

○ 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

ASCA Mindsets & Behaviors:

Mindsets:

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

Behaviors::

- 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:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

1. Read the story, "When Miles Got Mad" by Abbie Schiller and Samantha Counter.
2. Review either the digital for Google Slides™ or PowerPoint presentation. The digital presentation includes fillable text boxes, and the PowerPoint offers opportunities for students to turn-and-talk with their neighbor. Both presentations review the story, teach about how anger and calm look and feel in our bodies, go over 10 examples of anger triggers, and teach 13 calm down strategies.
3. Review the posters.
4. Choose pages from the printable Calm Down Workbook for students to work through or give students a copy of the whole book.

Questions? Please contact me at laura@musiccitycounselor.com.

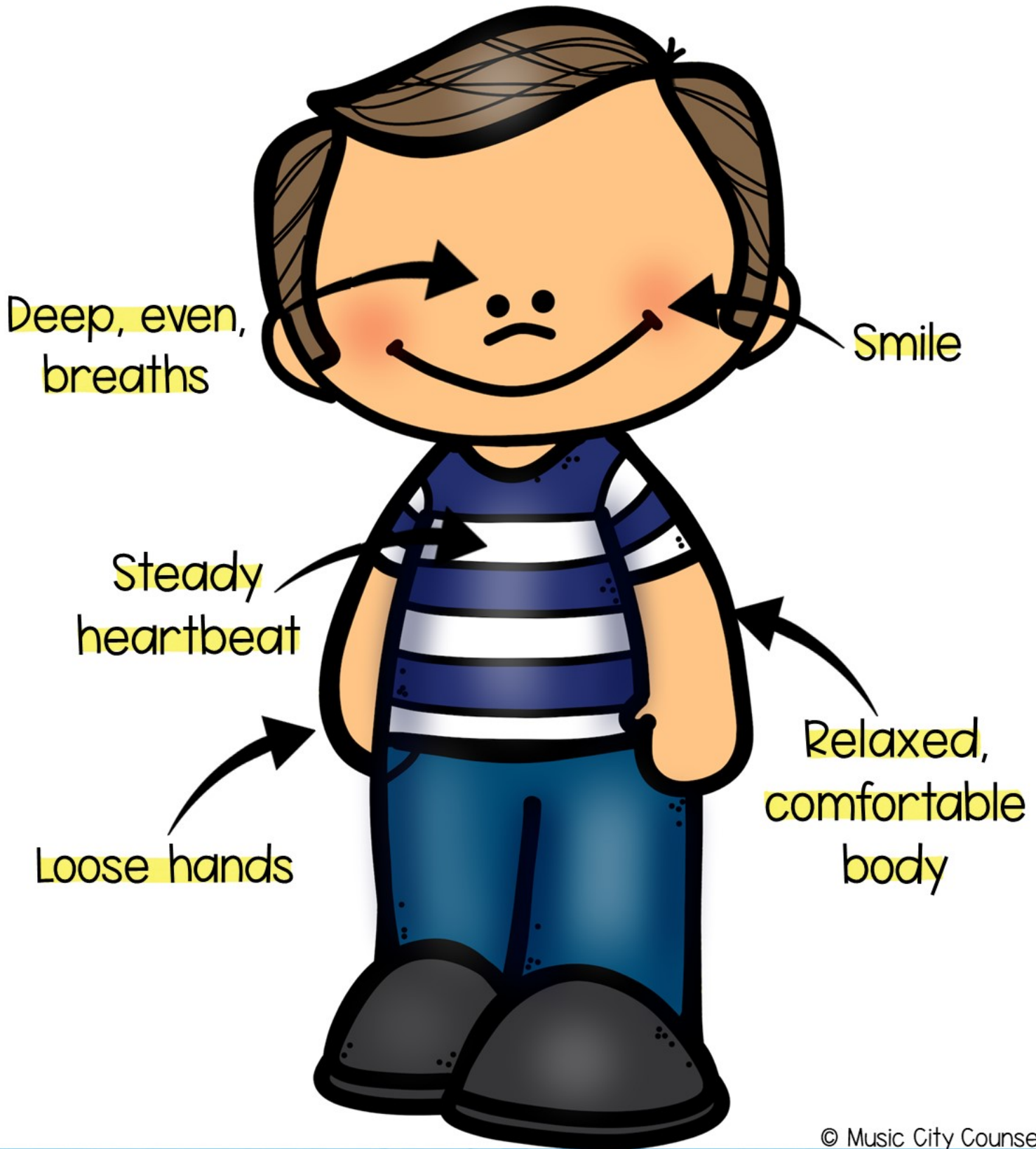
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Posters

