

FEEL BETTER Dumplings

COUNSELOR
CREATED

≡ Coping Skills & Emotional Support ≡

CALMING DUMPLING

HELPS YOUR BODY SLOW DOWN.

TAKE DEEP BREATHS



COUNT SLOWLY

STRETCH YOUR
BODY



SIT QUIETLY



TALK-IT-OUT DUMPLING

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER



TALK TO A
FRIEND



TALK TO A
TRUSTED ADULT



TALK TO A SCHOOL
COUNSELOR



COMFORT DUMPLING

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 DUMPLING

HELPS RELEASE BIG ENERGY.

TAKE A WALK



JUMP OR
STRETCH



DANCE



PLAY OUTSIDE



FEEL
BETTER
Dumplings



DISTRACTION DUMPLING

HELPS YOUR BRAIN TAKE A BREAK.

DRAW OR
COLOR



PLAY A GAME



LISTEN TO
MUSIC



READ A BOOK



HEART
& MIND

Teach different coping skills using the Feel-Better Dumplings

FEEL BETTER Dumplings



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

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

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HEART
& MIND
TEACHING

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



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



TOOLS THAT HELP OUR FEELINGS FEEL BETTER

CALMING DUMPLING

HELPS YOUR BODY SLOW DOWN

TAKE DEEP BREATHS



COUNT SLOW

STRETCH YOUR BODY



CALMING DUMPLING
COMFORT DUMPLING
MOVE YOUR BODY DUMPLING
TALK-IT-OUT DUMPLING
DISTRACTION DUMPLING



FEEL BETTER
Dumplings

TALK-IT-OUT DUMPLING

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER



TALK TO A
FRIEND

TALK TO A
TRUSTED ADULT



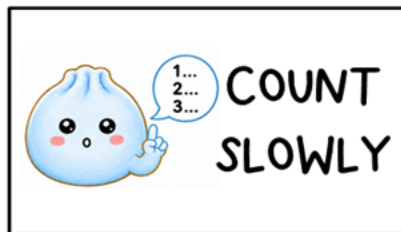
TALK TO A SCHOOL
COUNSELOR

through discussion,
visuals, and hands-on
activities.





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

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

CALMING DUMPLING
 HELPS YOUR BODY SLOW DOWN.



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



COMFORT DUMPLING
 HELPS YOU FEEL SAFE AND COZY



MOVE YOUR BODY DUMPLING
 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

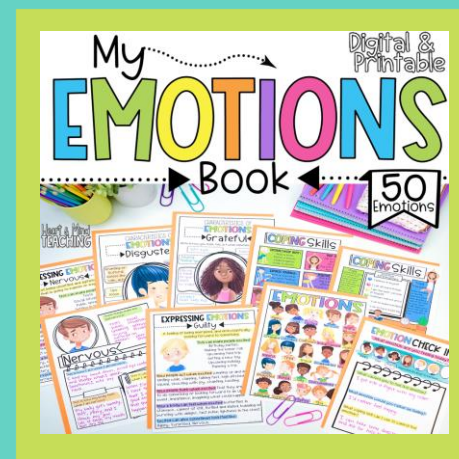
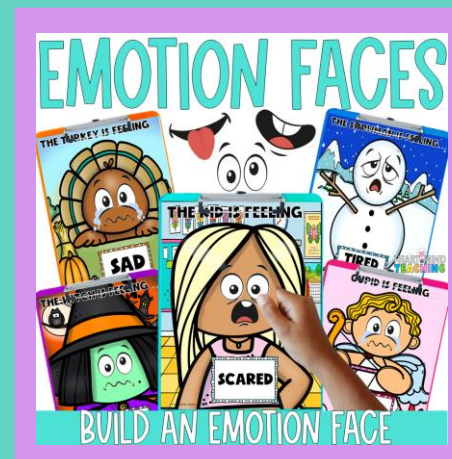
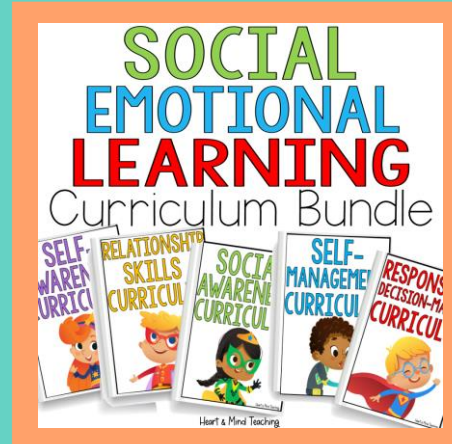
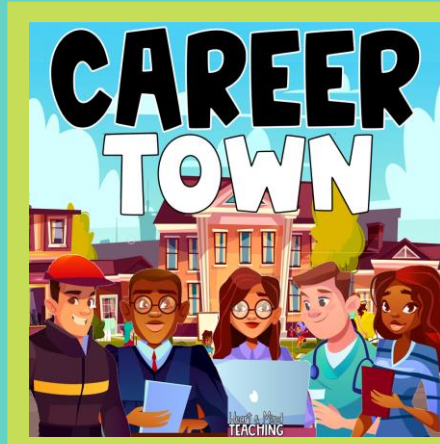
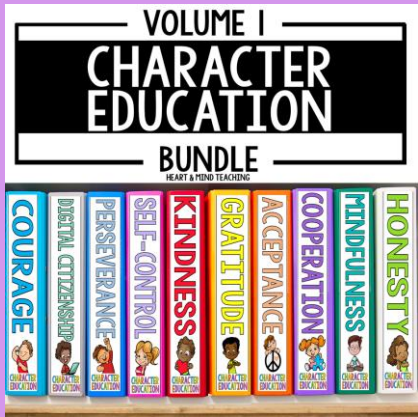
for supporting a small business



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these too!

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