

FEEL BETTER Nuggets

COUNSELOR
CREATED

≡ Coping Skills & Emotional Support ≡

CALMING NUGGET

HELPS YOUR BODY SLOW DOWN.

TAKE DEEP BREATHS

1
2
3



COUNT SLOWLY

STRETCH YOUR
BODY



SIT QUIETLY

TALK-IT-OUT NUGGET

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER



TALK TO A
FRIEND



TALK TO A
TRUSTED ADULT



TALK TO A SCHOOL
COUNSELOR

COMFORT NUGGET

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 NUGGET

HELPS RELEASE BIG ENERGY.

TAKE A WALK



JUMP OR
STRETCH

DANCE



PLAY OUTSIDE



DISTRACTION NUGGET

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-Good Nuggets

FEEL BETTER Nuggets



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

YOU CAN USE:

- ONE NUGGET
- OR MORE THAN ONE NUGGET

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HEART
& MIND
TEACHING

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



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

CALMING NUGGET

HELPS YOUR BODY SLOW DOWN

TAKE DEEP BREATHS



COUNT SLOW

STRETCH YOUR BODY

TOOLS THAT HELP OUR FEELINGS FEEL BETTER

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



TALK-IT-OUT NUGGET

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER



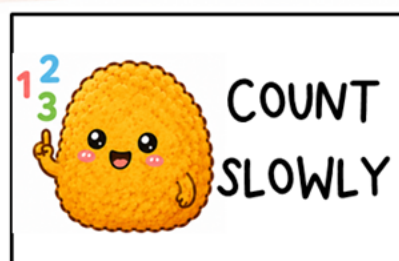
TALK TO A
FRIEND

TALK TO A
TRUSTED ADULT

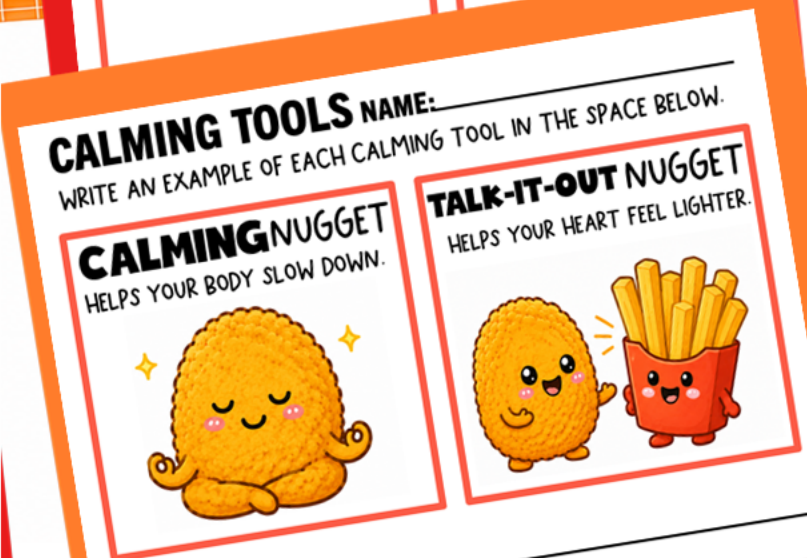


TALK TO A SCHOOL

through discussion,
visuals, and hands-on
activities.



MY FAVORITE COPING SKILLS



**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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THANK YOU

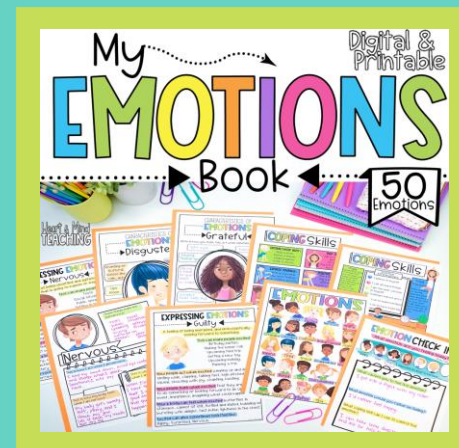
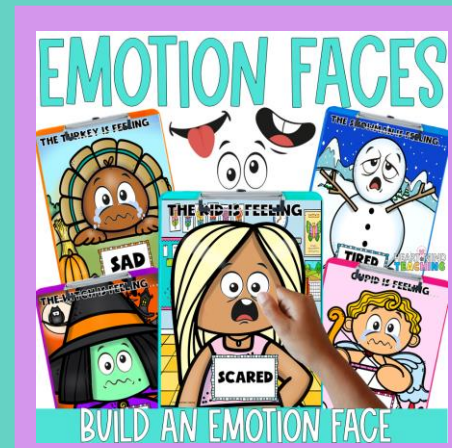
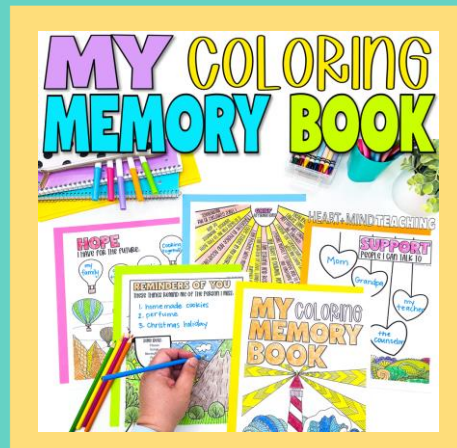
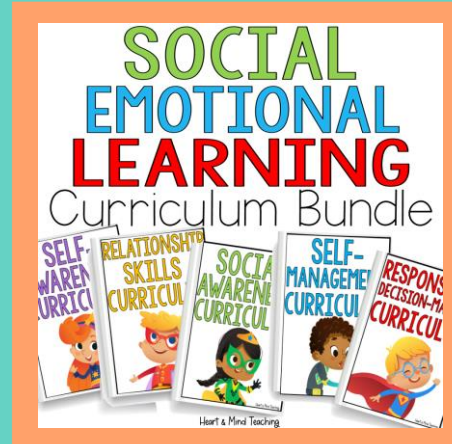
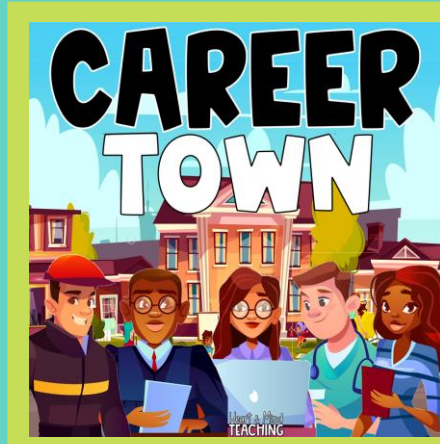
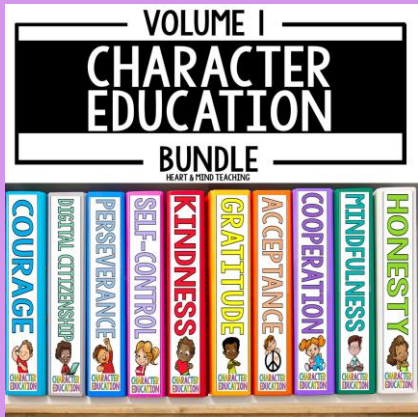
for supporting a small business



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