How can you tell that Miles is **MAD?**



How can you tell that Miles is **CALM?**



CALM DOWN Skills



Take deep breaths



Count to 10



Talk it out



Listen to music



Practice yoga



Get fresh air

CALM DOWN skills



Read a book



Sit in a comfy spot



Squeeze stress ball



Write, journal



Happy thoughts

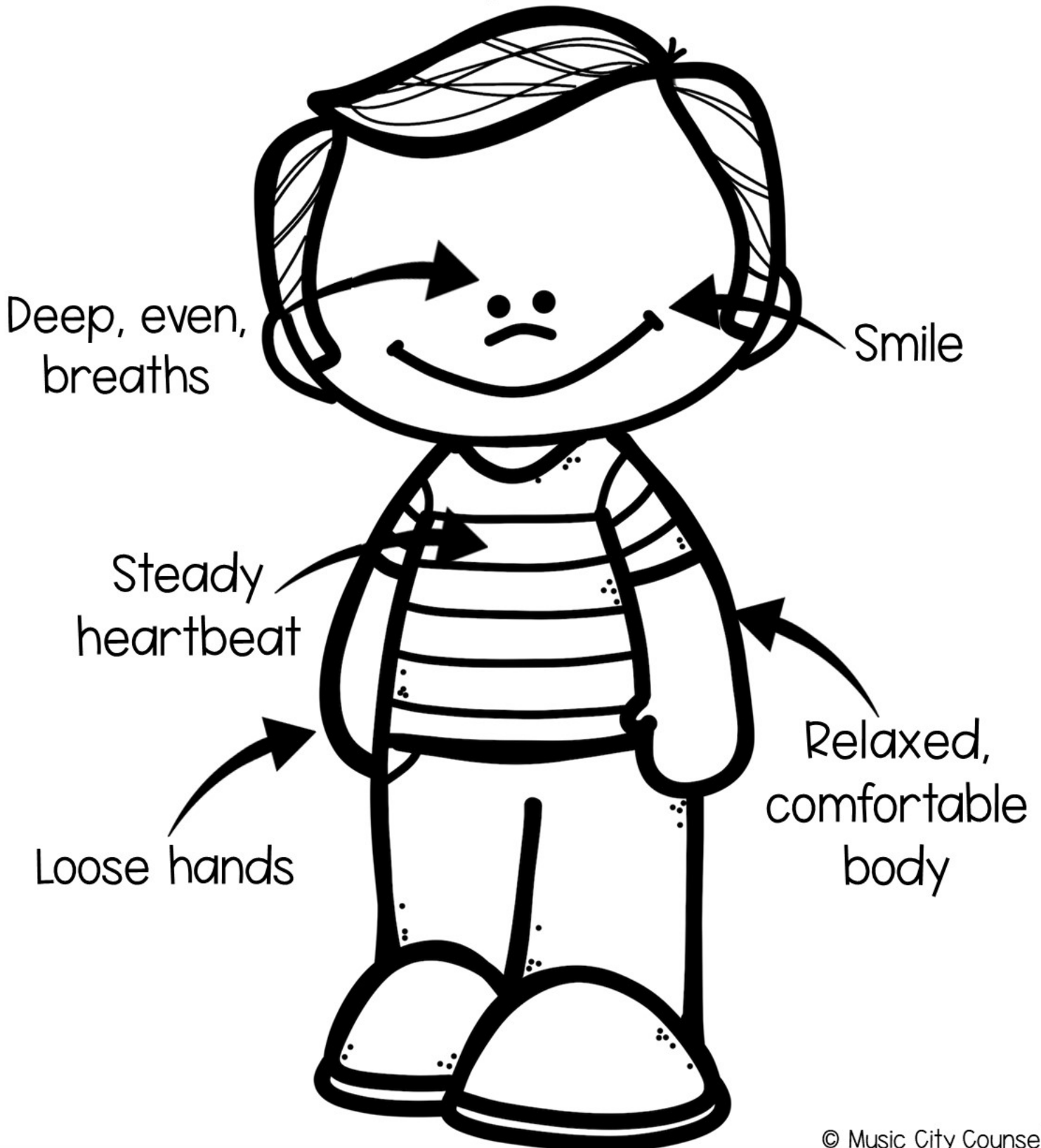


Drink water

How can you tell that Miles is **MAD?**



How can you tell that Miles is **CALM?**



CALM DOWN Skills



