

o MUSIC  city COUNSELOR

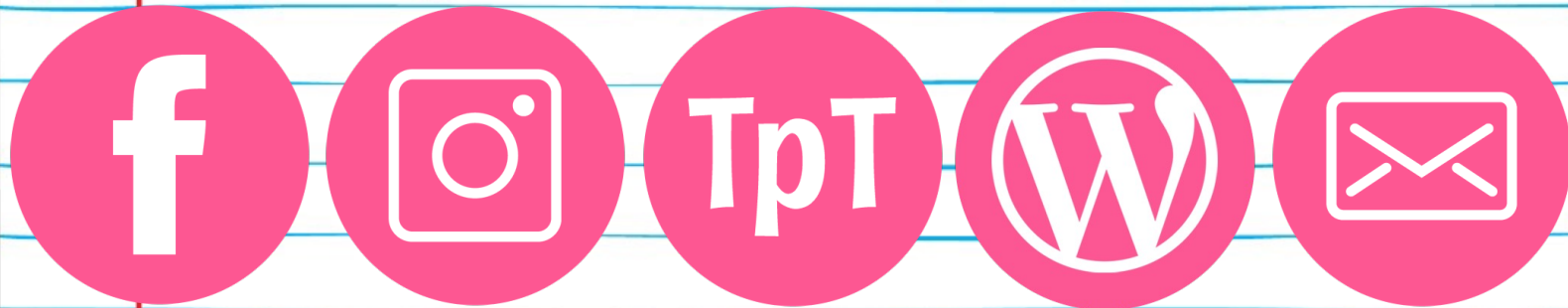
THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

o ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

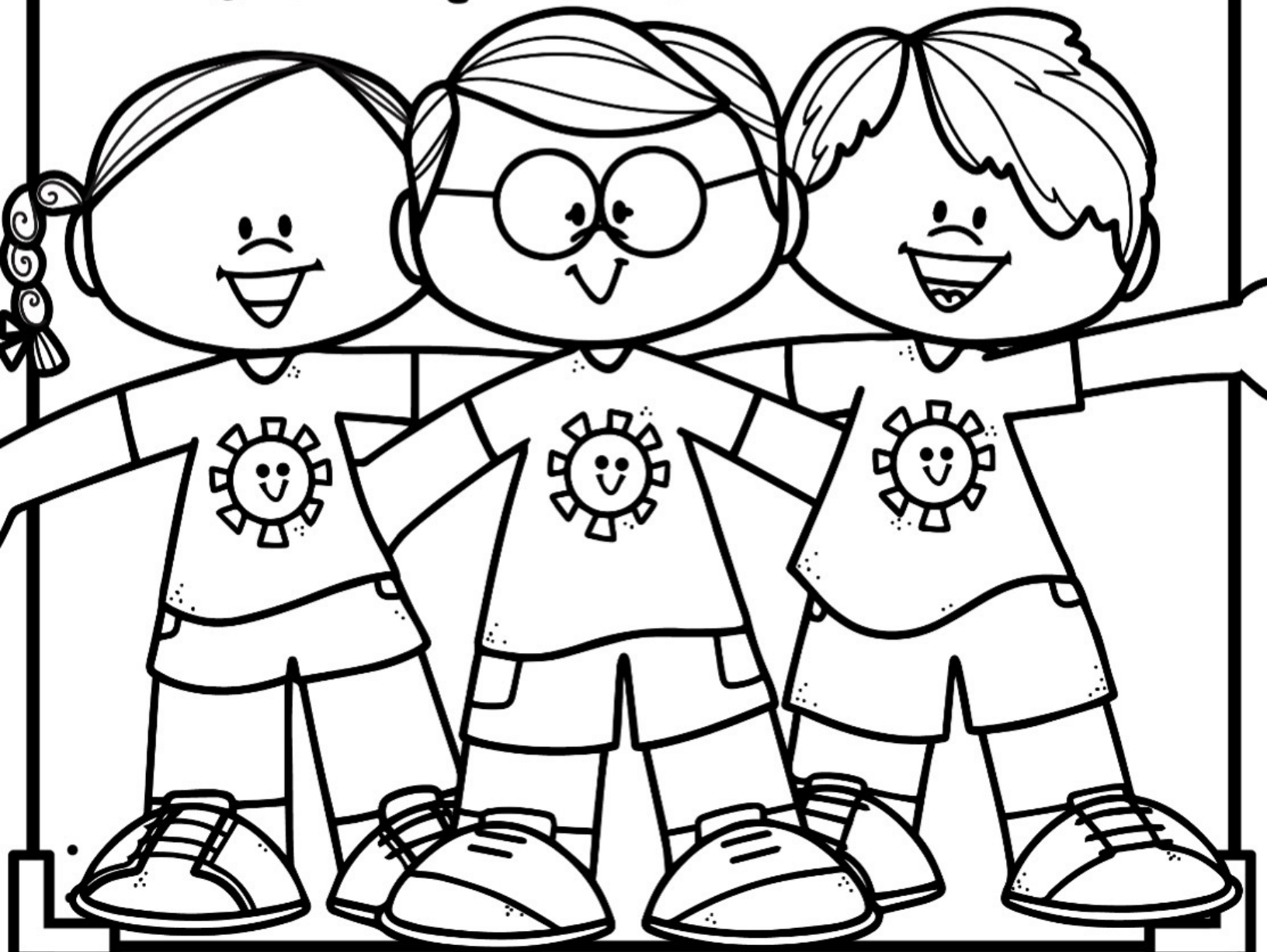
Name: _____

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MY SUMMER

Social-Emotional Learning

WORKBOOK

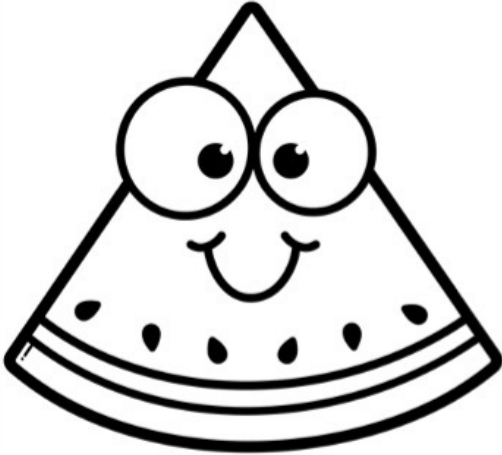


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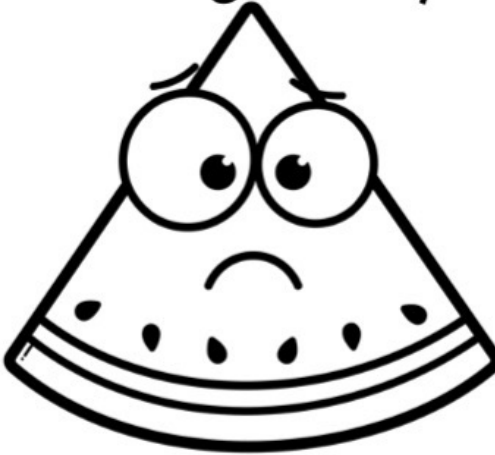
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MY SUMMER FEELINGS

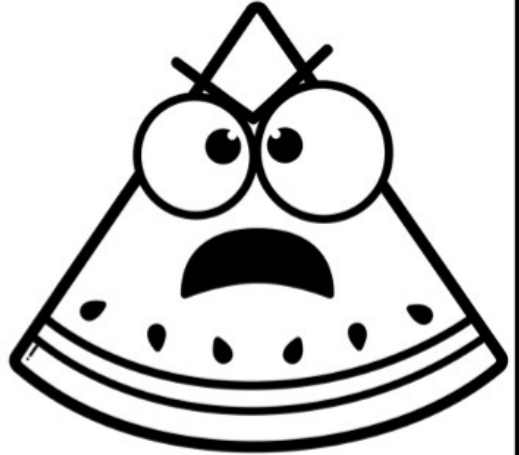
Color the watermelons that show how you're feeling today.



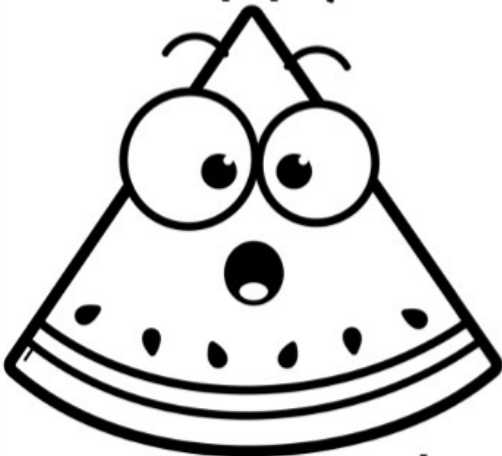
Happy



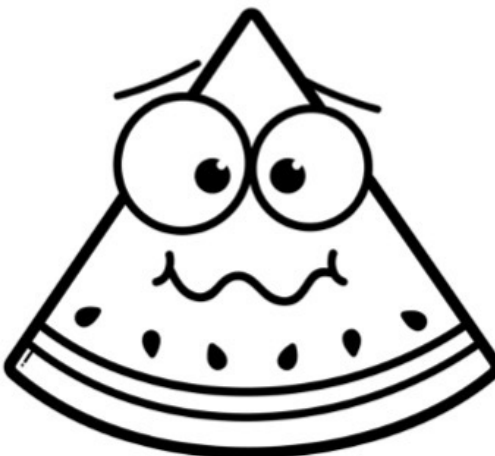
Sad



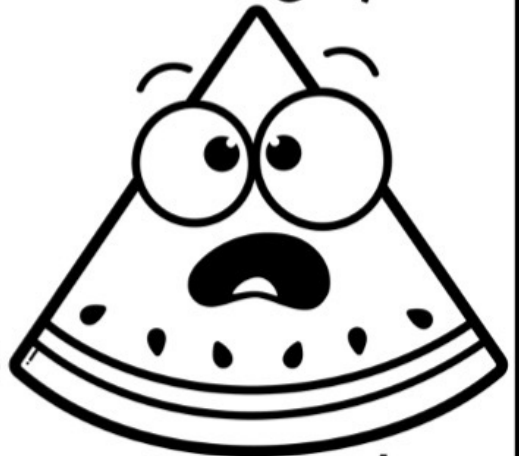
Angry



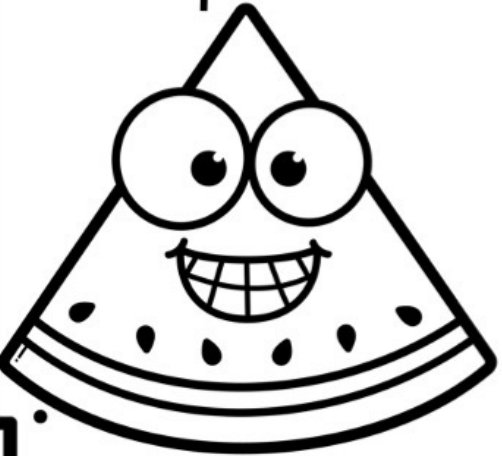
Surprised



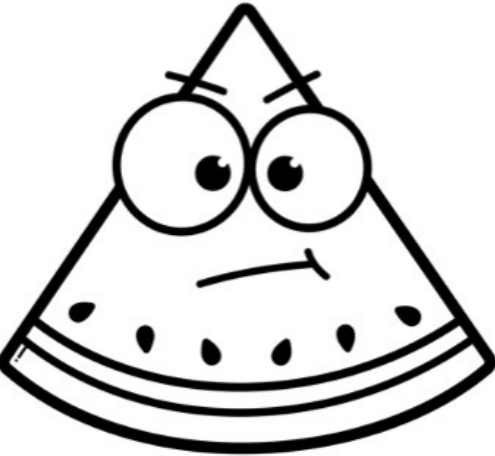
Nervous



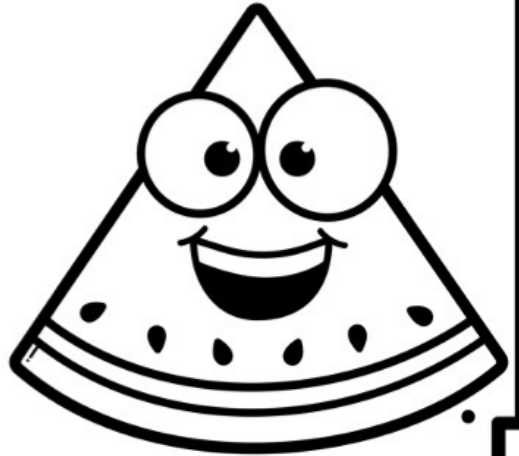
Scared



Proud



Frustrated

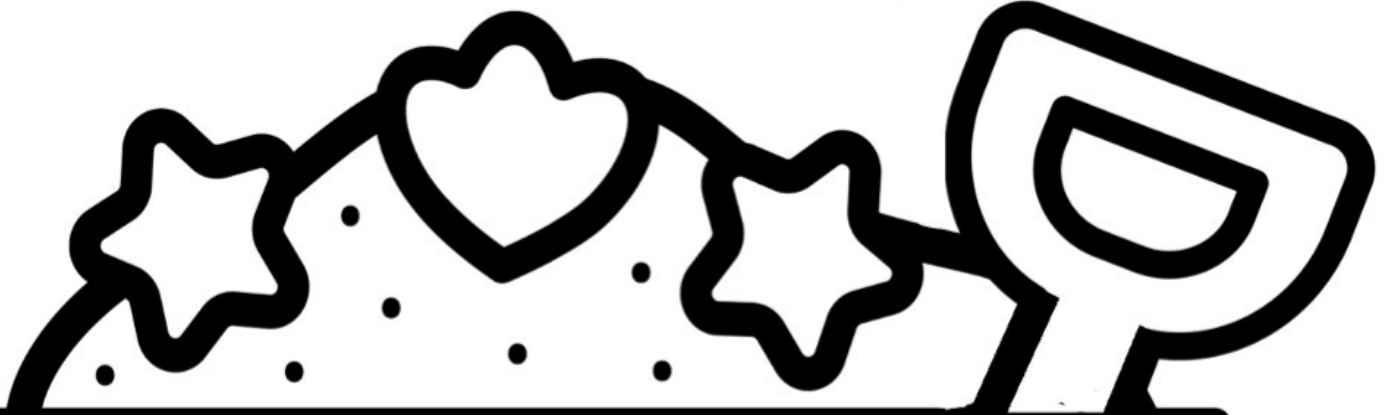


Excited

Name: _____

SUMMER BUCKET LIST

Write what you hope to do, read, learn, and see this summer. Then, decorate your bucket.



_____ 's
SUMMER BUCKET LIST

I will do:

-
-
-

I will read:

An icon of an open book with pages visible, positioned behind the text.

I will learn:

A large circular area with a thick border, intended for writing.

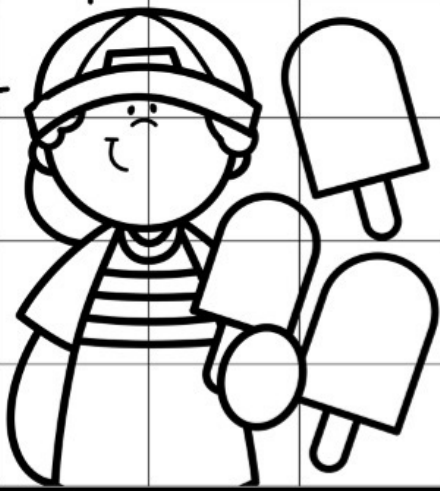
I will see: .:

A large rectangular area with a thick border, intended for writing.

