

FEEL BETTER Donuts

COUNSELOR
CREATED

≡ Coping Skills & Emotional Support ≡

CALMING DONUT

HELPS YOUR BODY SLOW DOWN.

TAKE DEEP BREATHS

1
2
3



COUNT SLOWLY

STRETCH YOUR
BODY



SIT QUIETLY

TALK-IT-OUT DONUT

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER



TALK TO A
FRIEND

TALK TO A
TRUSTED ADULT



TALK TO A SCHOOL
COUNSELOR

COMFORT DONUT

HELPS YOU FEEL SAFE AND COZY.

CUDDLE IN YOUR
FAVORITE BLANKET



HUG A STUFFED
ANIMAL

RELAX IN A CALM-
DOWN SPACE



SIT IN A
QUIET CORNER

MOVE YOUR BODY DONUT

HELPS RELEASE BIG ENERGY.

TAKE A WALK



JUMP OR
STRETCH

DANCE



PLAY OUTSIDE



FEEL BETTER Donuts

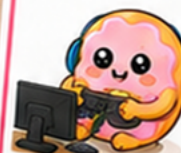
DISTRACTION DONUT

HELPS YOUR BRAIN TAKE A BREAK.

DRAW OR
COLOR



PLAY A GAME



LISTEN TO
MUSIC



READ A BOOK

Teach different coping skills using the Feel-Better Donuts

FEEL BETTER Donuts



FEEL BETTER DONUTS ARE
TOOLS THAT HELP OUR
FEELINGS FEEL BETTER.
EACH DONUT REPRESENTS A
DIFFERENT KIND OF SUPPORT.

YOU CAN USE:
-ONE DONUT
-OR MORE THAN ONE DONUT

©Heart and Mind Teaching

HEART
& MIND
TEACHING

Each donut represents a way to
calm the body, get comfort,
move, distract, or ask for help.



Practice identifying, choosing, and personalizing coping skills...



CALMING DONUT

HELPS YOUR BODY SLOW DOWN

TAKE DEEP BREATHS



COUNT SLOW

STRETCH YOUR BODY

MOVE YOUR BODY DONUT
HELPS RELEASE BIG ENERGY.

TAKE A WALK



JUMP
STRETCH

DANCE

TOOLS THAT HELP OUR FEELINGS FEEL BETTER

CALMING DONUT

COMFORT DONUT

MOVE YOUR BODY DONUT

TALK-IT-OUT DONUT

DISTRACTION DONUT



FEEL BETTER
Donuts

TALK-IT-OUT DONUT

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
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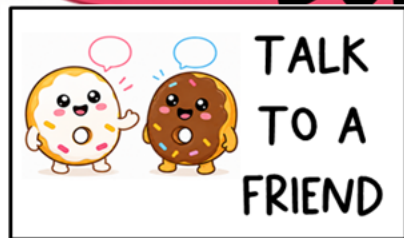
TALK TO A SCHOOL

through discussion,
visuals, and hands-on
activities.





TAKE
DEEP
BREATHS



MY FAVORITE COPING SKILLS



NAME: _____
CALMING TOOLS
DRAW AND WRITE AN EXAMPLE OF A CALMING
TOOL IN EACH BOX BELOW.



FEEL BETTER TOOL

FEEL BETTER TOOL

NAME: _____
CALMING TOOLS
WRITE AN EXAMPLE OF EACH CALMING TOOL IN THE SPACE BELOW.

CALMING DONUT
HELPS YOUR BODY SLOW DOWN.



TALK-IT-OUT DONUT
HELPS YOUR HEART FEEL LIGHTER.



COMFORT DONUT
HELPS YOU FEEL SAFE AND COZY



MOVE YOUR BODY DONUT
HELPS RELEASE BIG ENERGY.



**PPT lesson,
PDF activities,
+ Digital version!**



Hi there, I'm **Ashley**

I'm an **Elementary School Counselor**,
Curriculum Author, **Blogger**, and
boy mama. I specialize in all
things    **teaching & SEL.**



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Please consider leaving a fair review, it really helps my small business.