Take deep breaths



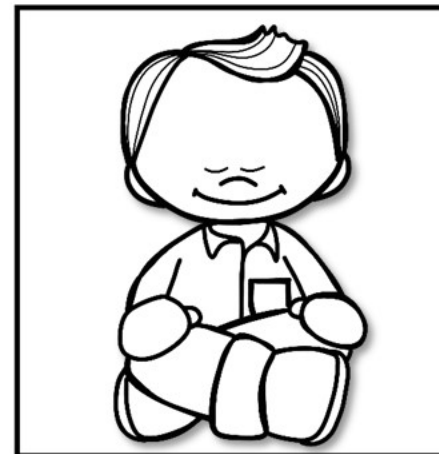
Count to 10



Talk it out



Listen to music

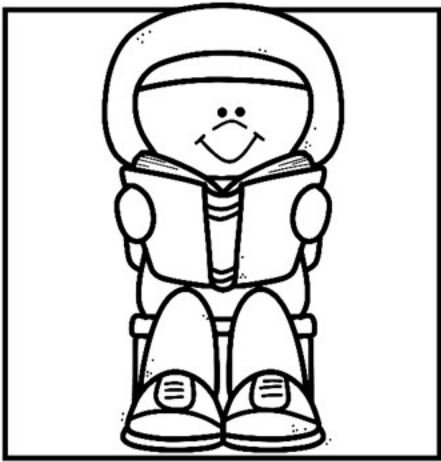


Practice yoga



Get fresh air

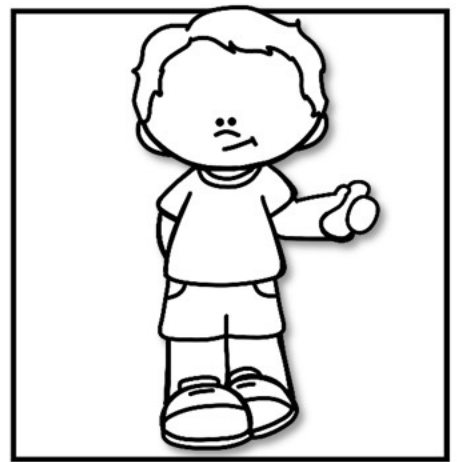
CALM DOWN Skills



Read a book



Sit in a comfy spot



Squeeze stress ball



Write, journal



Happy thoughts

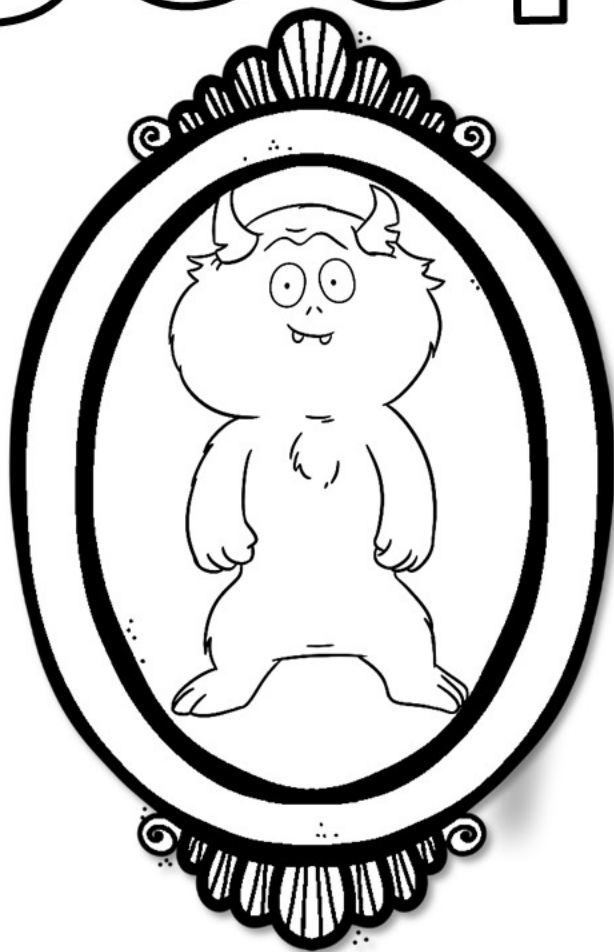


Drink water

Calm Down Workbook

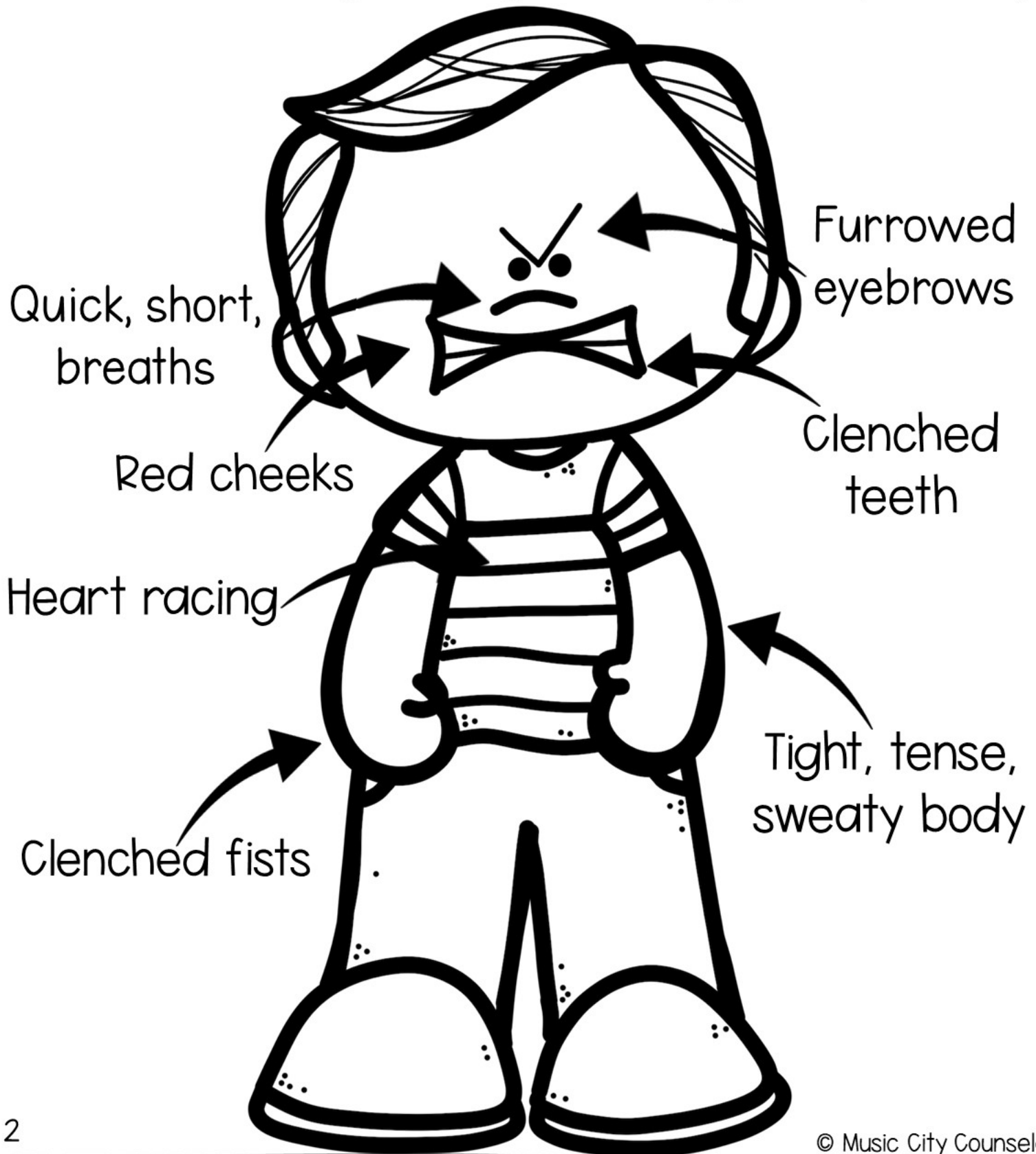
Name: _____

My Calm Down WORKBOOK