Name: _____

COPING SKILLS PUZZLE

Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!



Take deep breaths

Write in a journal

Use fidget tools

Talk it out

Count to 10

Spend time in nature

Be mindful

Take a break

Go for a walk

Ask for a hug

Imagine a happy place

Draw a picture

Name: _____

WALK IN THEIR FLIP FLOPS

Write how you would feel and what you would do in this situation on the flip flops.



Makayla made fun of Maya at the pool party.

∴

If I were
Maya, I
would feel...

∴

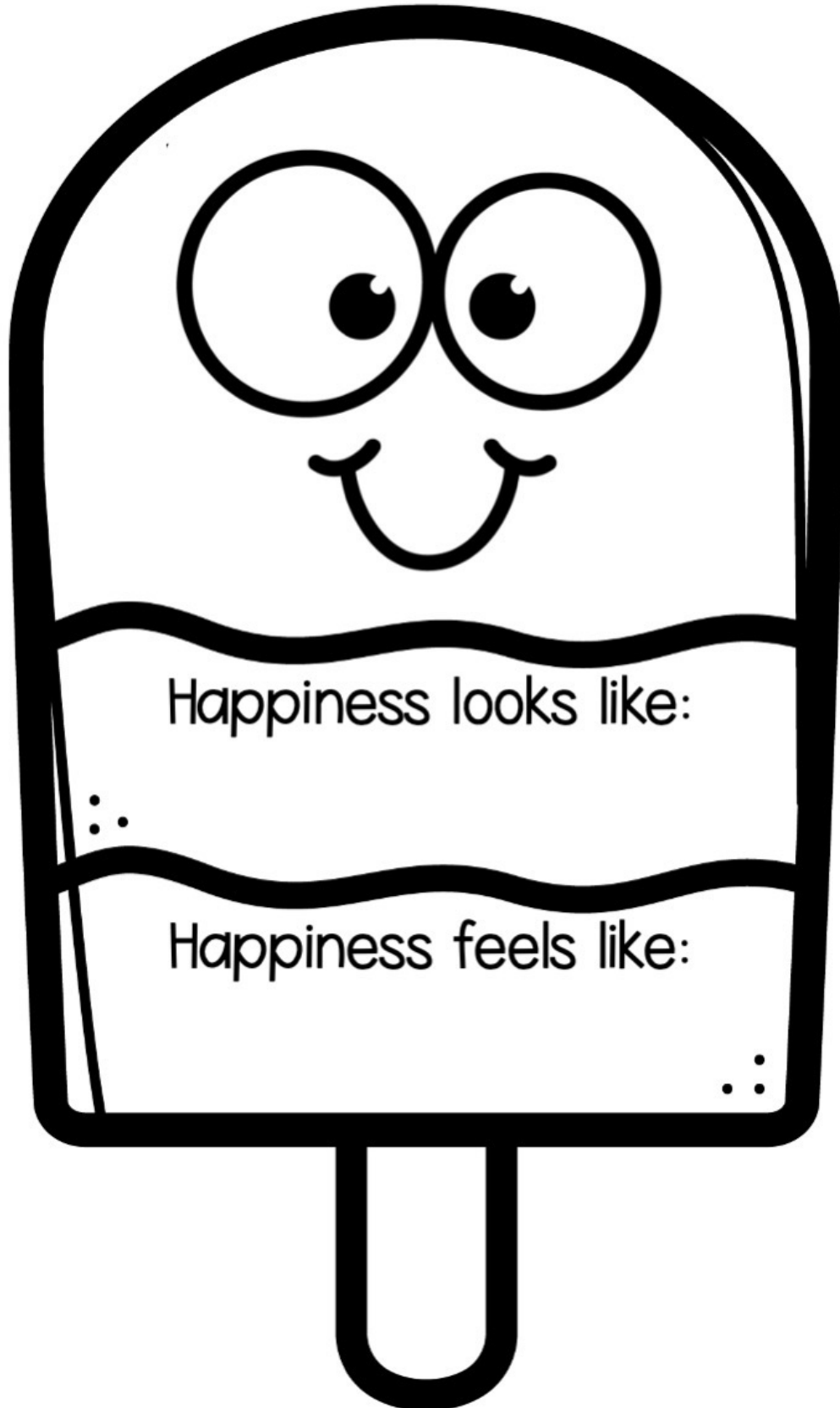
If I were
Maya,
I would...

Name: _____

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HAPPY POPSICLE

Write about the feeling on the popsicle.



Name: _____

BEACH BALL AFFIRMATIONS

Positive affirmations are kind words you say to yourself that make you feel calm and confident. Write an affirmation on each section of the beach ball.



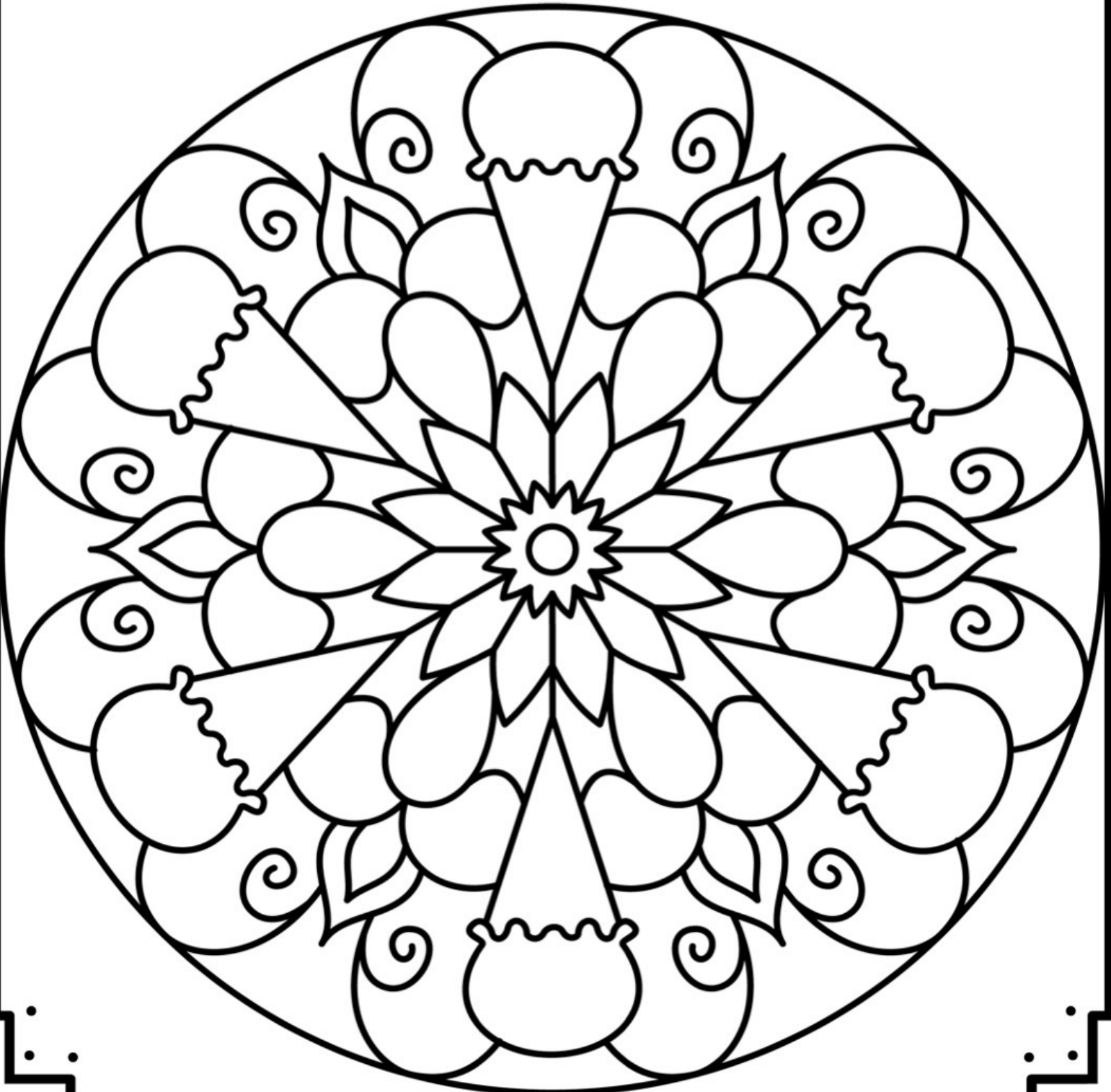
I am smart!

Name: _____

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SUMMER MINDFUL COLORING

Take a deep breath and pick your favorite colors. As you color the mandala, focus on how each color makes you feel. Be fully present in this moment.



Name: _____

ICE CREAM I-MESSAGES

Solve the small problem below using an I-Message.



Thomas broke
your pencil.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



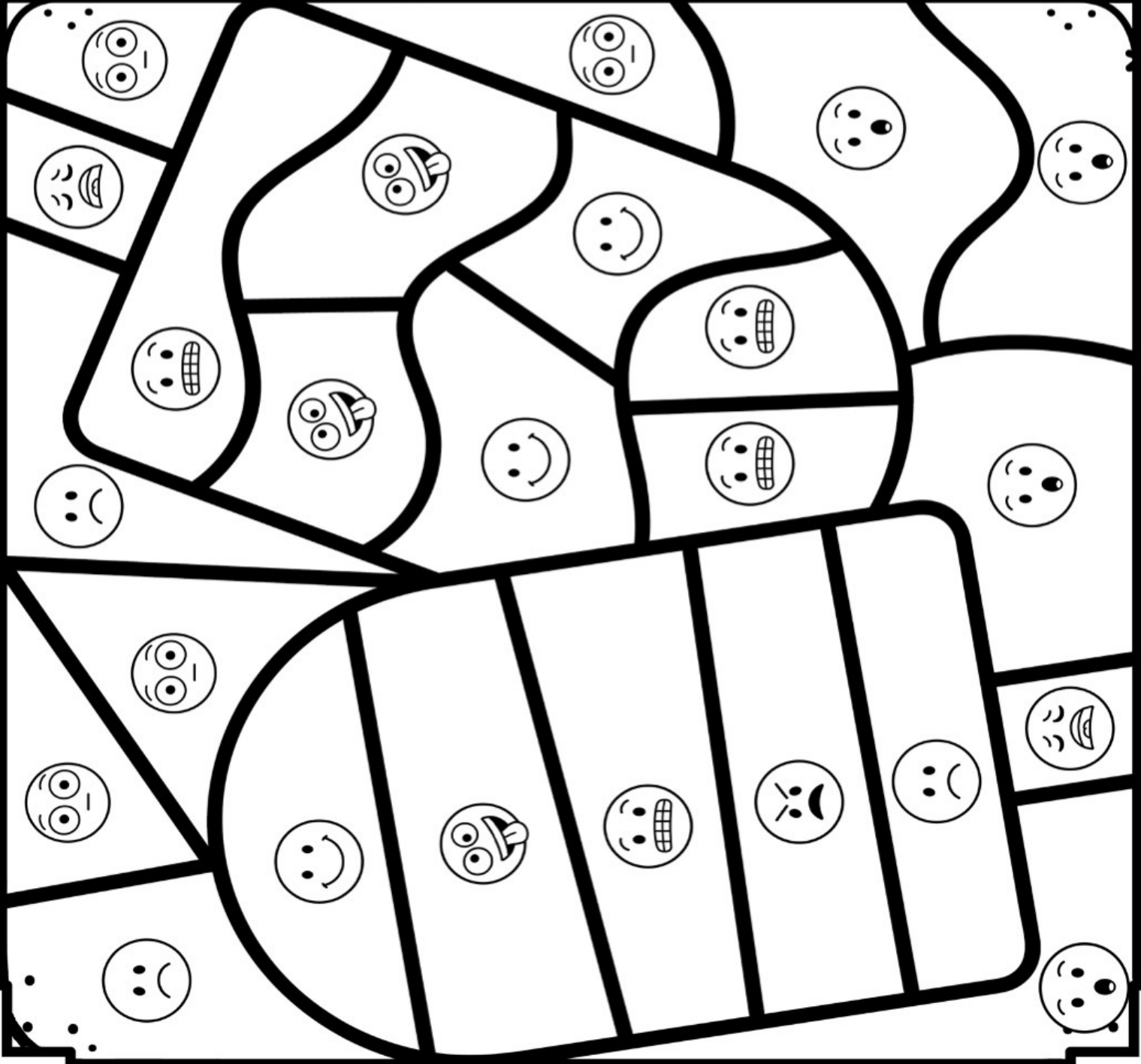
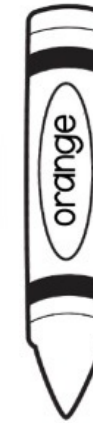
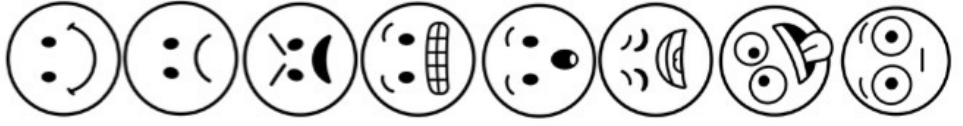
STEP 3: Share what you need.

Can you please _____



Name: _____

SUMMER COLOR BY CODE feelings

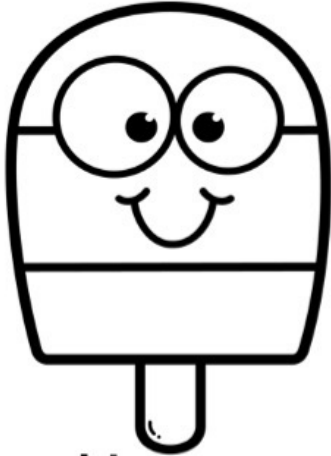


Name: _____

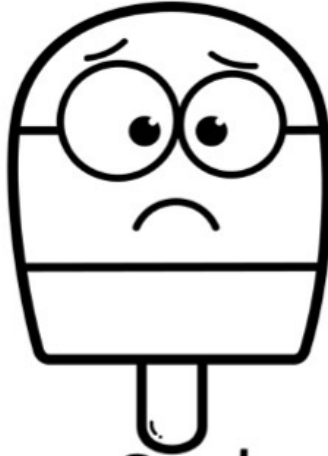
© Music City Counselor

MY SUMMER FEELINGS

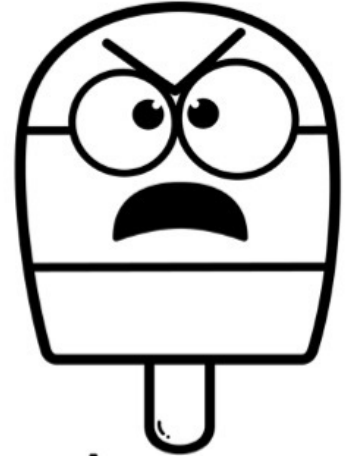
Color the popsicles that show how you're feeling today.



