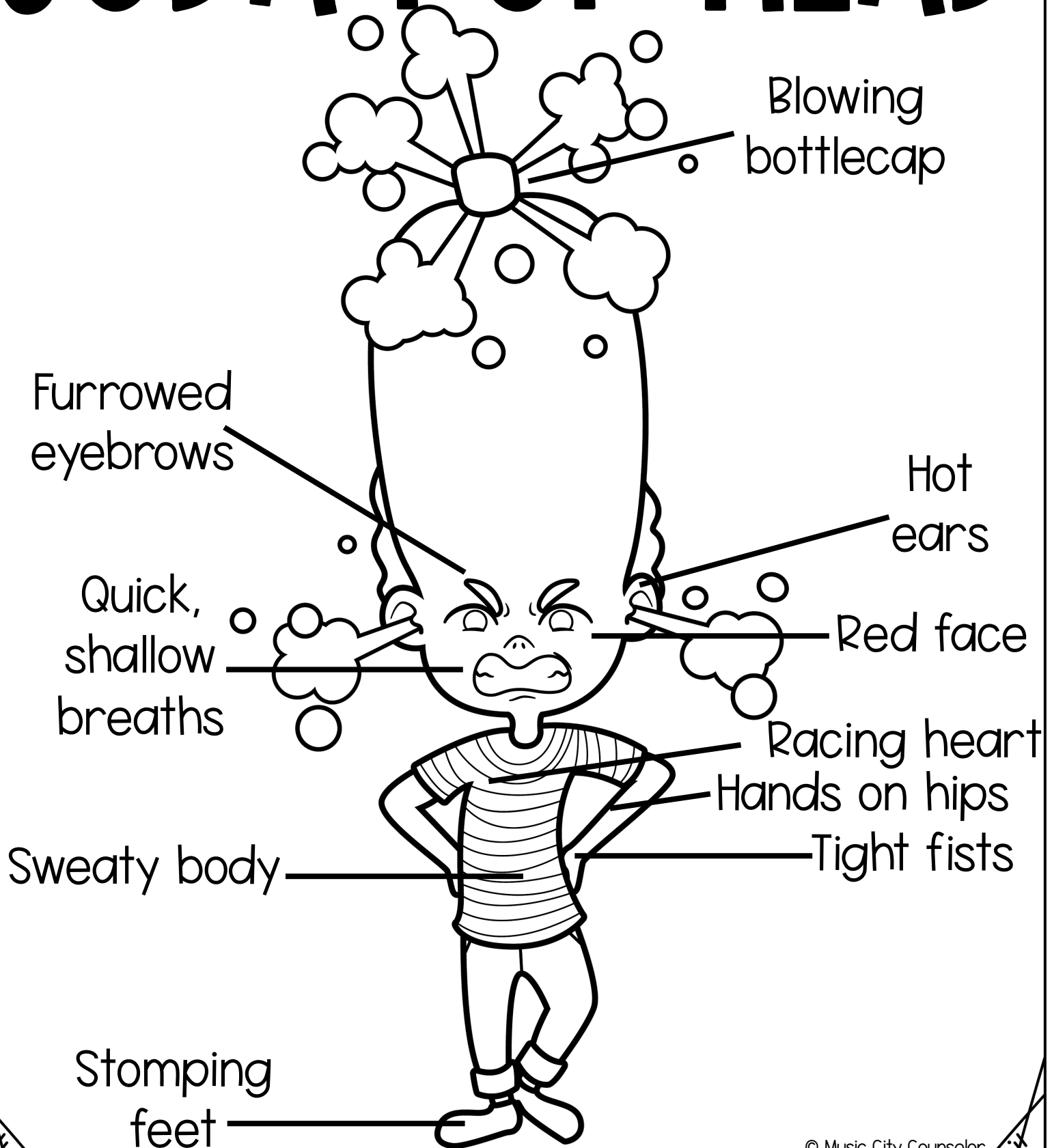


Ask for
a hug



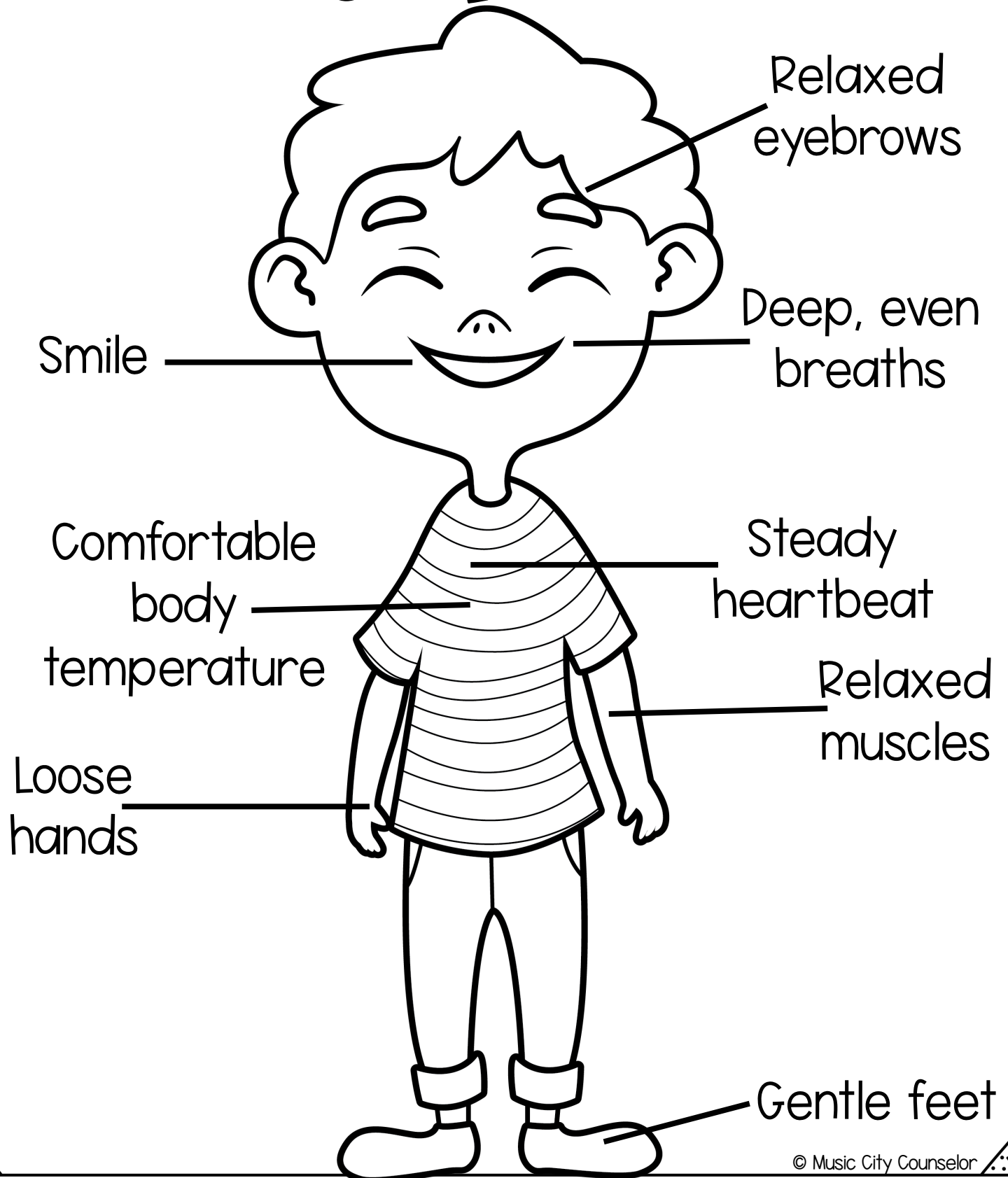
Name: _____

SODA POP HEAD



Name: _____

CALM



Name: _____

LISTEN TO YOUR BODY

Listen to your body for clues to how you are feeling. If you feel signs of anger, try a coping skill before you blow your bottlecap!



Name: _____

COPING SKILLS

Coping skills are strategies and techniques to control big feelings. They help us calm our body and mind.

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♥ *laura oathout*

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