What happens in your body when you **FEEL MAD?**

Circle below the signs of anger that happen in your body.



I feel MAD when...

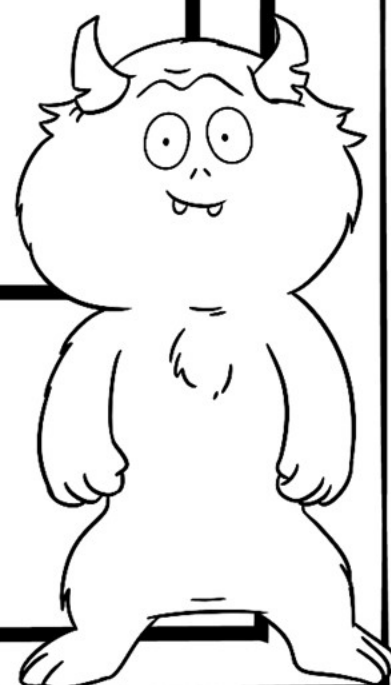
A large rectangular box with a double-line border, intended for a drawing or illustration.



When I feel MAD,
I look like this...



My MAD MONSTER
looks like this...



Color and cut out the **TRIGGERS** that bother you the most. You can draw in your own, too! Then glue them onto the **MY TRIGGERS** page.

She pushed me.



I can't be first.



He teased me.



He won't share.



She won't let me play.



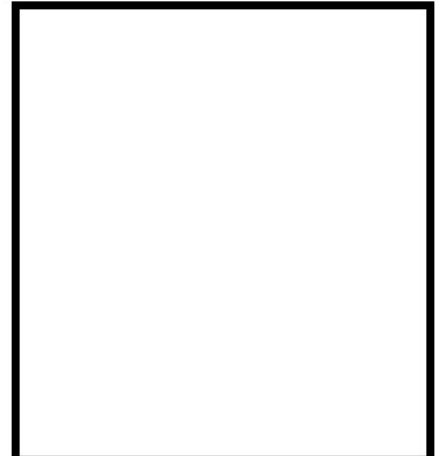
He kicked me.



I got in trouble.



She hit me.



MY ANGER TRIGGERS



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Color and cut out the **CALM DOWN SKILLS** that you like the best. You can draw in your own, too! Then glue them onto the **MY CALM DOWN SKILLS** page.

Take deep breaths.



Count to 10.



Exercise, walk, or run.



Drink water.