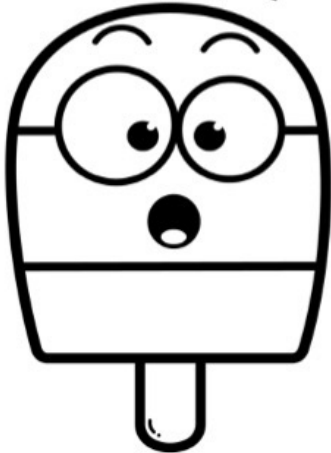
Happy



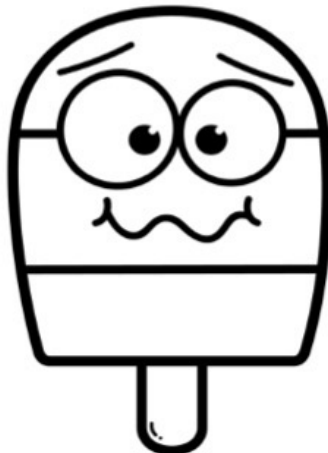
Sad



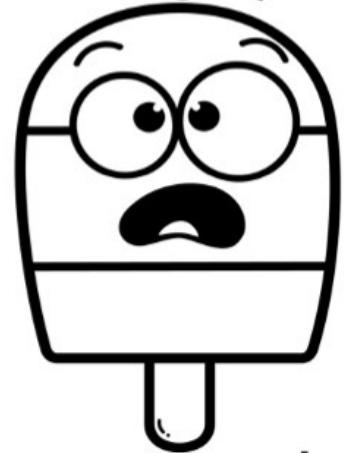
Angry



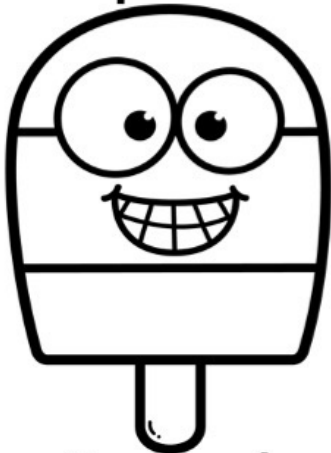
Surprised



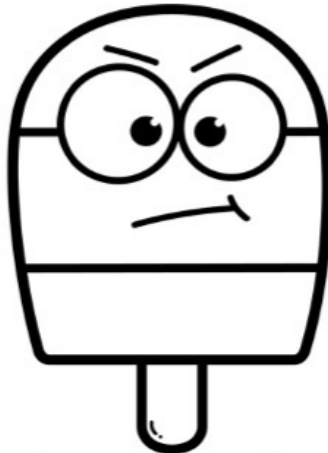
Nervous



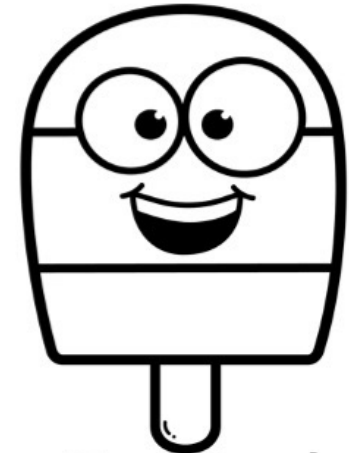
Scared



Proud



Frustrated



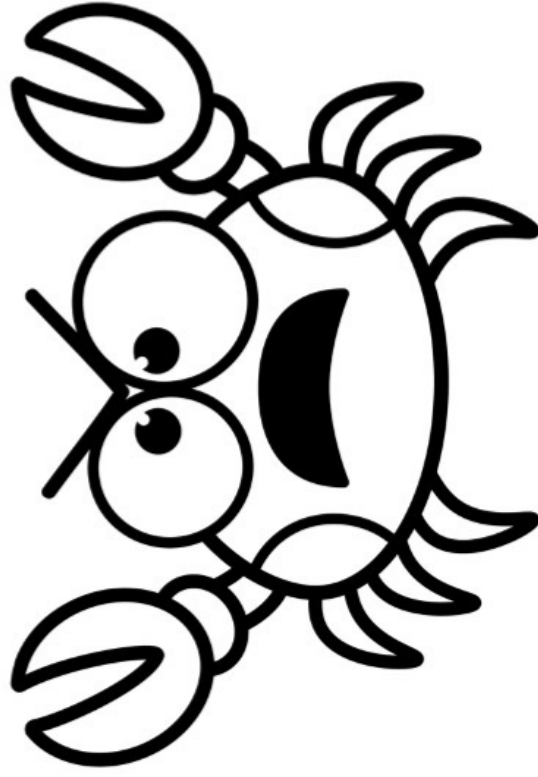
Excited

Name: _____

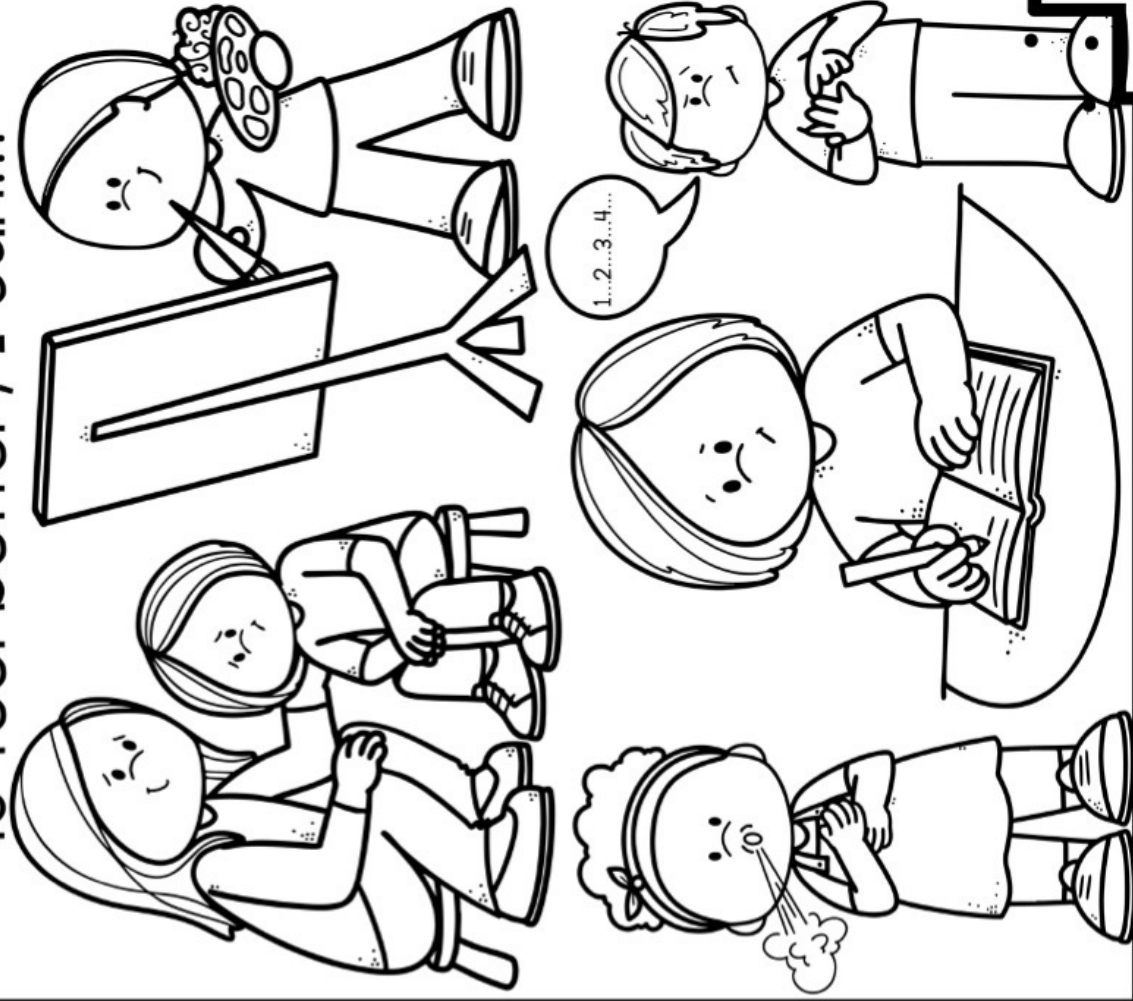
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WHEN I FEEL CRABBY

Sometimes I feel sad,
angry, and nervous.



To feel better, I can...

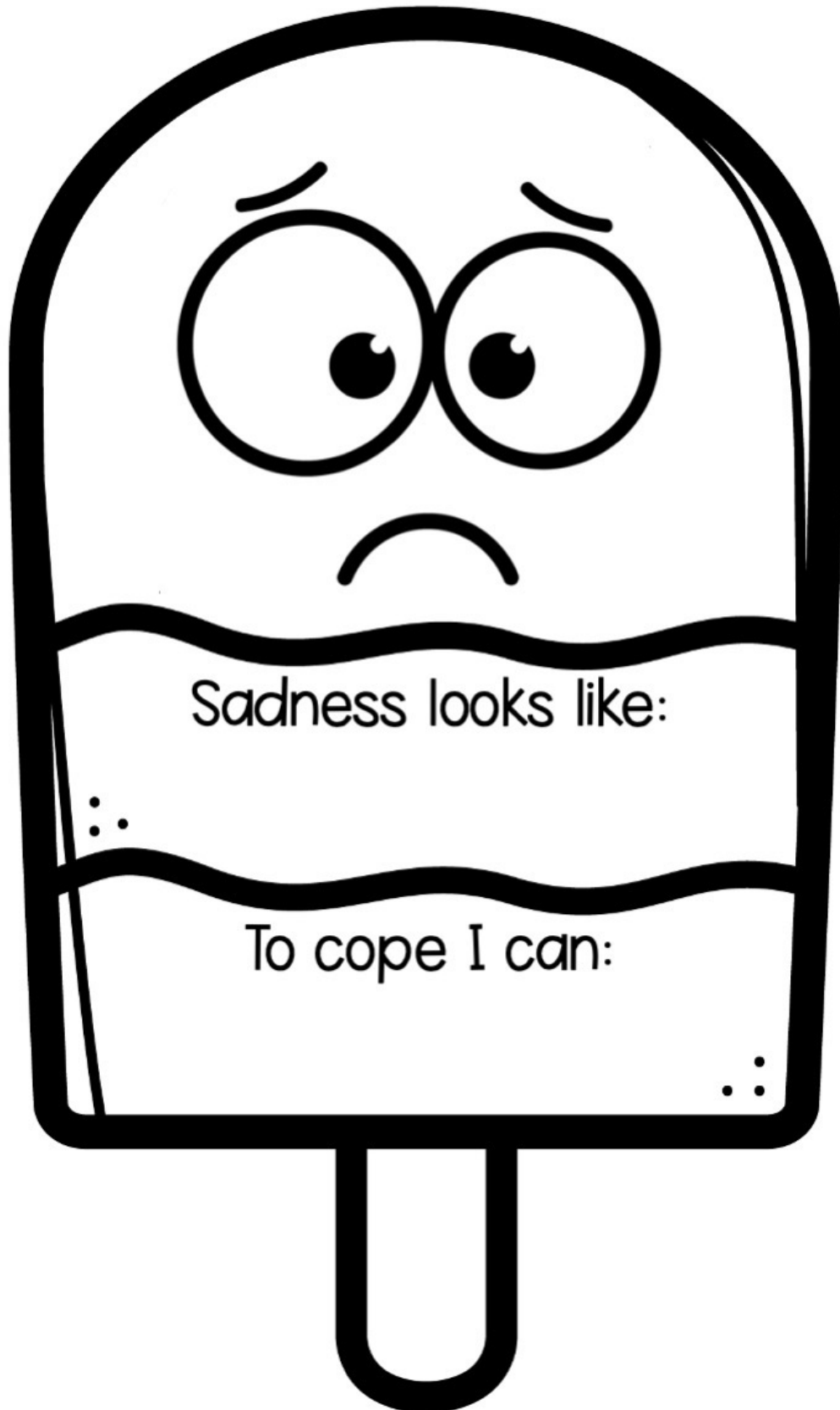


Name: _____

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SAD POPSICLE

Write about the feeling on the popsicle.



Name: _____

WALK IN THEIR FLIP FLOPS

Write how you would feel and what you would do in this situation on the flip flops.



Josie's friends didn't invite her to their 4th of July party.

∴

If I were Josie, I would feel...

∴

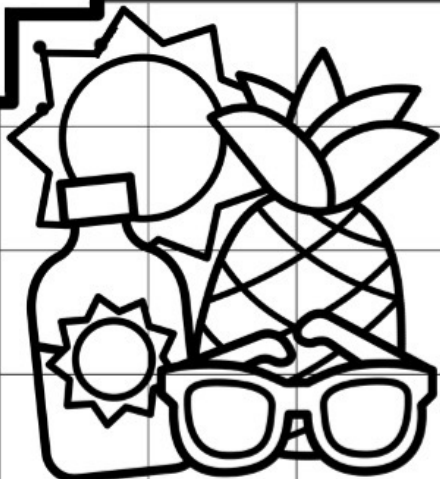
If I were Josie, I would...

Name: _____

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COPING SKILLS PUZZLE

Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!



Write in
a journal

Take deep
breaths

Use fidget
tools

Talk
it
out

Spend time
in nature

Ask for
a hug

Be
mindful

Take
a break

Count
to 10

Go for
a walk

Imagine
a happy
place

Draw a
picture

Name: _____

MY SUMMER FEELINGS

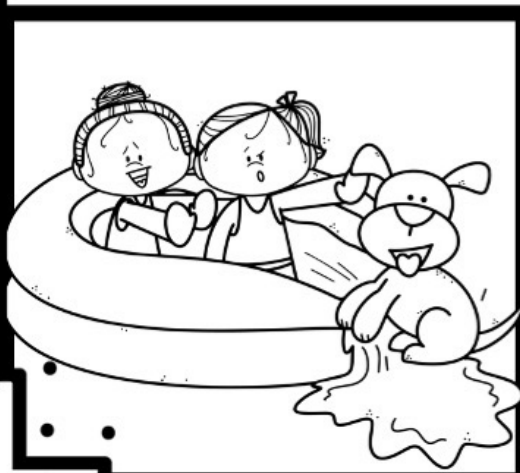
How would you feel in each of these situations? Why?



Shaniyah couldn't play outside on a rainy day.



Jackson dropped his ice cream on the ground.



Kelly and Lorena's puppy jumped into their kiddie pool.