THANK YOU

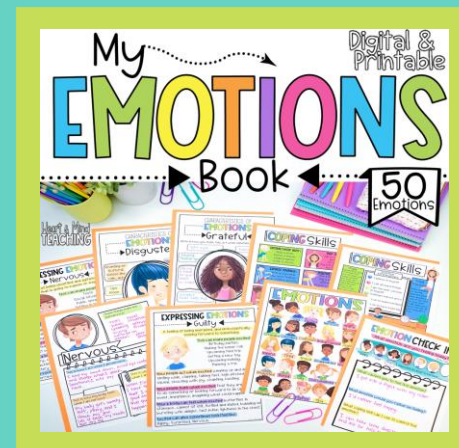
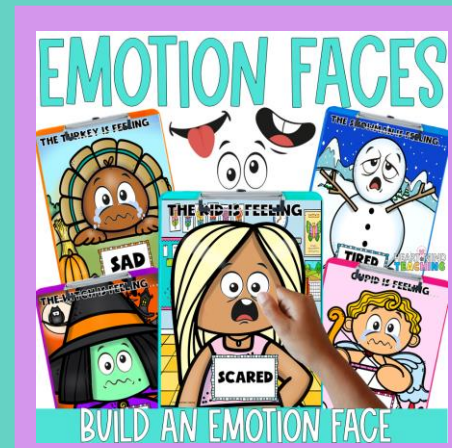
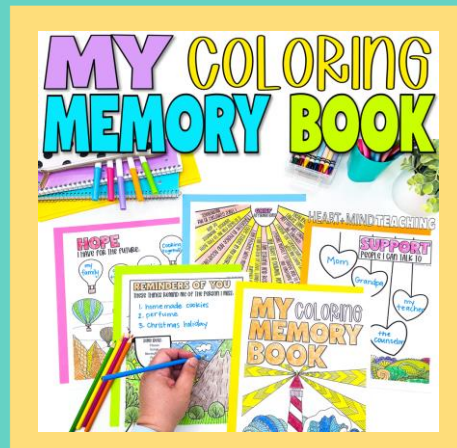
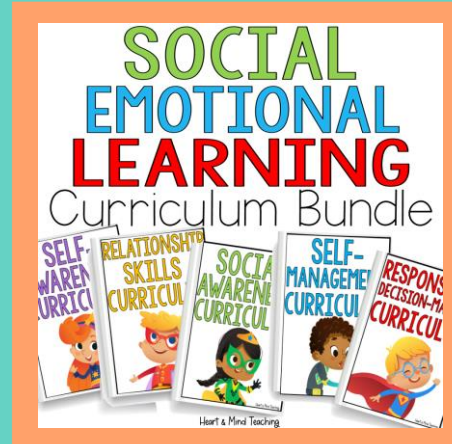
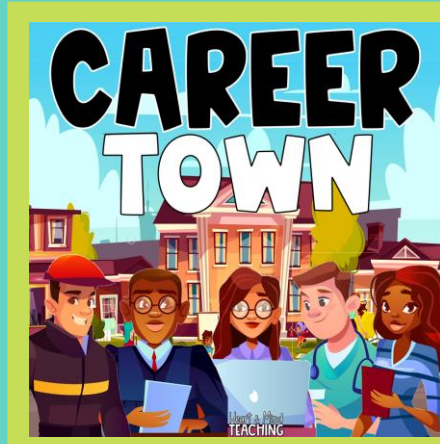
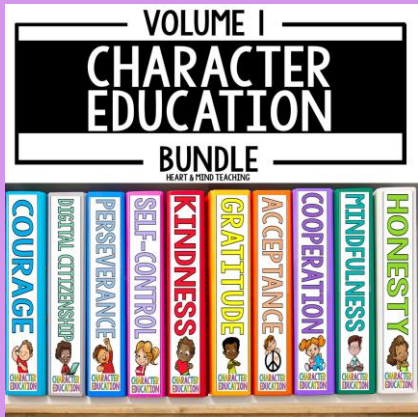
for supporting a small business



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going to love
these too!

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