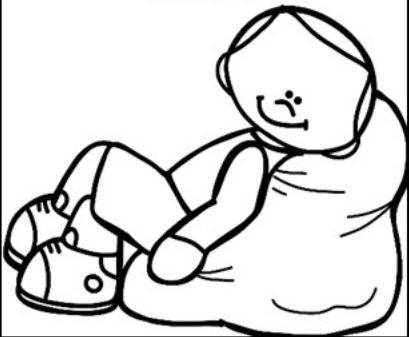
Think happy thoughts.



Listen to music.



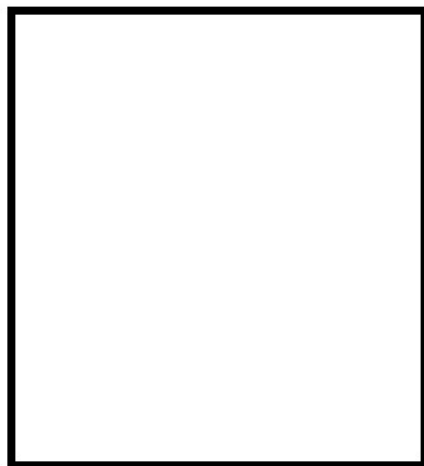
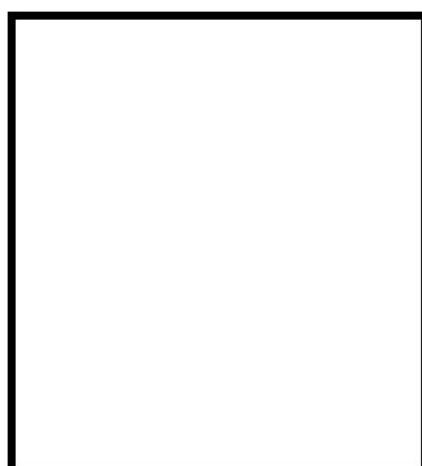
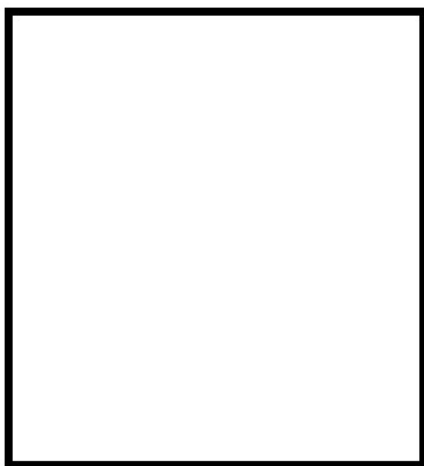
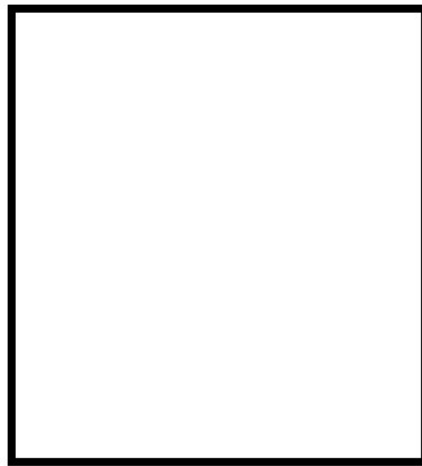
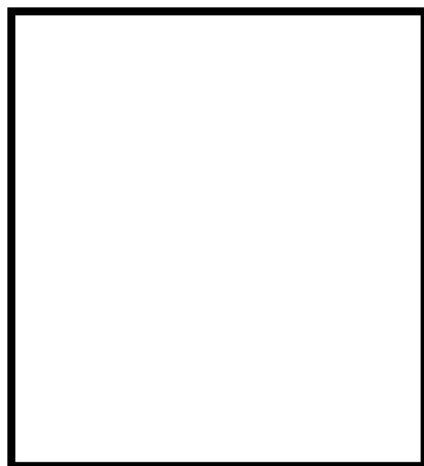
Relax in a comfy chair.



Squeeze a stress ball.