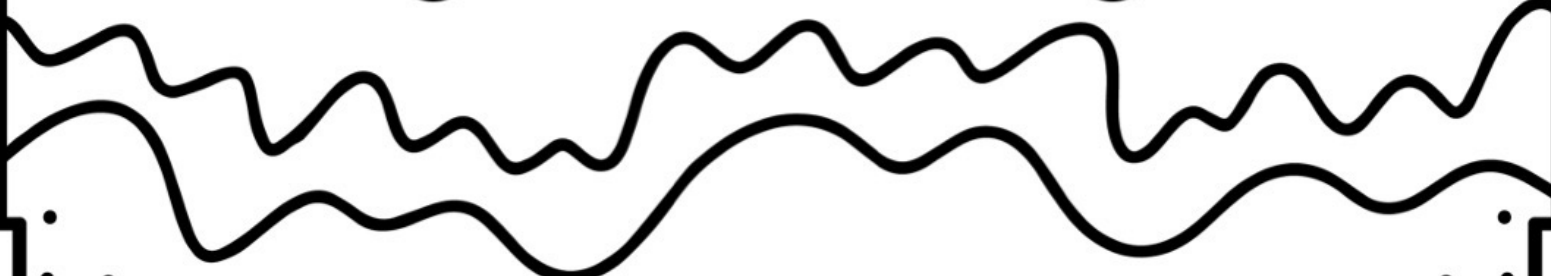
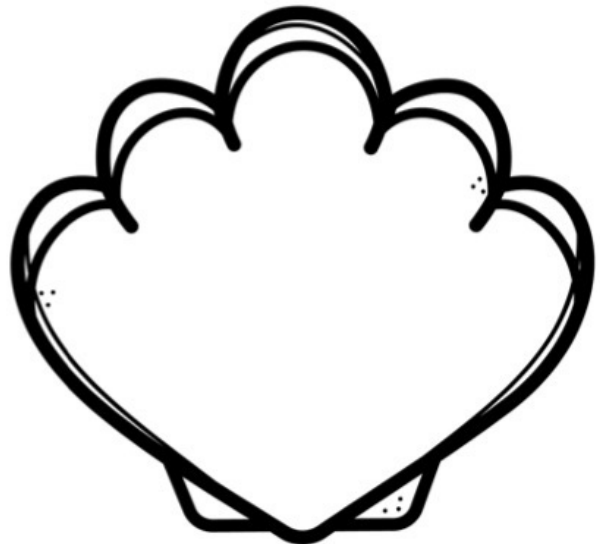
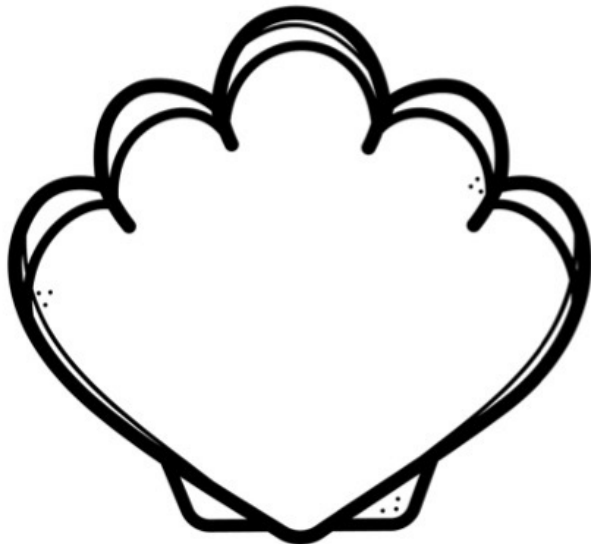
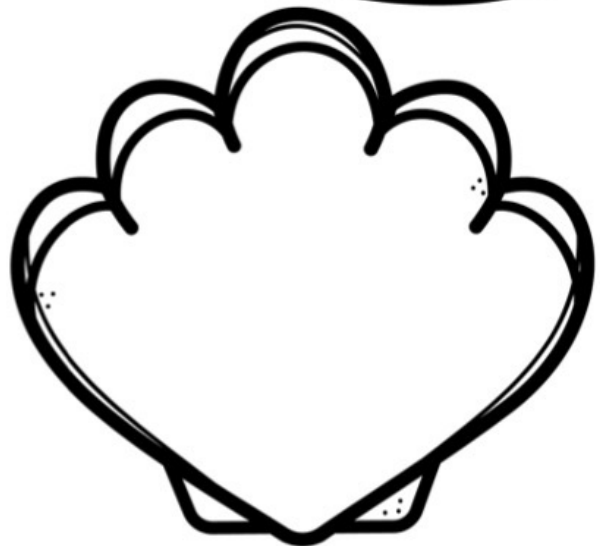
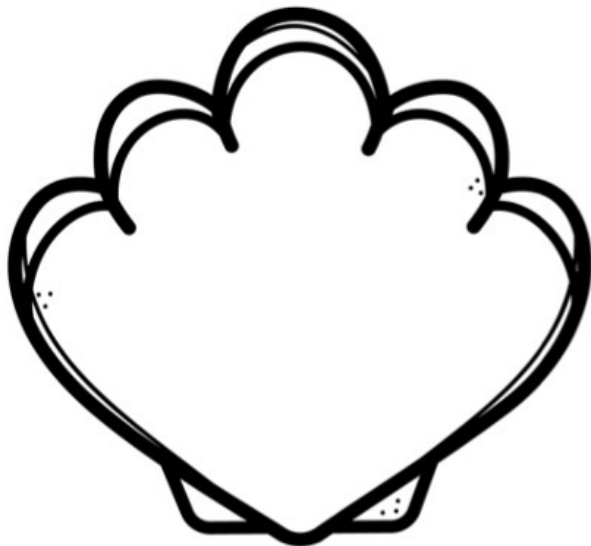
Name: _____

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SEASHELL THOUGHTS

Positive thinking means telling yourself words that make you feel smart, capable, and strong.

Write a positive thought on each seashell.

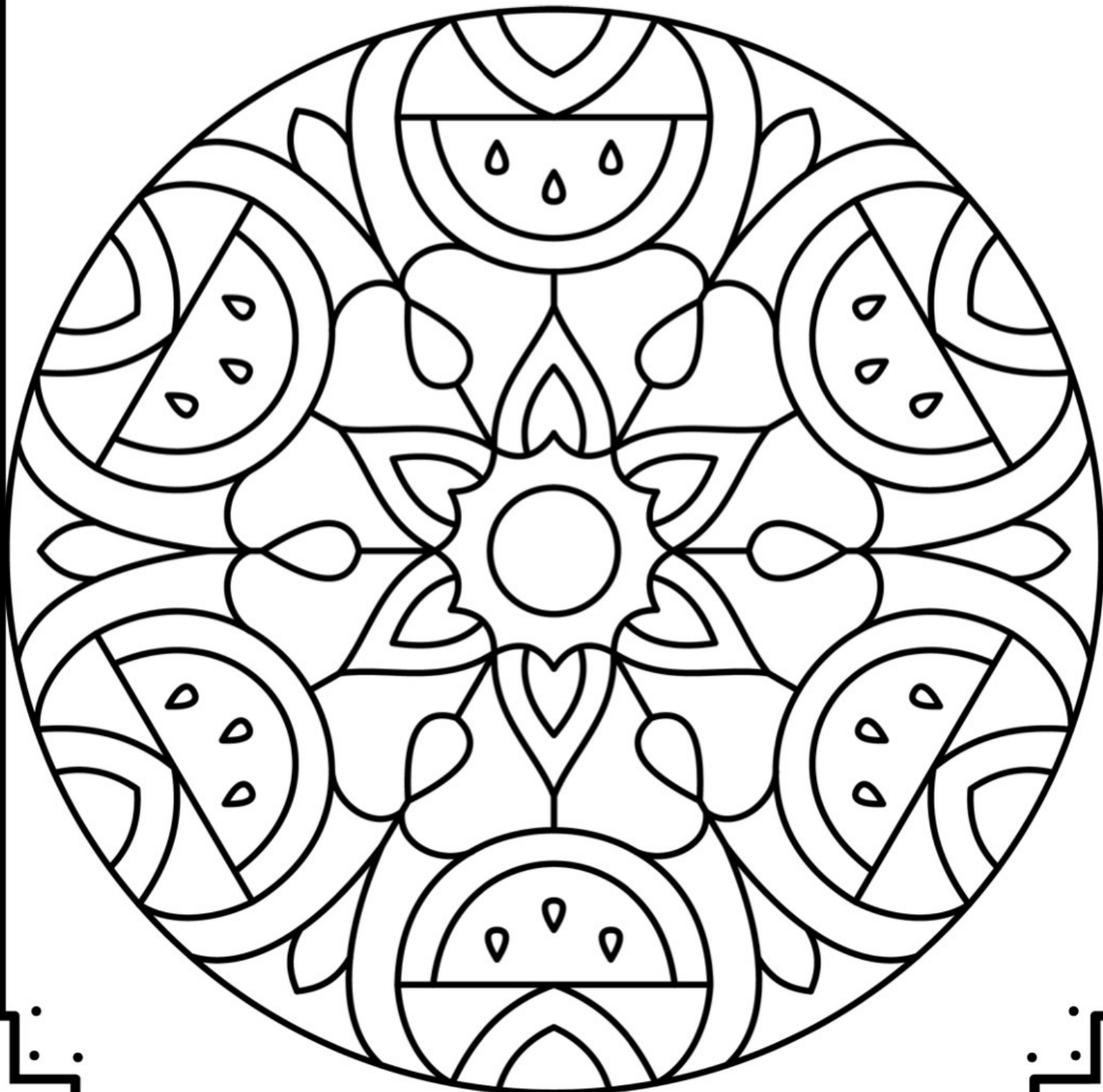


Name: _____

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SUMMER MINDFUL COLORING

Take a deep breath and pick your favorite colors. As you color the mandala, focus on how each color makes you feel. Be fully present in this moment.



Name: _____

ICE CREAM I-MESSAGES

Solve the small problem below using an I-Message.



Jamal spilled
water on
your paper.



I felt...

STEP 1: Explain how you feel.

I felt _____



when...

STEP 2: Describe what happened.

when _____



Can you please?

STEP 3: Share what you need.

Can you please _____



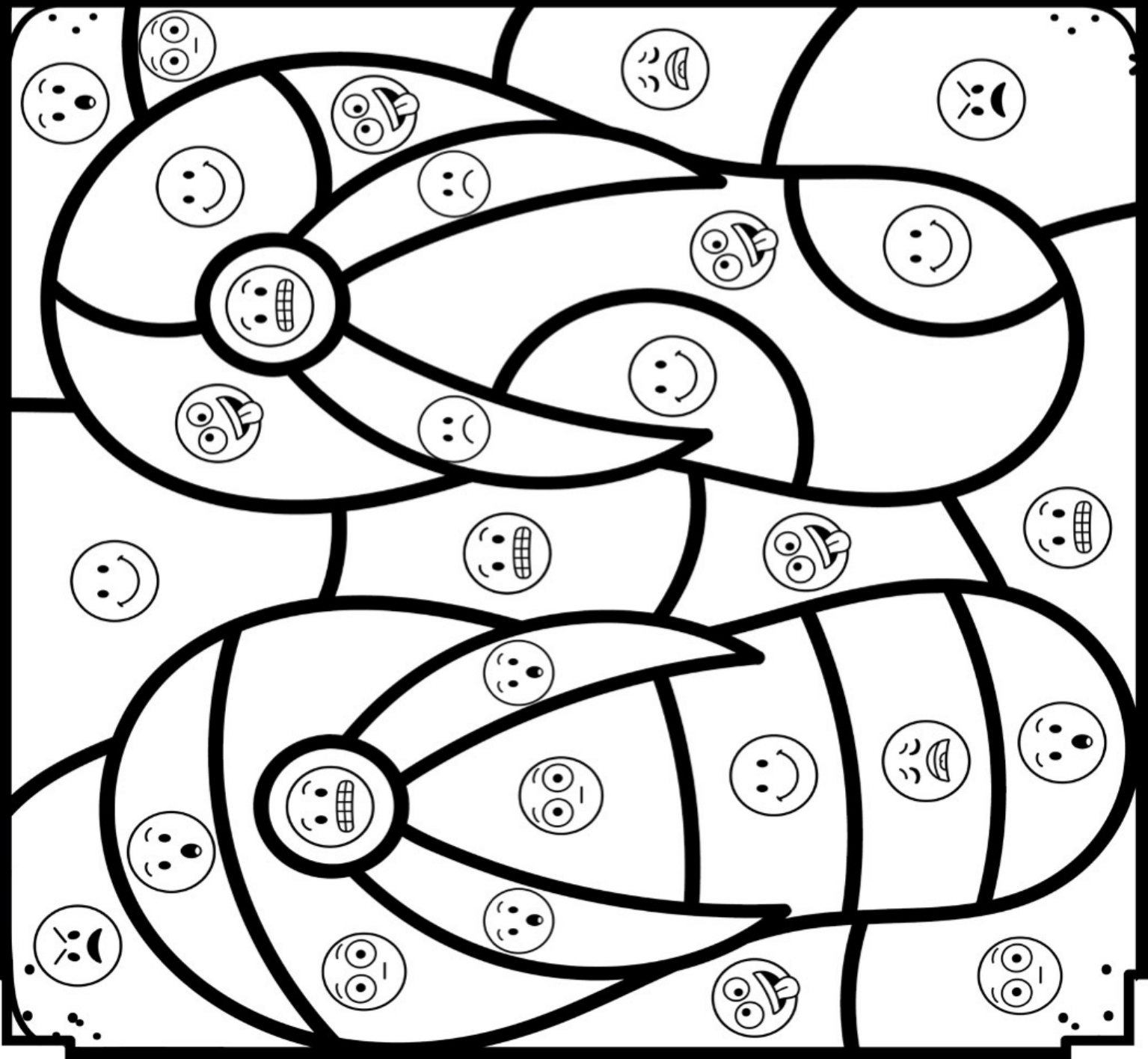
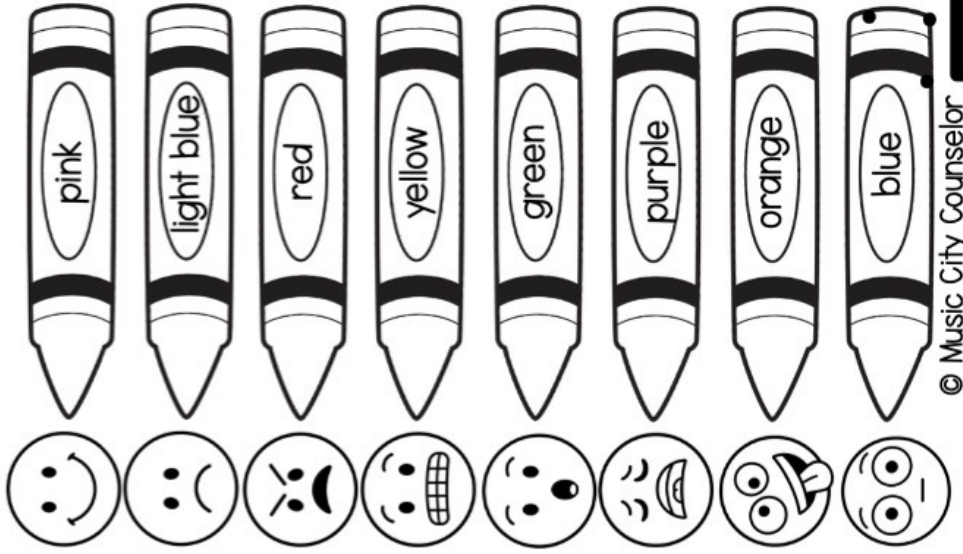
I felt...

when...

Can you please?

