

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!

☆☆☆☆☆ **EXTREMELY SATISFIED**

♥ *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

DIRECTIONS:

This bulletin board is perfect for standardized testing season, SEL, and counseling! It can also be used as a door decoration! It teaches students 15 coping skills with a cute donut theme.

Two sizes are included: full page and half size. Please choose the size that best fits your space.

Two sizes of a black/white donut with blank lines is also included. Students can decorate the donut and write their favorite coping skill on the lines. You may choose to display student work instead of the included images!

To assemble the bulletin board, please print the materials. Please cut out the letters and staple or glue them to the top of your board. Then, please cut out the donut coping skills and arrange them under the letters. I arranged mine in 3 rows of 5. Please see the sample on the next page!

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help!

PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

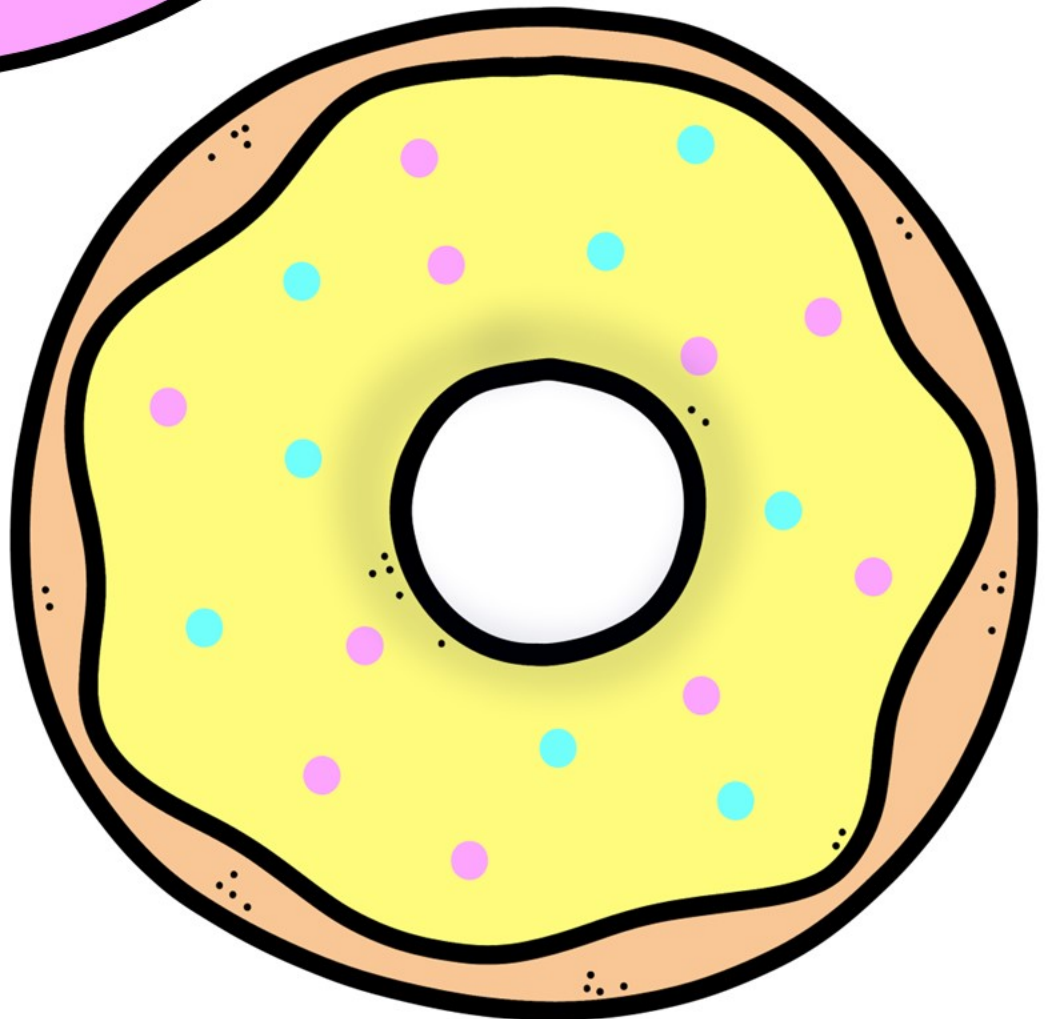
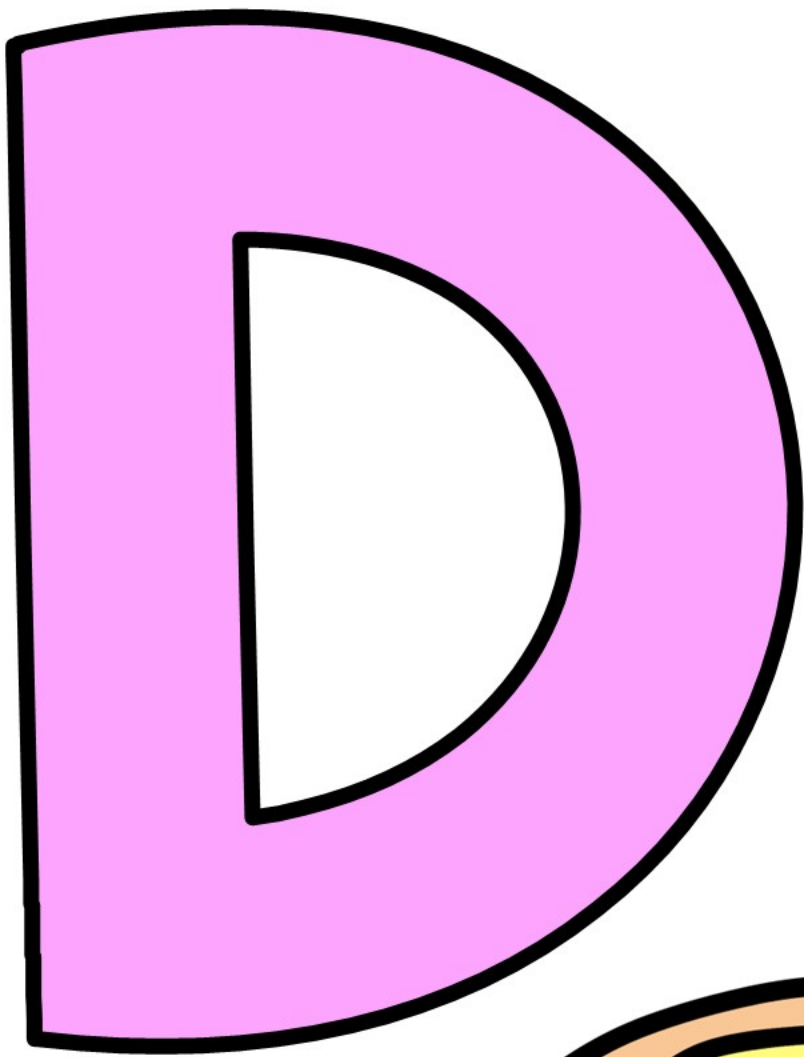
SAMPLE

