

FEEL BETTER Pickles

COUNSELOR
CREATED

≡ Coping Skills & Emotional Support ≡

CALMING PICKLE

HELPS YOUR BODY SLOW DOWN.

TAKE DEEP BREATHS

1
2
3

COUNT SLOWLY

STRETCH YOUR
BODY

SIT QUIETLY

TALK-IT-OUT PICKLE

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER

TALK TO A
FRIEND

TALK TO A
TRUSTED ADULT

TALK TO A SCHOOL
COUNSELOR

COMFORT PICKLE

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 PICKLE

HELPS RELEASE BIG ENERGY.

TAKE A WALK

JUMP OR
STRETCH

DANCE

PLAY OUTSIDE

DISTRACTION PICKLE

HELPS YOUR BRAIN TAKE A BREAK.

DRAW OR
COLOR

PLAY A GAME

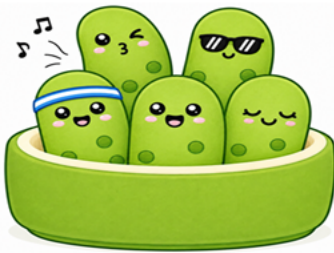
LISTEN TO
MUSIC

READ A BOOK

FEEL BETTER
Pickles

Teach different coping skills using the Feel-Good Pickles

FEEL BETTER Pickles



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

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

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HEART
& MIND
TEACHING

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

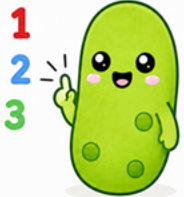


Practice identifying, choosing, and personalizing coping skills...

CALMING PICKLE

HELPS YOUR BODY SLOW DOWN

TAKE DEEP BREATHS



COUNT SLOW

STRETCH YOUR BODY

MOVE YOUR BODY PICKLE
HELPS RELEASE BIG ENERGY.

TAKE A WALK



JUMP & STRETCH

DANCE

TOOLS THAT HELP OUR FEELINGS FEEL BETTER

CALMING PICKLE

COMFORT PICKLE

MOVE YOUR BODY PICKLE

TALK-IT-OUT PICKLE

DISTRACTION PICKLE

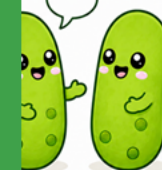


FEEL BETTER
Pickles

TALK-IT-OUT PICKLE

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER



TALK TO A
FRIEND

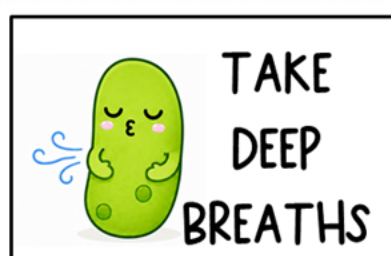
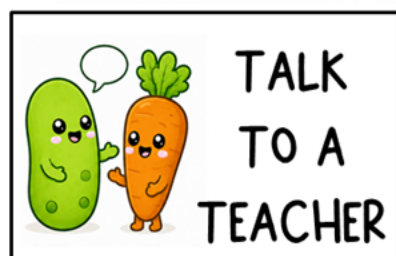


TALK TO A
TRUSTED ADULT

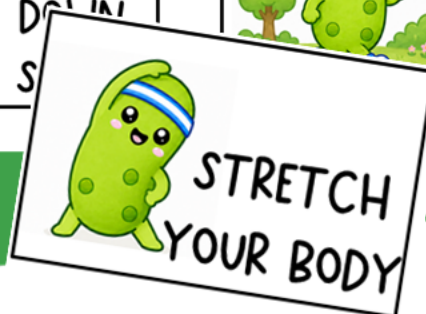


TALK TO A SCHOOL

through discussion,
visuals, and hands-on
activities.



MY FAVORITE COPING SKILLS



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CALMING TOOLS

NAME: _____
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 PICKLE
HELPS YOUR BODY SLOW DOWN.



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



COMFORT PICKLE
HELPS YOU FEEL SAFE AND COZY



MOVE YOUR BODY PICKLE
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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THANK YOU

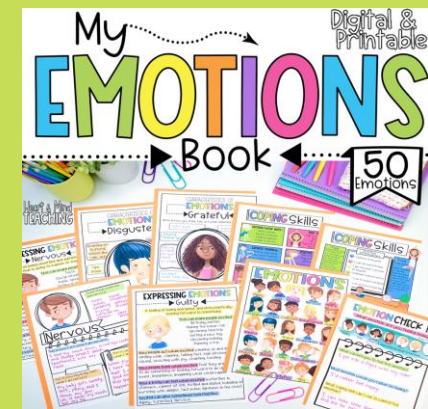
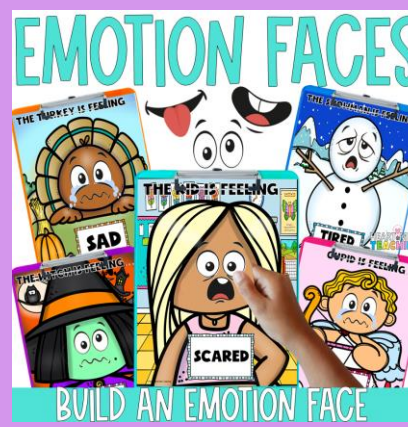
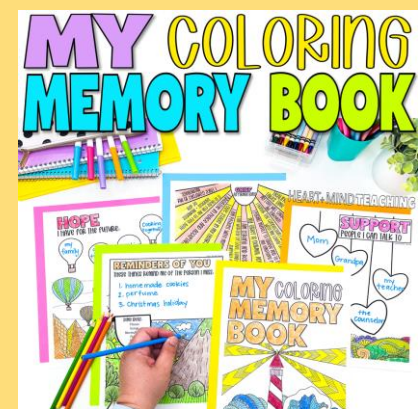
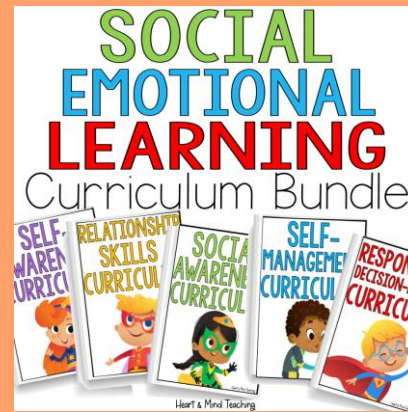
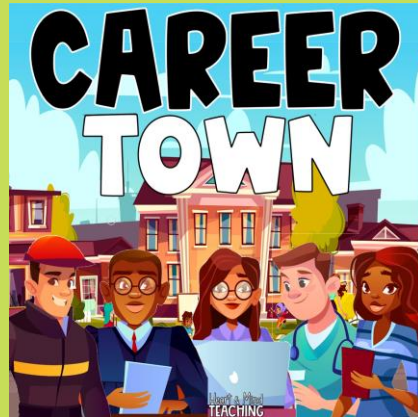
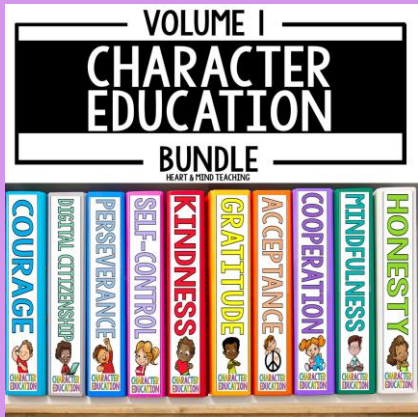
for supporting a small business



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By a real Counselor

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going to love
these too!

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