Name: _____

SUMMER COLOR BY CODE feelings

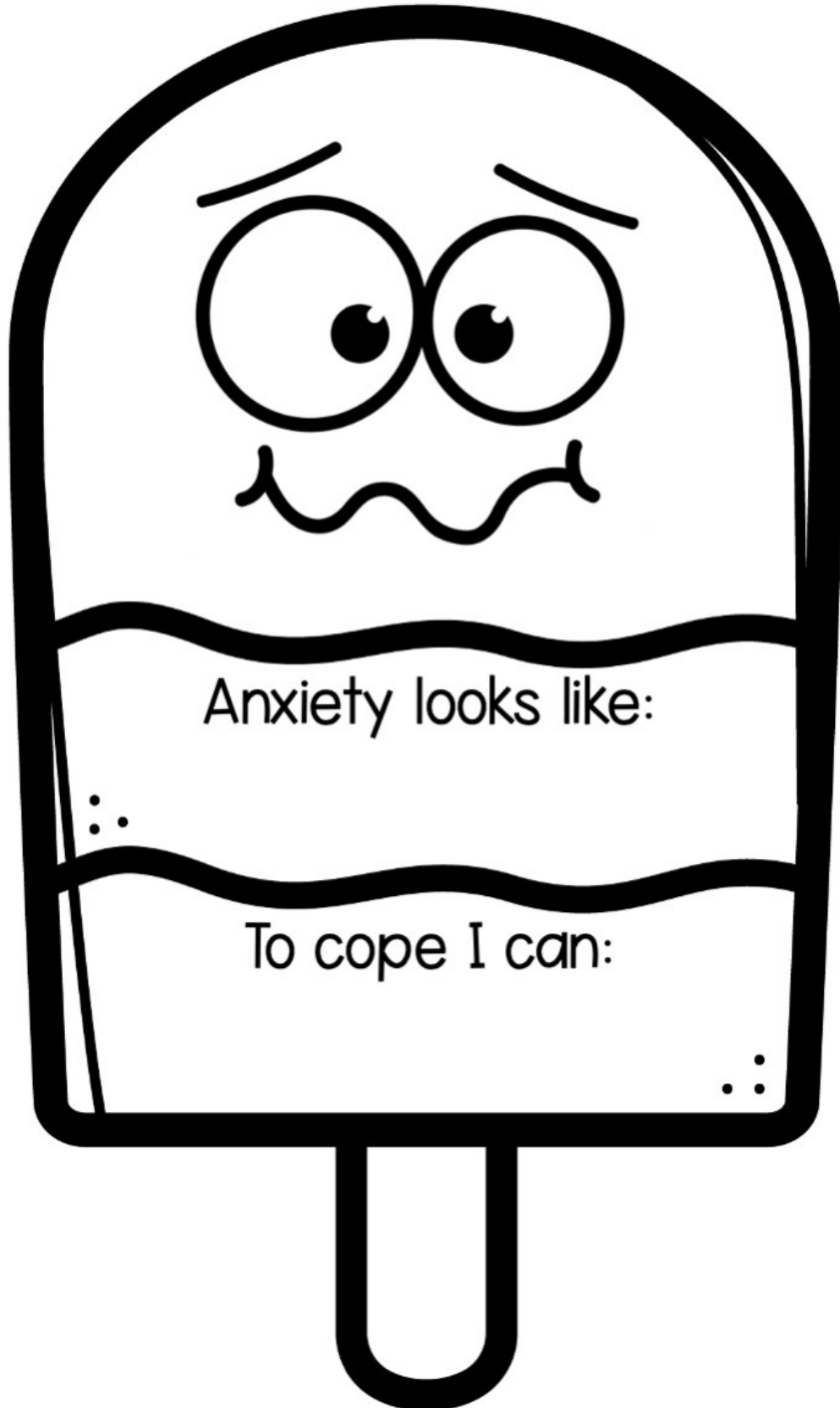


Name: _____

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ANXIOUS POPSICLE

Write about the feeling on the popsicle.



Anxiety looks like:

∴

To cope I can:

∴

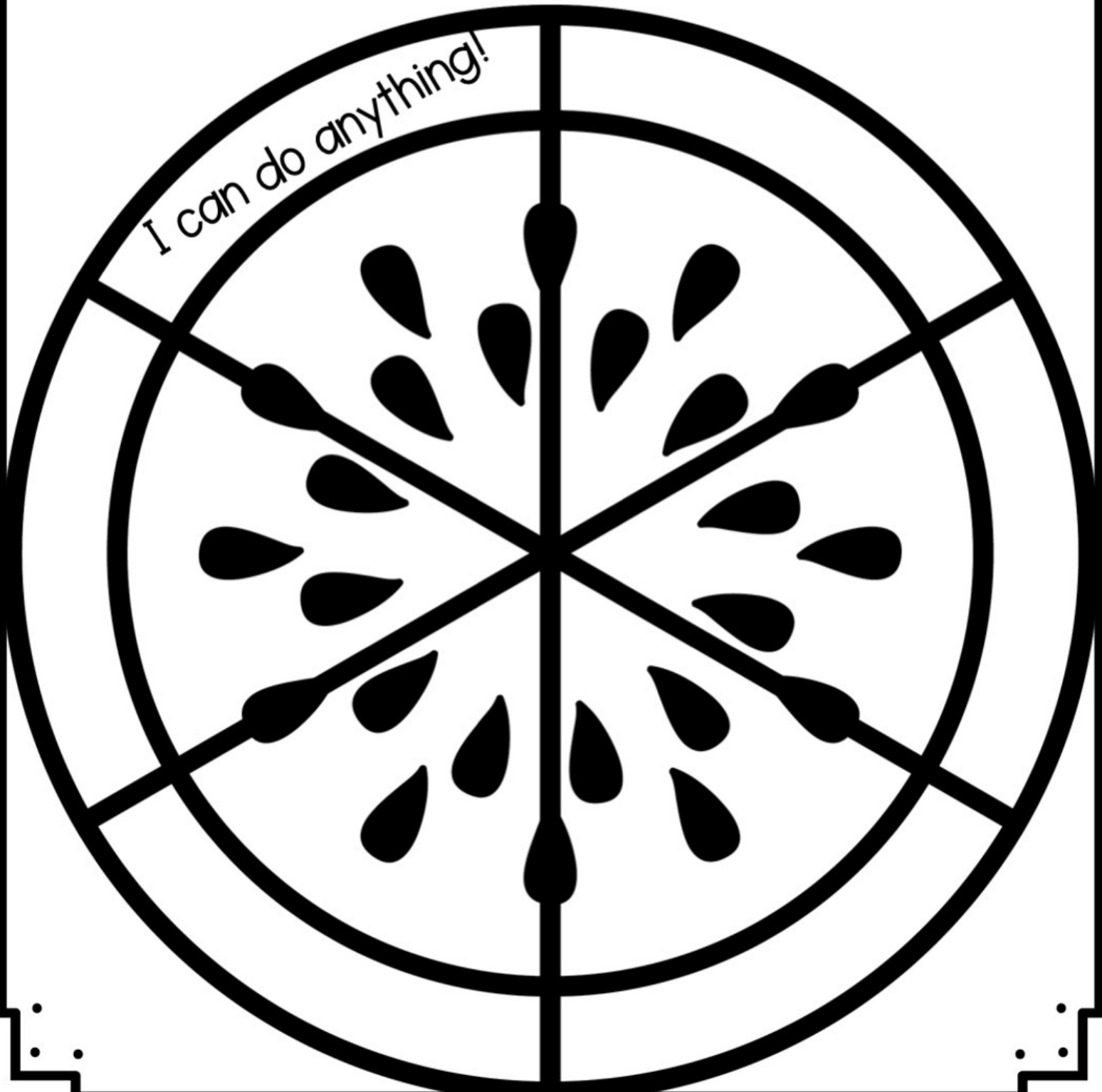
Name: _____

© Music City Counselor

WATERMELON AFFIRMATIONS

Positive affirmations are kind words you say to yourself that make you feel calm and confident.

Write an affirmation on the rind of each slice.

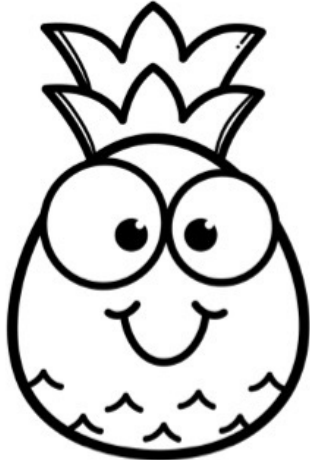


Name: _____

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MY SUMMER FEELINGS

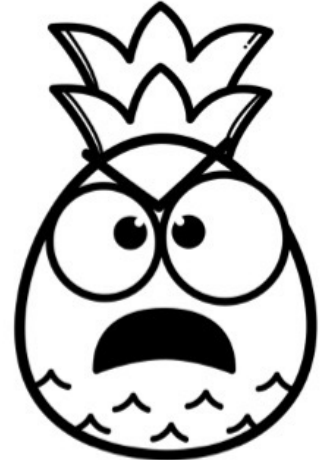
Color the pineapples that show how you're feeling today.



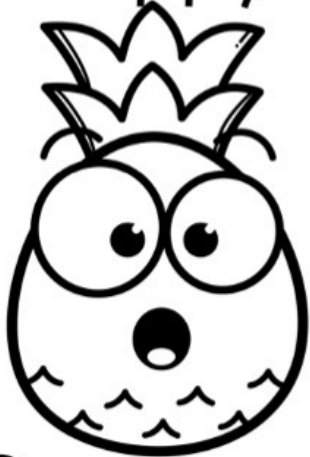
Happy



Sad



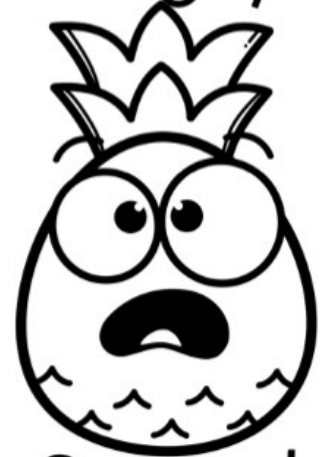
Angry



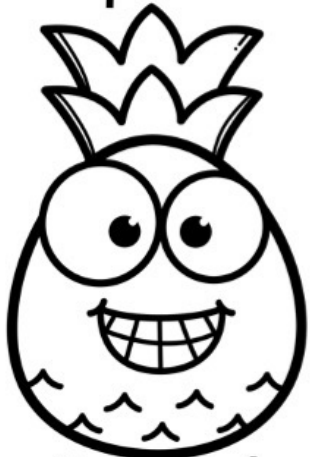
Surprised



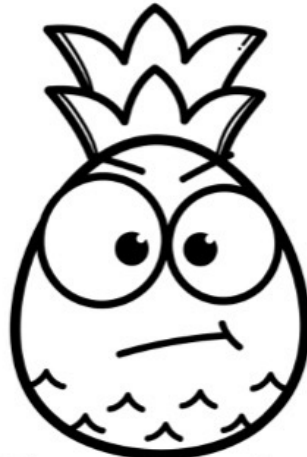
Nervous



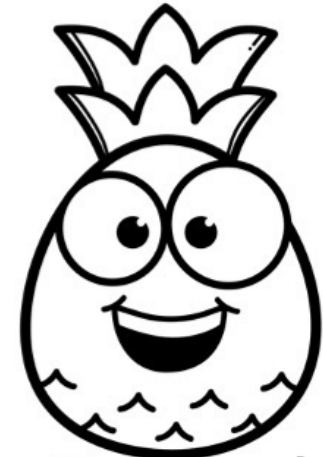
Scared



Proud



Frustrated



Excited

Name: _____

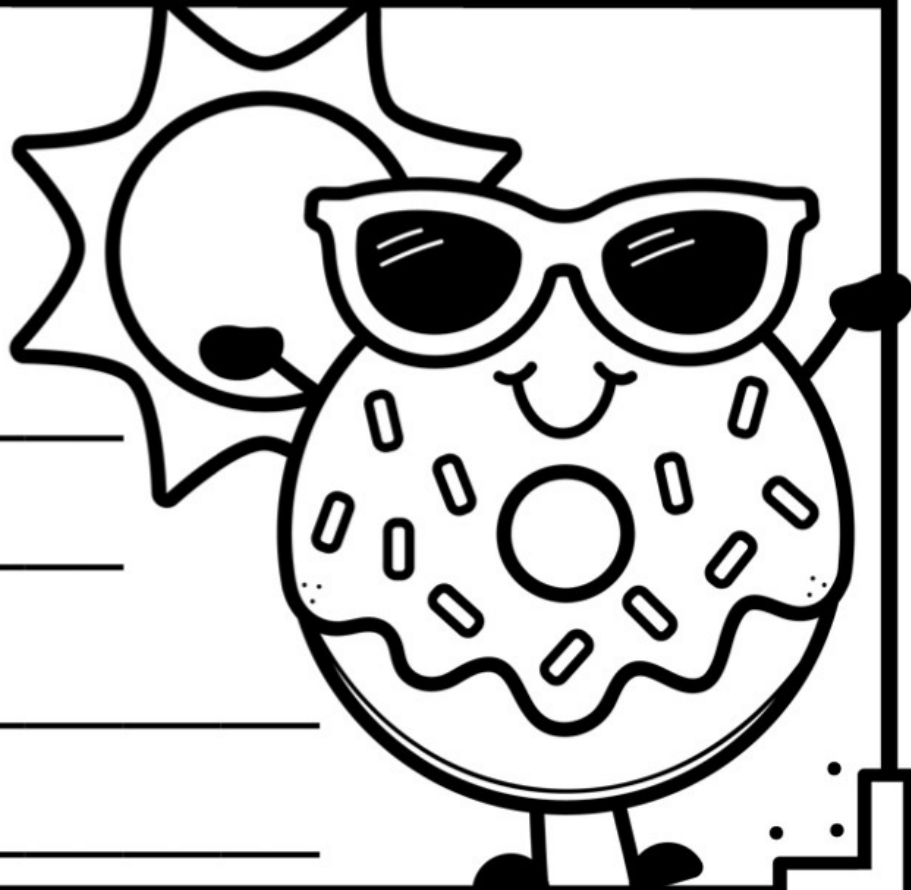
DONUT WORRY, BE HAPPY!

Write things that you worry about and things that calm your worries on the lines. Then, color the donut.