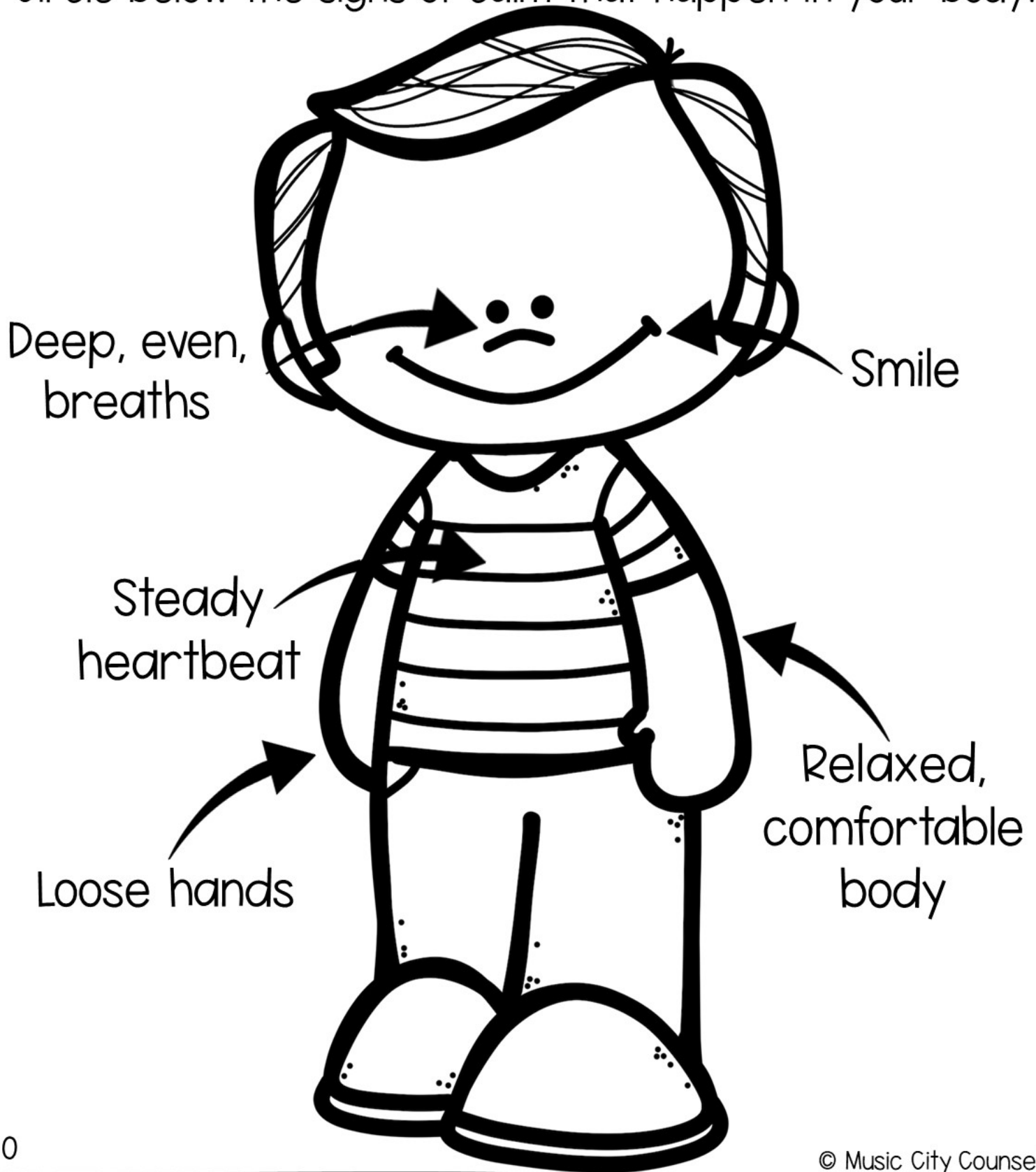


MY CALM DOWN SKILLS

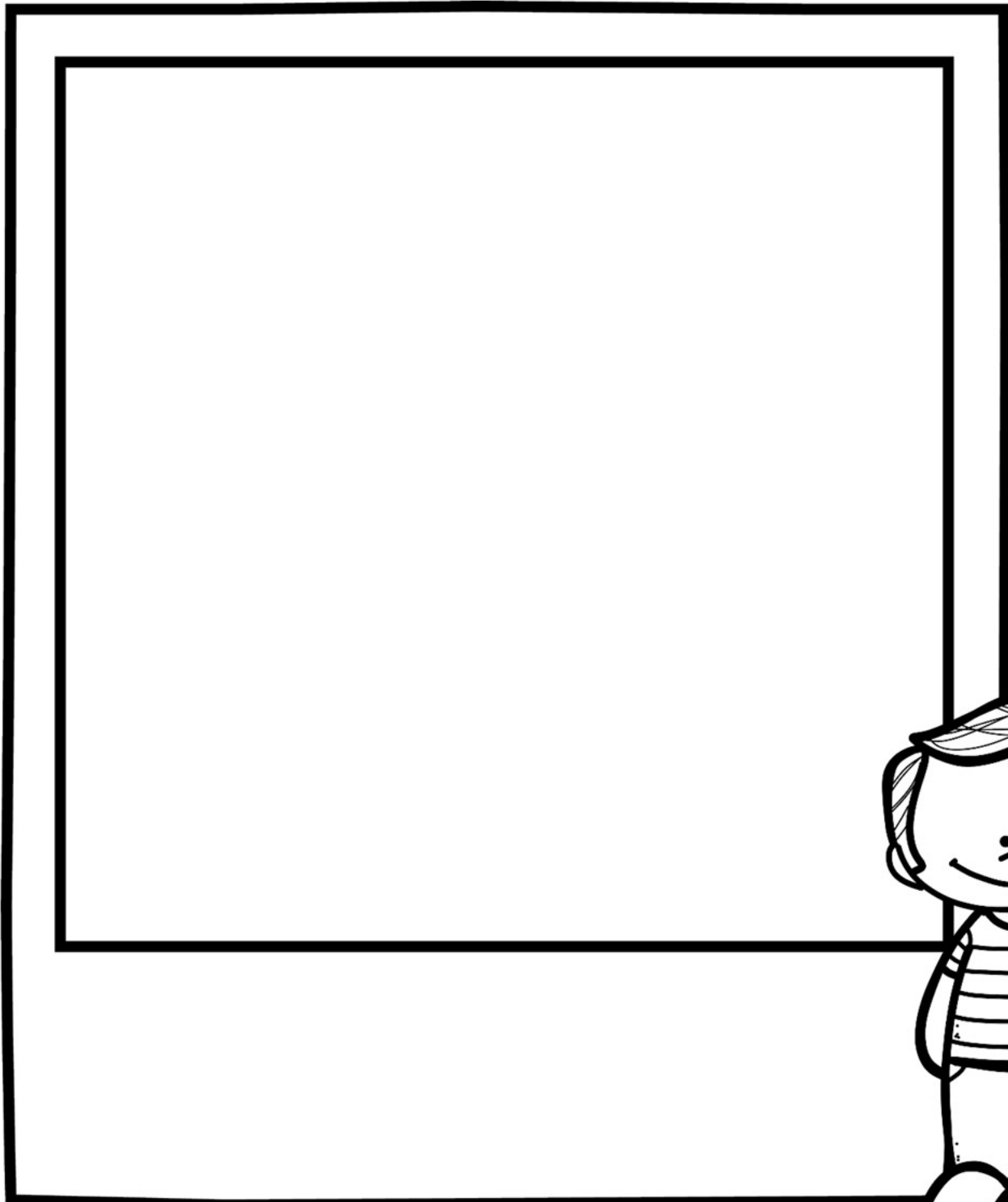


What happens in your body when you **FEEL CALM?**

Circle below the signs of calm that happen in your body.



I feel CALM when...



When I feel CALM.
I look like this...



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

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