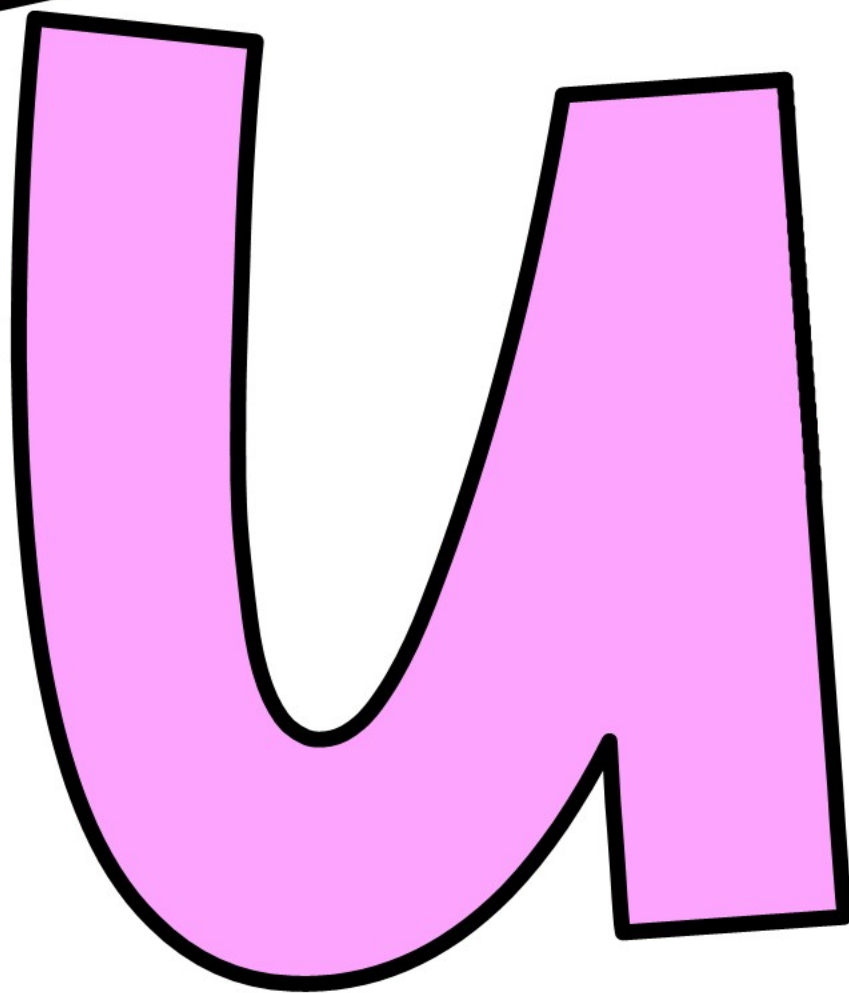
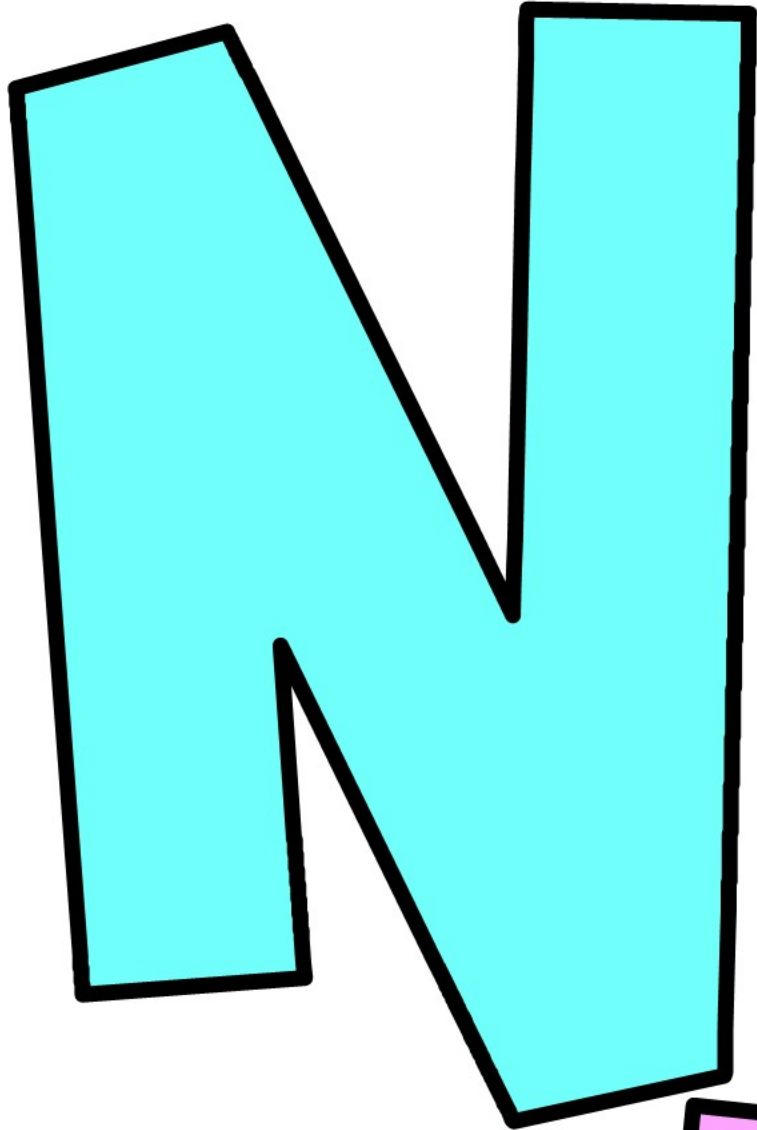
DONUT WORRY