THINGS I WORRY ABOUT:



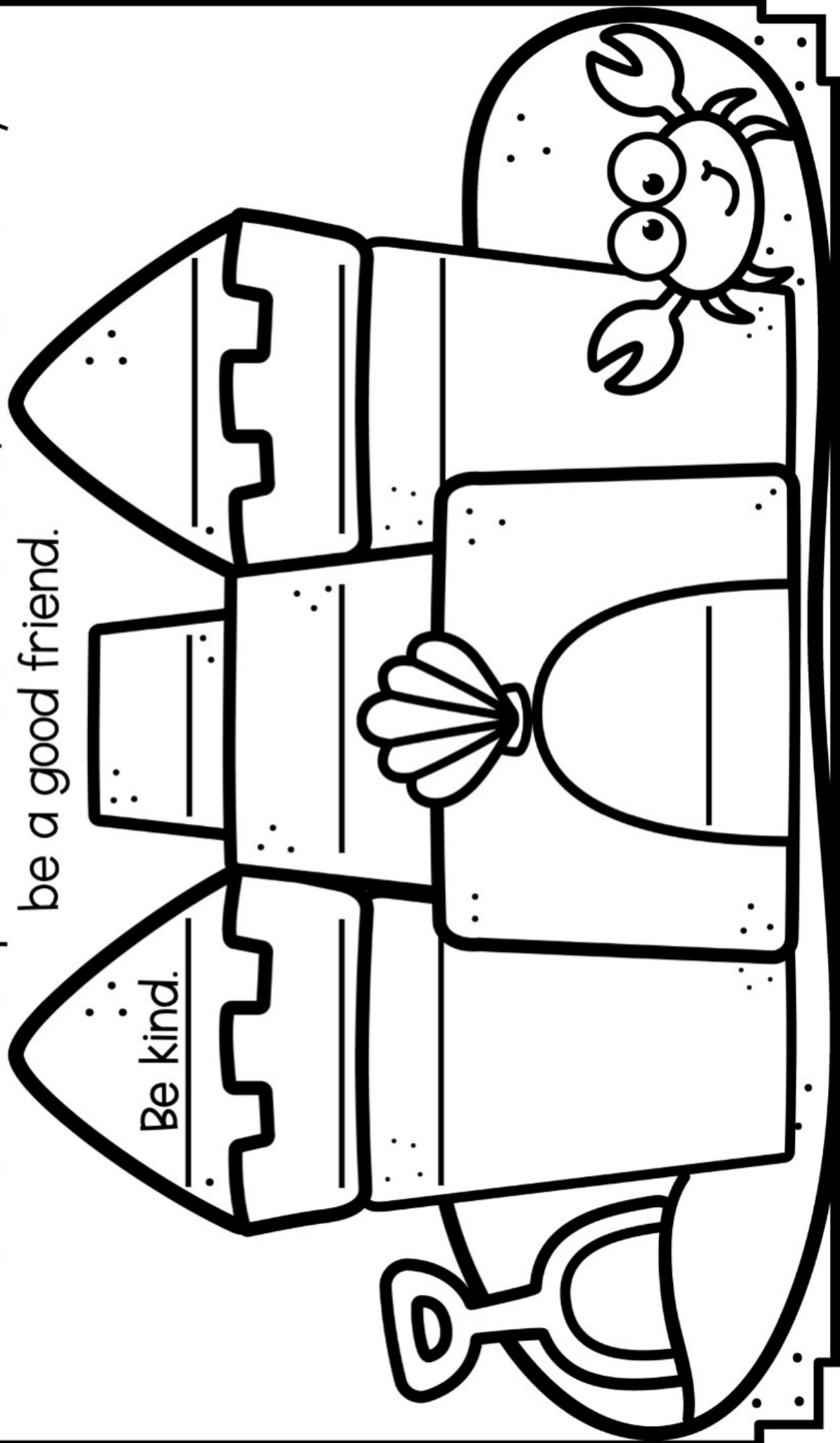
THINGS THAT CALM MY WORRIES:



Name: _____

BUILD A SANDCASTLE FRIEND

On the line on each part of the sandcastle, write one way to be a good friend.

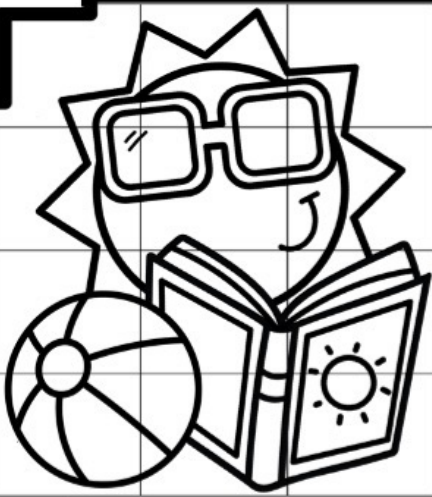


Name: _____

© Music City Counselor

COPING SKILLS PUZZLE

Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!



Be mindful

Take deep breaths

Use fidget tools

Talk it out

Spend time in nature

Ask for a hug

Imagine a happy place

Draw a picture

Take a break

Write in a journal

Count to 10

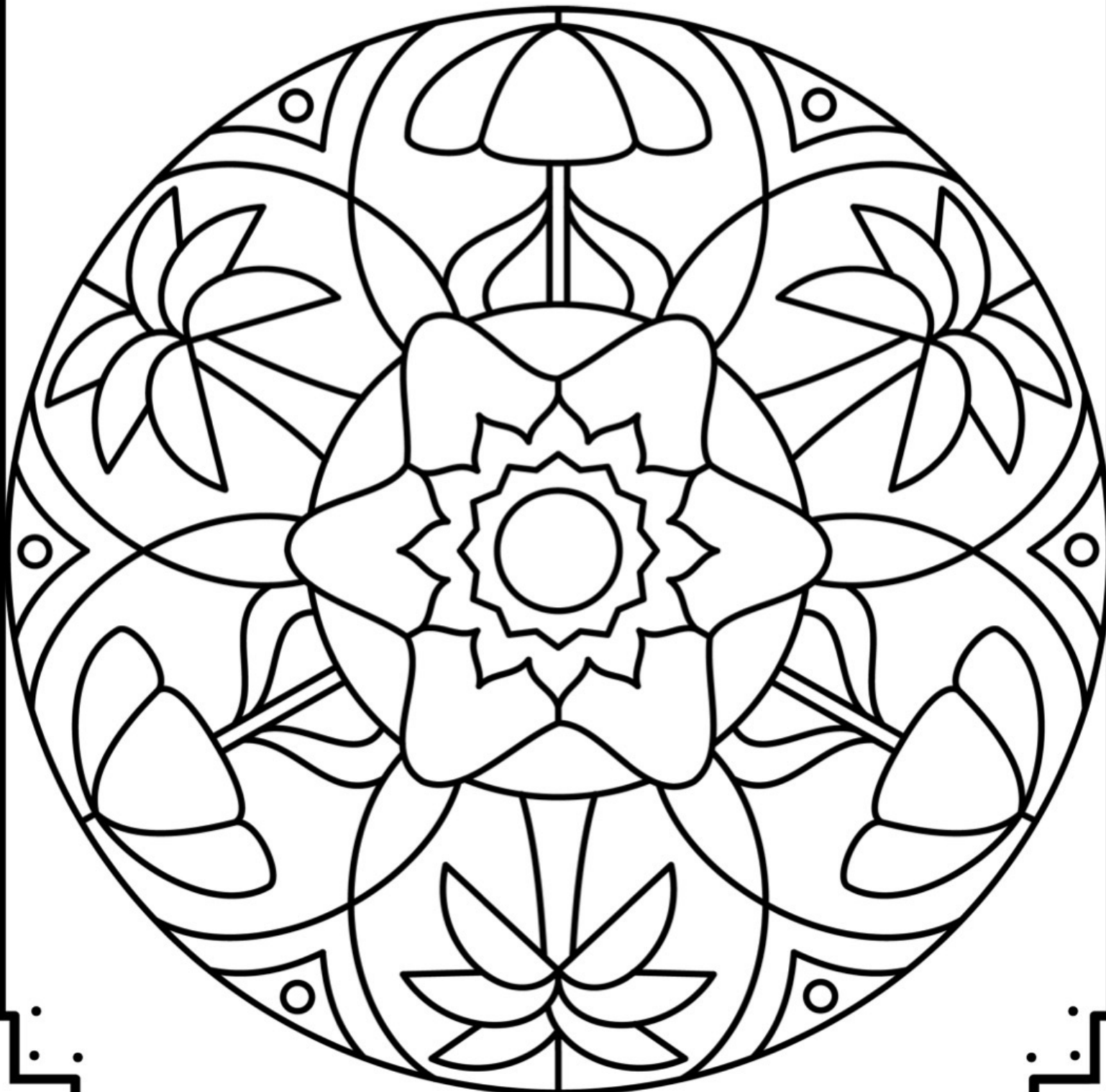
Go for a walk

Name: _____

© Music City Counselor

SUMMER MINDFUL COLORING

Take a deep breath and pick your favorite colors. As you color the mandala, focus on how each color makes you feel. Be fully present in this moment.



Name: _____

WALK IN THEIR FLIP FLOPS

Write how you would feel and what you would do in this situation on the flip flops.



Jacob lost his dog.

If I were Jacob, I would feel...

If I were Jacob, I would...

Name: _____

ICE CREAM I-MESSAGES

Solve the small problem below using an I-Message.



Your friends left you out of the game.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



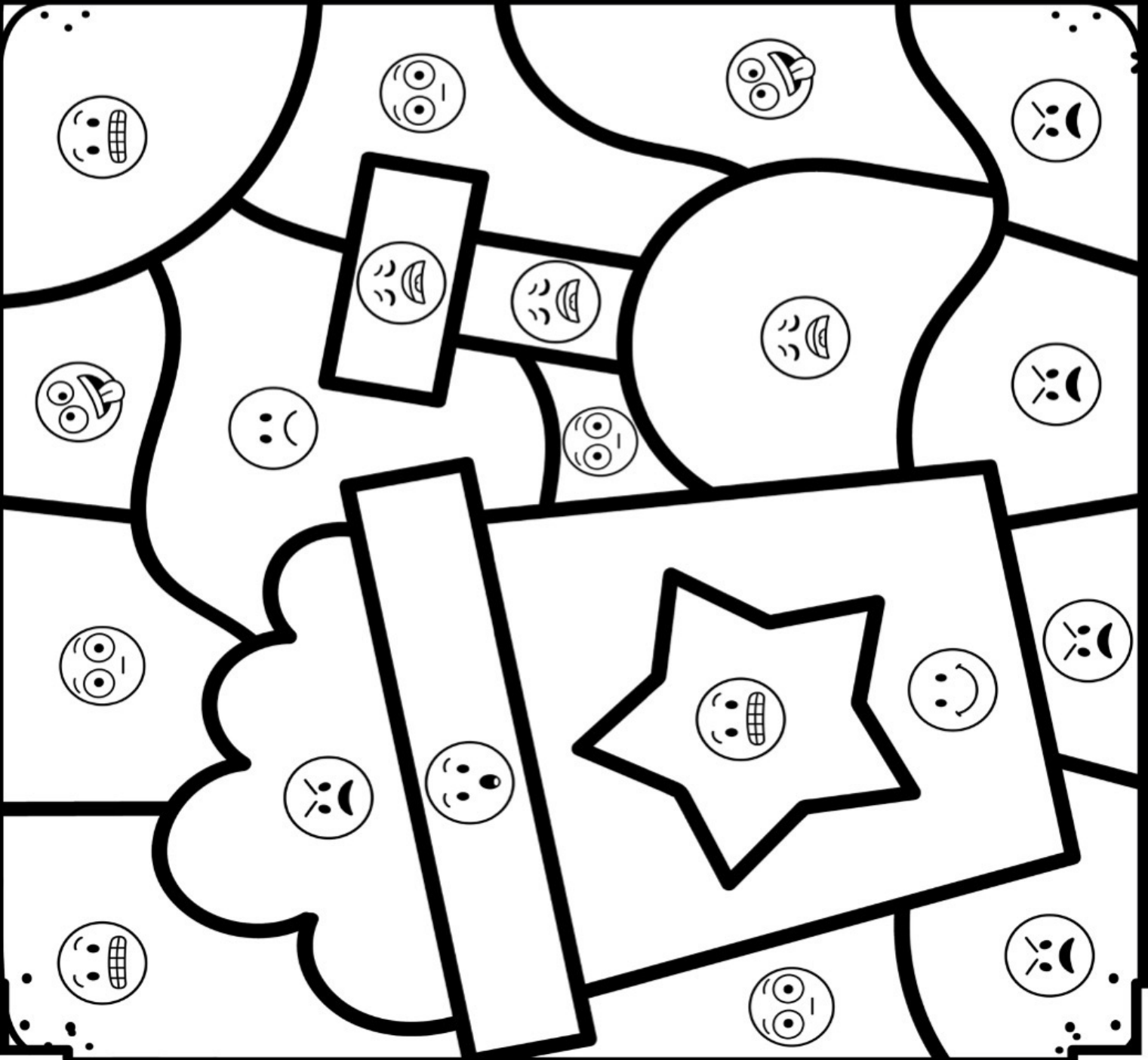
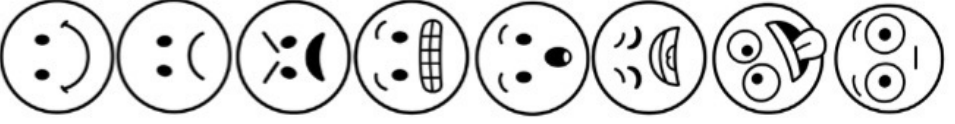
STEP 3: Share what you need.

Can you please _____



Name: _____

SUMMER COLOR BY CODE feelings

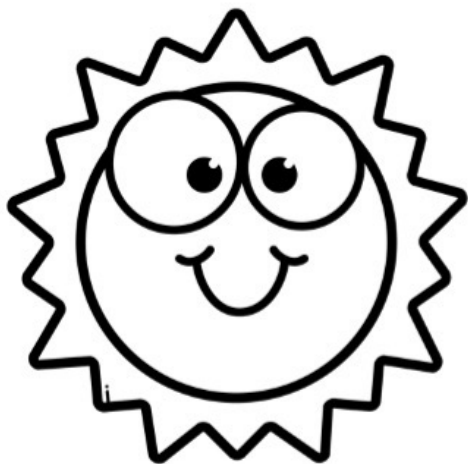


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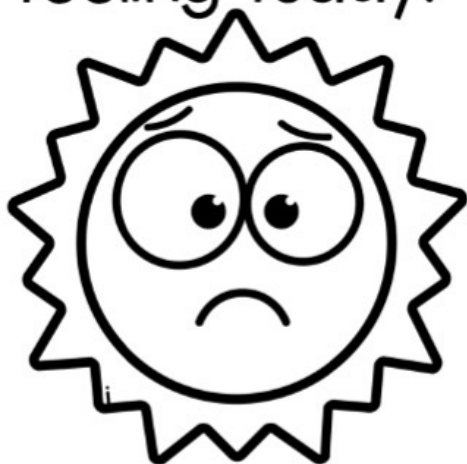
© Music City Counselor

MY SUMMER FEELINGS

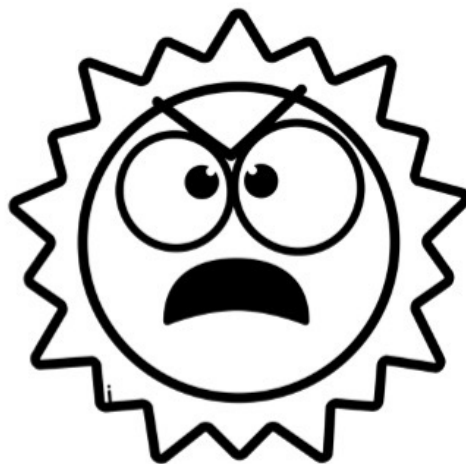
Color the sunshines that show how you're feeling today.



