

FEEL BETTER

Toaster Pastries

COUNSELOR
CREATED

≡ Coping Skills & Emotional Support ≡

CALMING PASTRY

HELPS YOUR BODY SLOW DOWN.

TAKE DEEP BREATHS



COUNT SLOWLY

STRETCH YOUR
BODY



SIT QUIETLY



TALK-IT-OUT PASTRY

HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER



TALK TO A
FRIEND



TALK TO A
TRUSTED ADULT



TALK TO A SCHOOL
COUNSELOR



COMFORT PASTRY

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 PASTRY

HELPS RELEASE BIG ENERGY.

TAKE A WALK



JUMP OR
STRETCH



DANCE



DISTRACTION PASTRY

HELPS YOUR BRAIN TAKE A BREAK.

DRAW OR
COLOR



PLAY A GAME



LISTEN TO
MUSIC



Teach different coping skills using the Feel-Better Toaster Pastries

FEEL BETTER Pastries



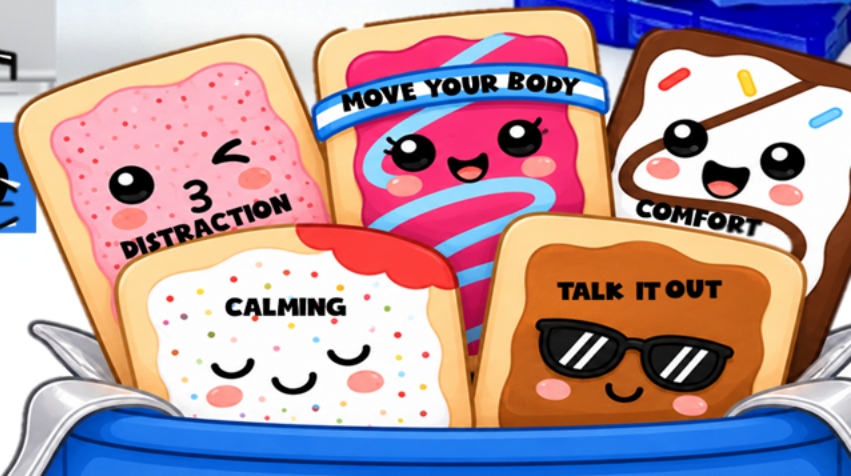
FEEL BETTER PASTRIES ARE
TOOLS THAT HELP OUR
FEELINGS FEEL BETTER.
EACH PASTRY REPRESENTS A
DIFFERENT KIND OF SUPPORT.

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

©Heart and Mind Teaching



Each pastry 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 TOASTER PASTRY

COMFORT TOASTER PASTRY

MOVE YOUR BODY TOASTER PASTRY

TALK-IT-OUT TOASTER PASTRY

DISTRACTION TOASTER PASTRY



TALK-IT-OUT PASTRY

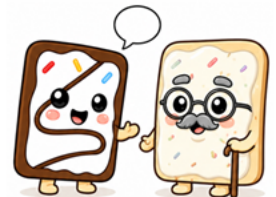
HELPS YOUR HEART FEEL LIGHTER.