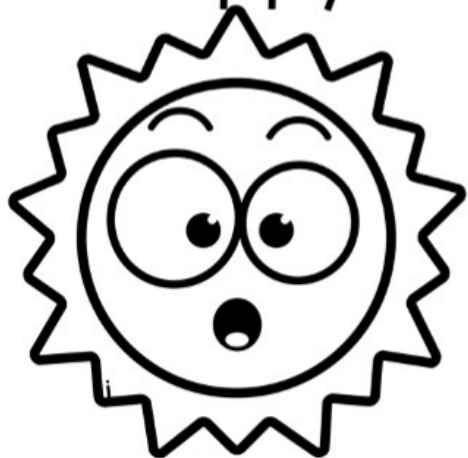
Happy



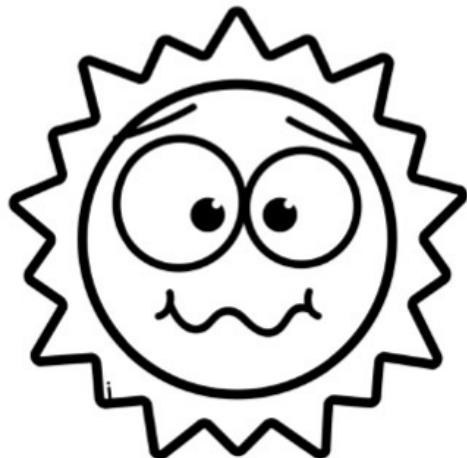
Sad



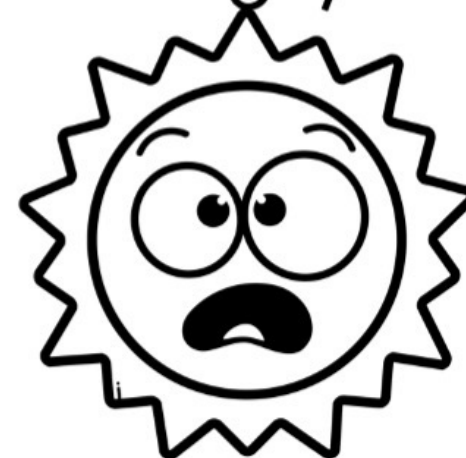
Angry



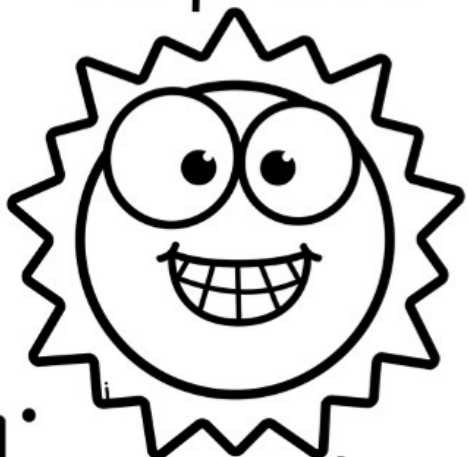
Surprised



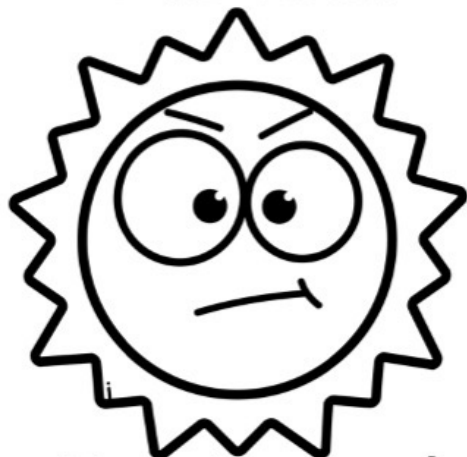
Nervous



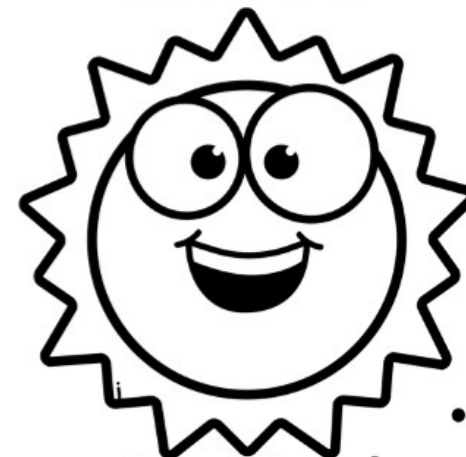
Scared



Proud



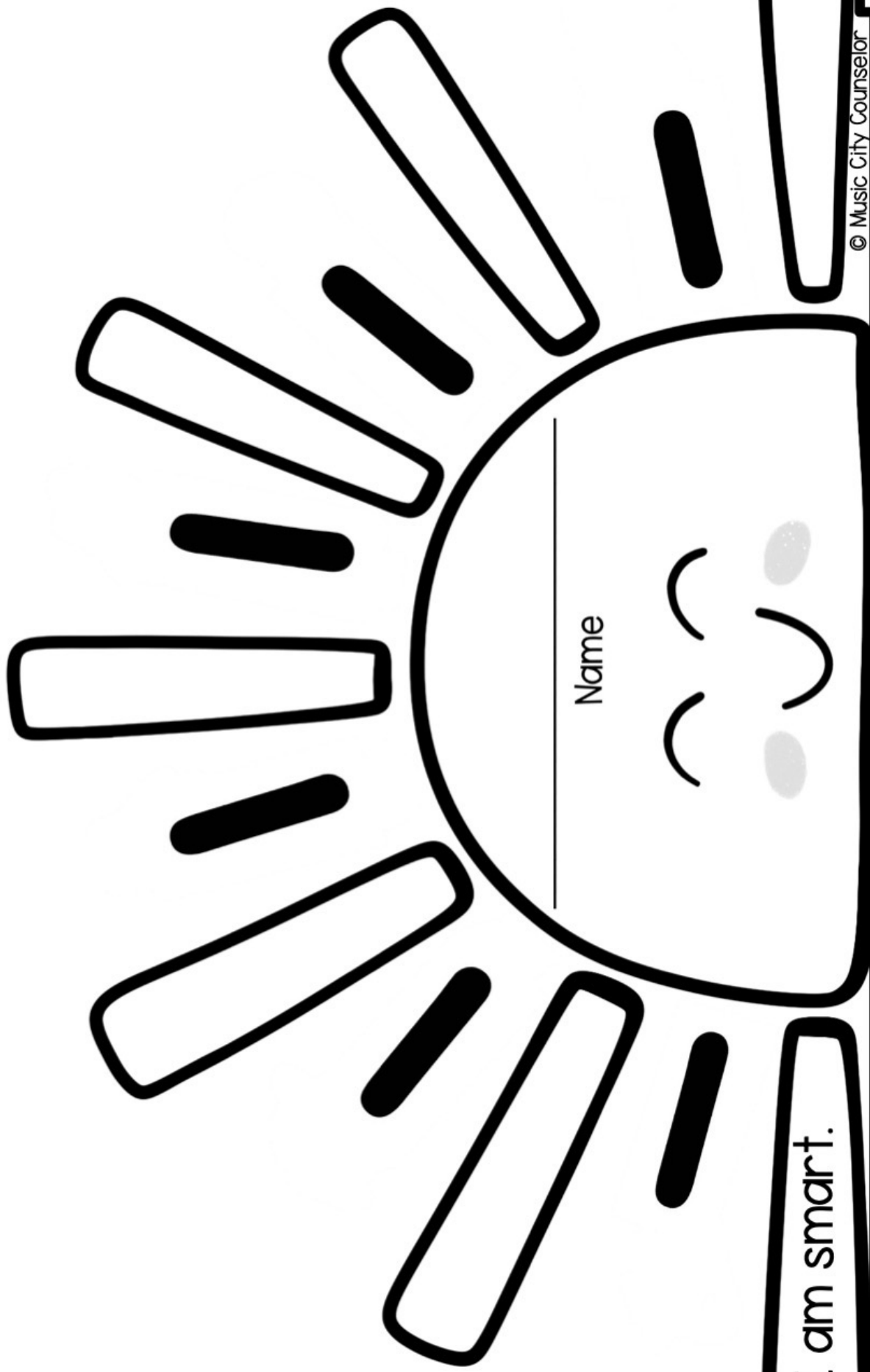
Frustrated



Excited

YOU SHINE BRIGHT!

Write one thing you love about yourself on each ray of sunshine.



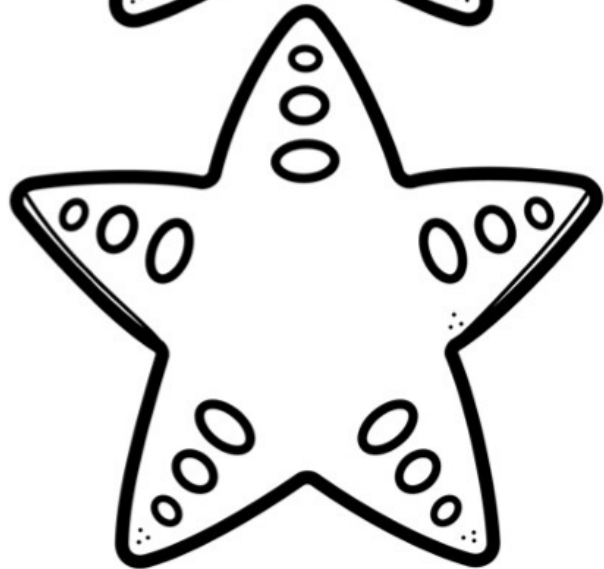
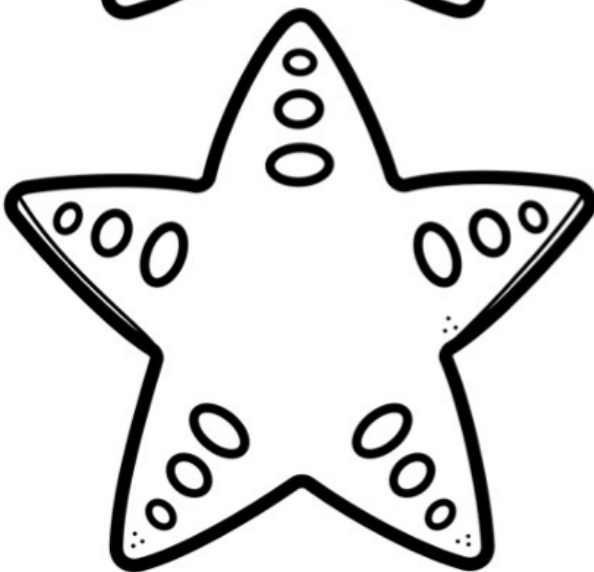
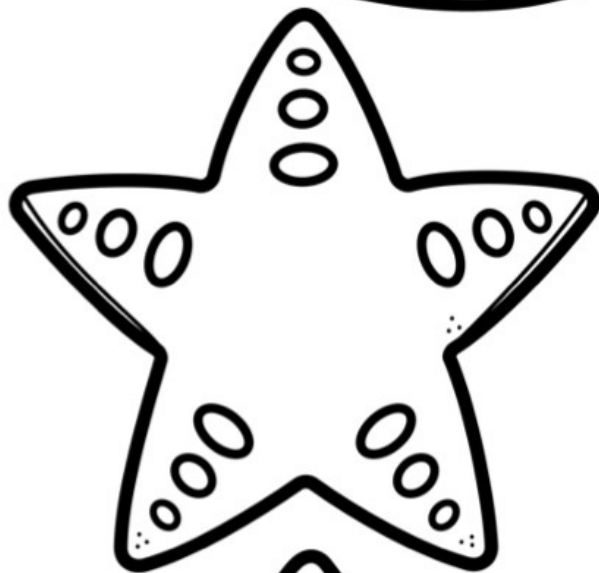
I am smart.

Name: _____

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STARFISH THOUGHTS

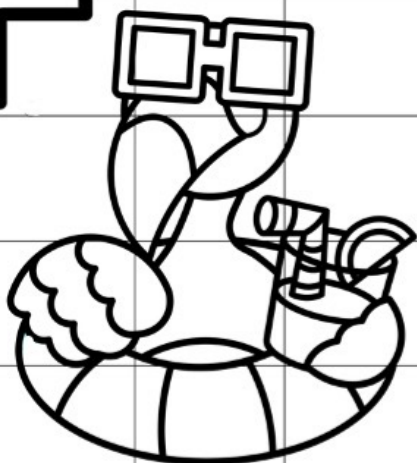
Positive thinking means telling yourself words that make you feel smart, capable, and strong.
Write a positive thought on each starfish.



Name: _____

COPING SKILLS PUZZLE

Cut out each puzzle piece. Put together the puzzle as shown in the sample. Color it. Then, practice the coping skills!



Write in
a journal

Take deep
breaths

Talk it
out

Be
mindful

Spend time
in nature

Use fidget
tools

Ask for
a hug

Take
a break

Draw
a picture

Go for a walk

Imagine
a happy
place

Count
to 10

Name: _____

ICE CREAM I-MESSAGES

Solve the small problem below using an I-Message.



Your brother played his music too loudly.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



STEP 3: Share what you need.

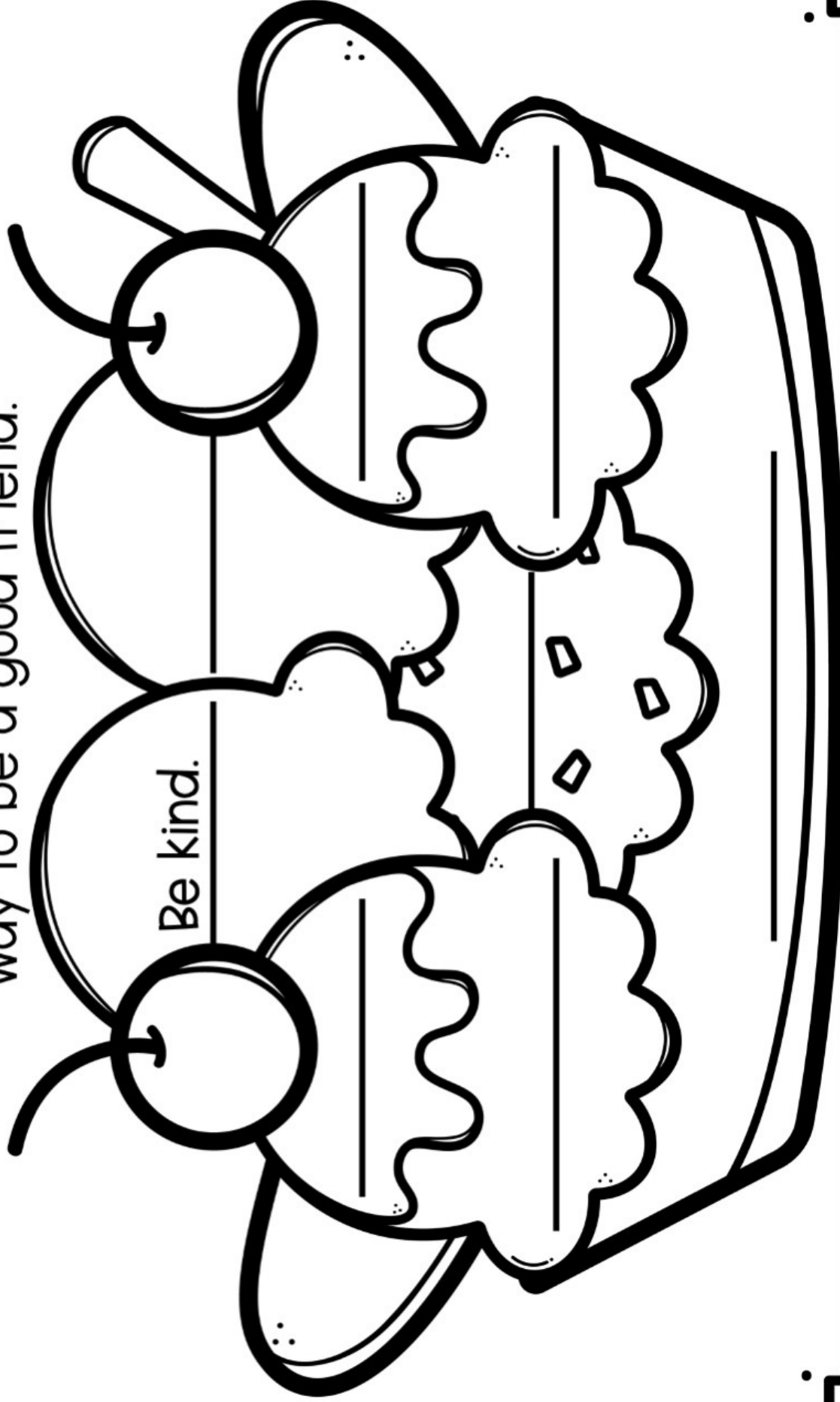
Can you please _____



Name: _____

BUILD AN ICE CREAM FRIEND

On the line on each part of the ice cream sundae, write one way to be a good friend.



Name: _____

WALK IN THEIR FLIP FLOPS

Write how you would feel and what you would do in this situation on the flip flops.



Carly fell at recess in front of her whole class.

If I were Carly, I would feel...

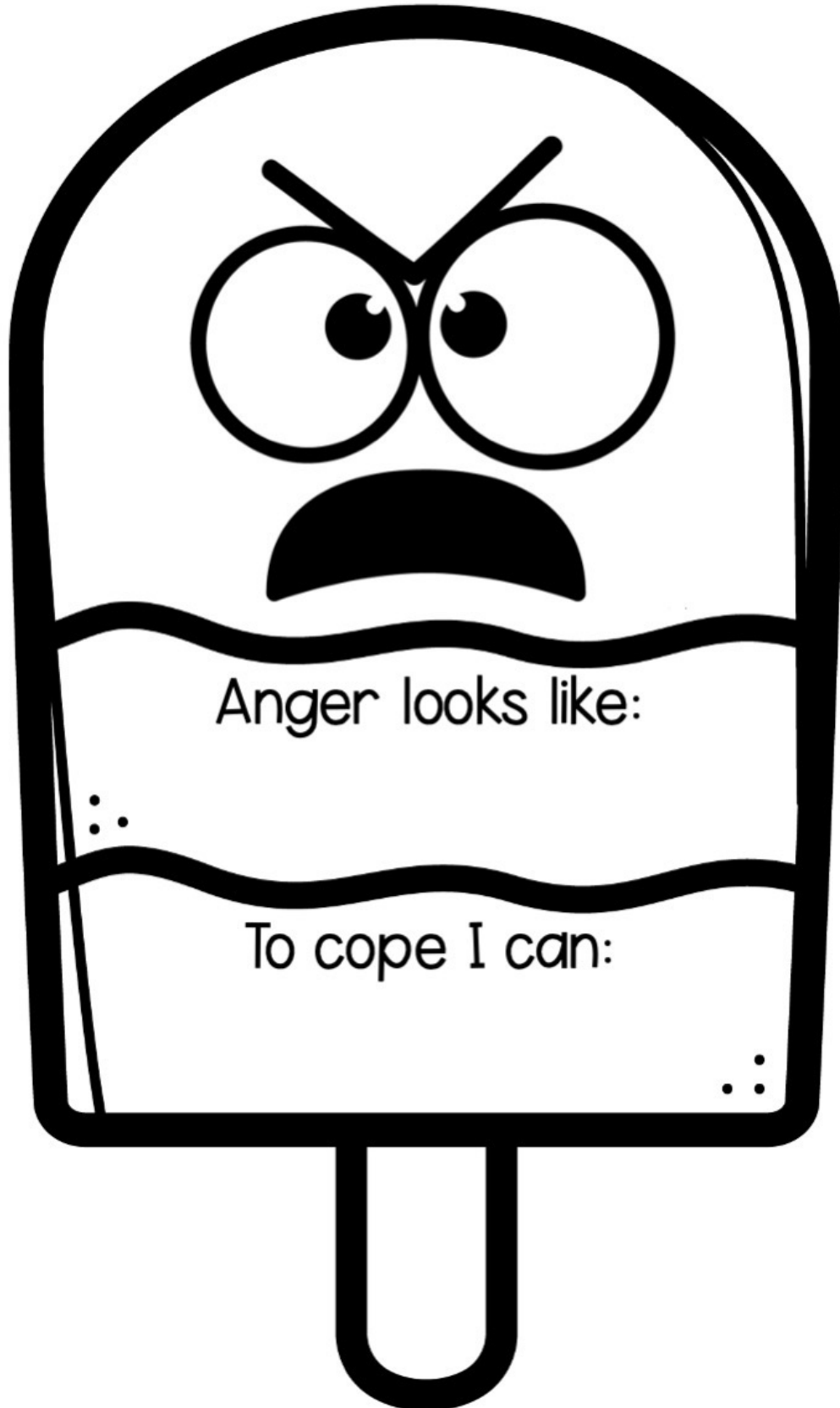
If I were Carly, I would...

Name: _____

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ANGRY POPSICLE

Write about the feeling on the popsicle.

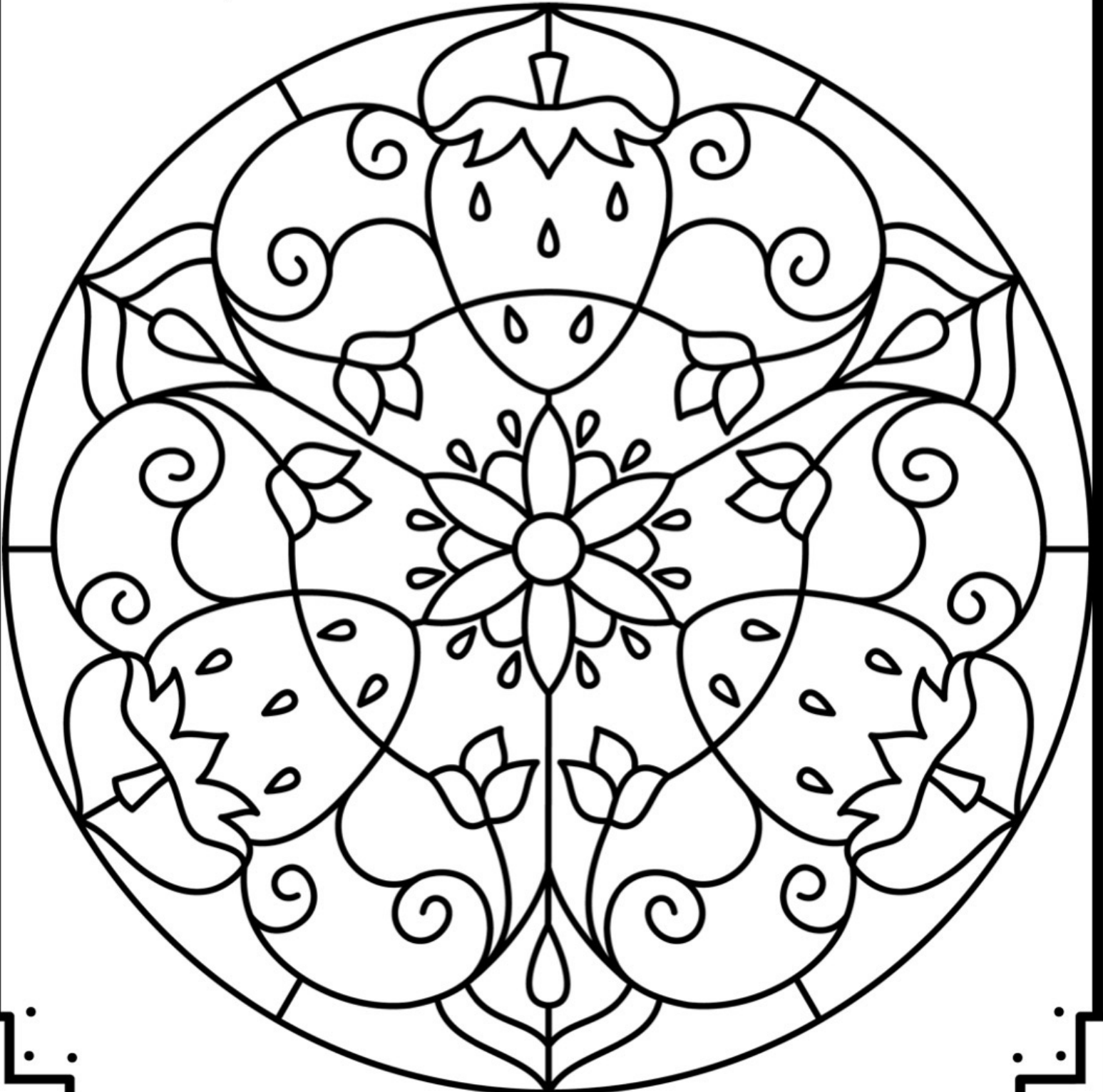


Name: _____

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SUMMER MINDFUL COLORING

Take a deep breath and pick your favorite colors. As you color the mandala, focus on how each color makes you feel. Be fully present in this moment.



Name: _____

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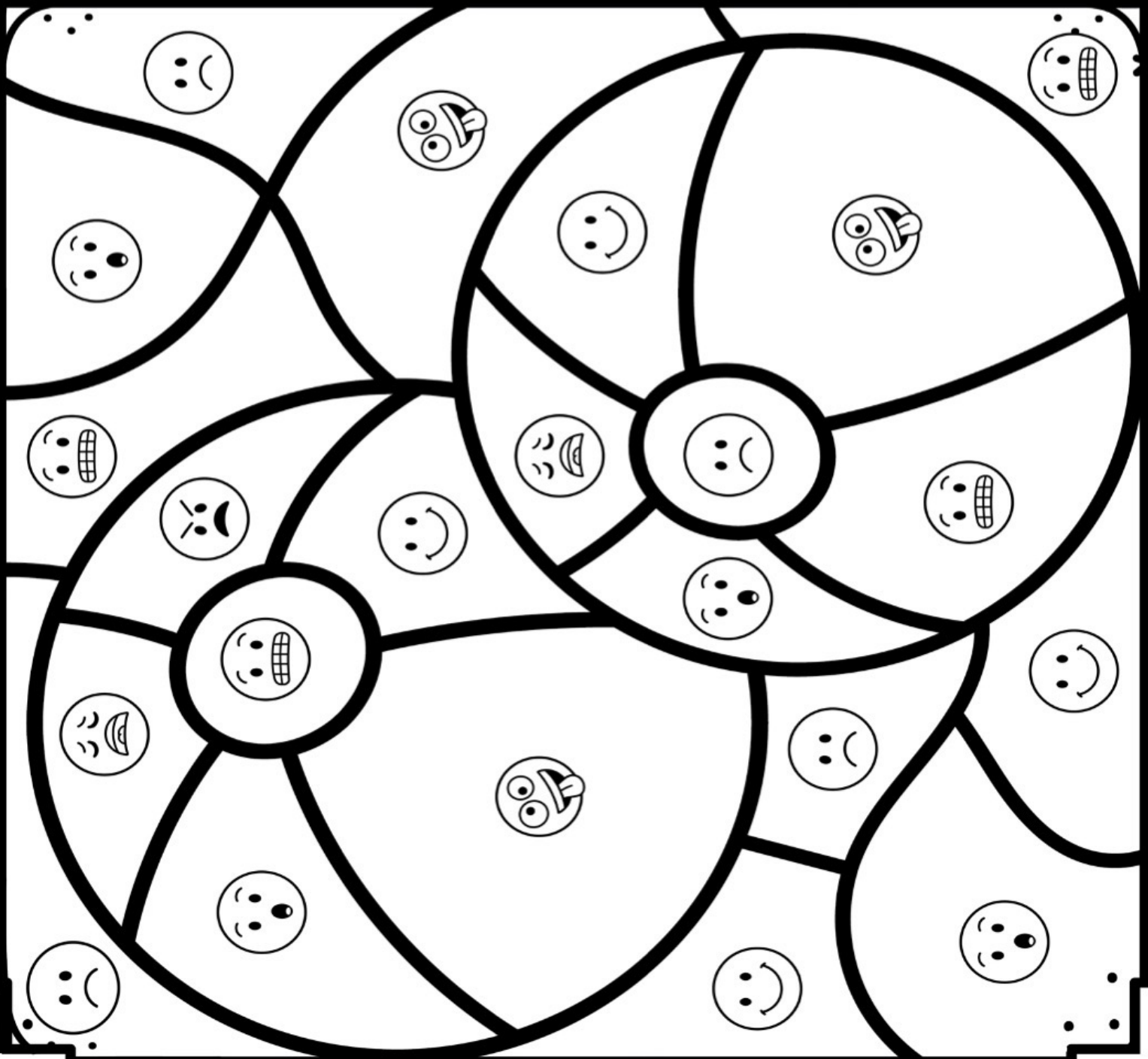
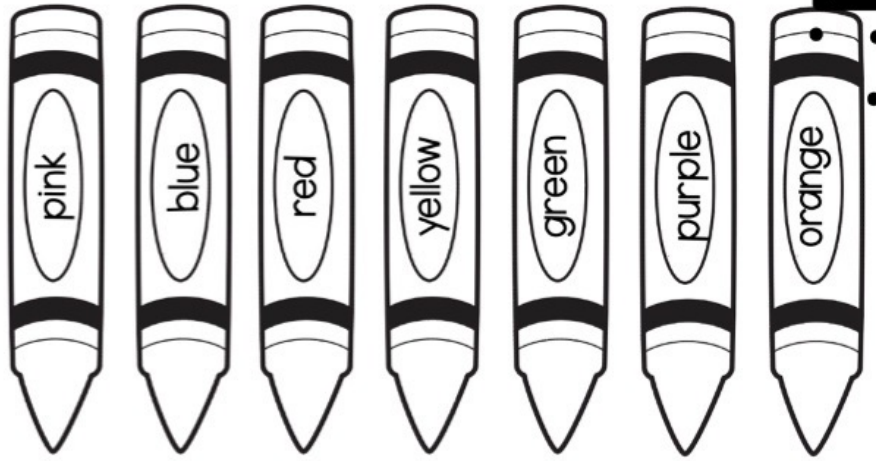
UNIQUE MERMAIDS

Write on the frame what makes you unique.



Name: _____

SUMMER COLOR BY CODE FEELINGS



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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