TALK TO A
TEACHER



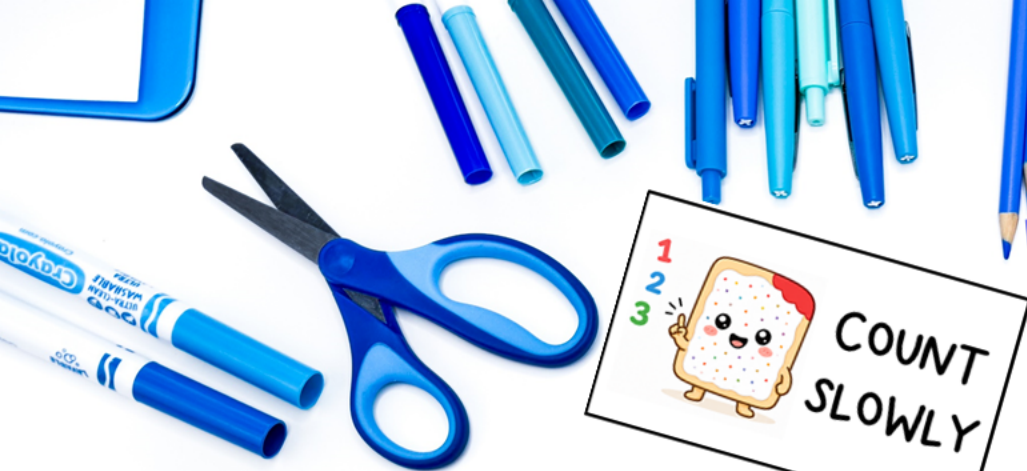
TALK TO A
FRIEND

TALK TO A
TRUSTED ADULT



TALK TO A SCHOOL
COUNSELOR

through discussion,
visuals, and hands-on
activities.



**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

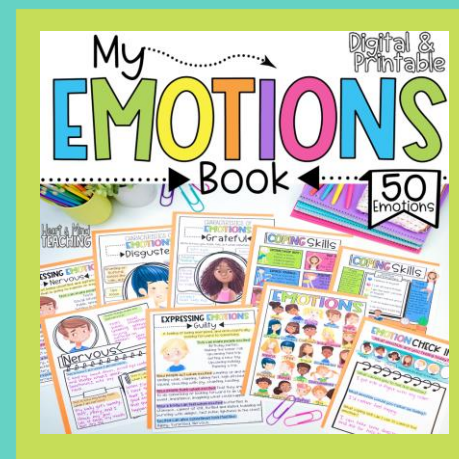
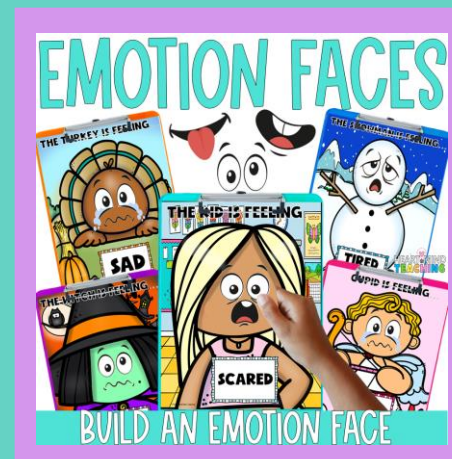
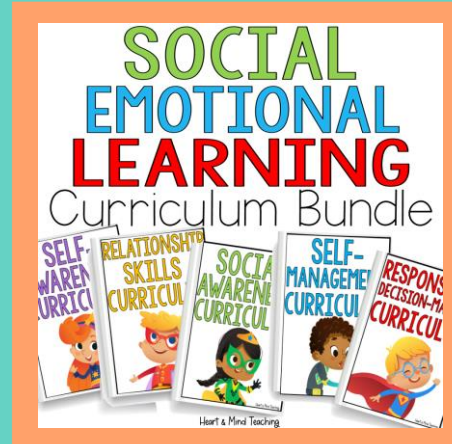
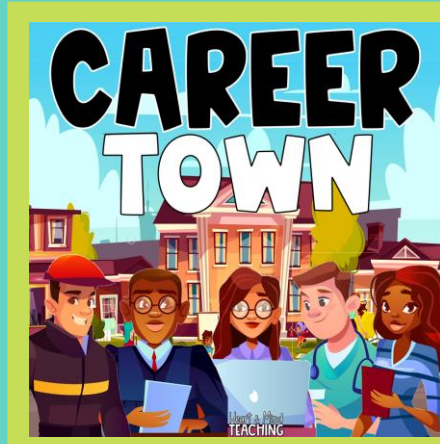
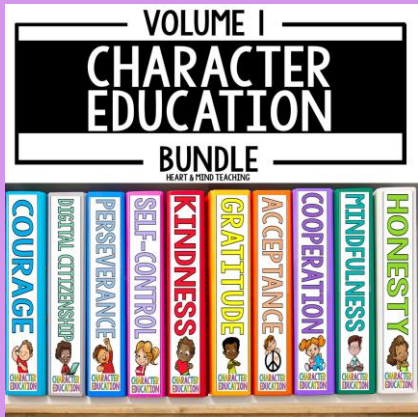
for supporting a small business



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