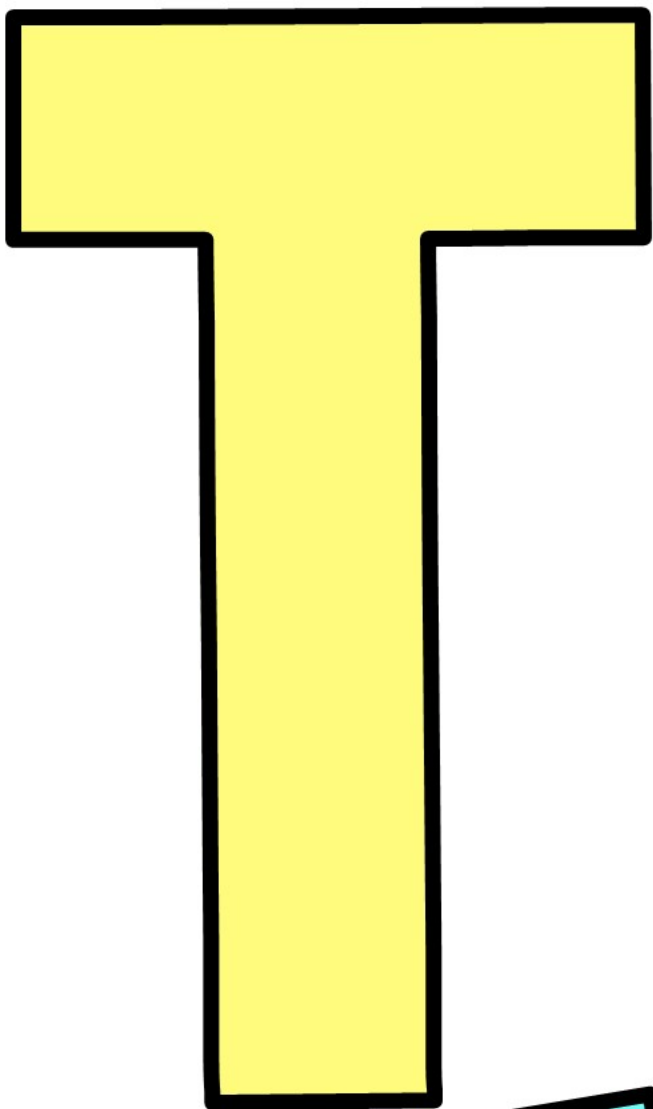


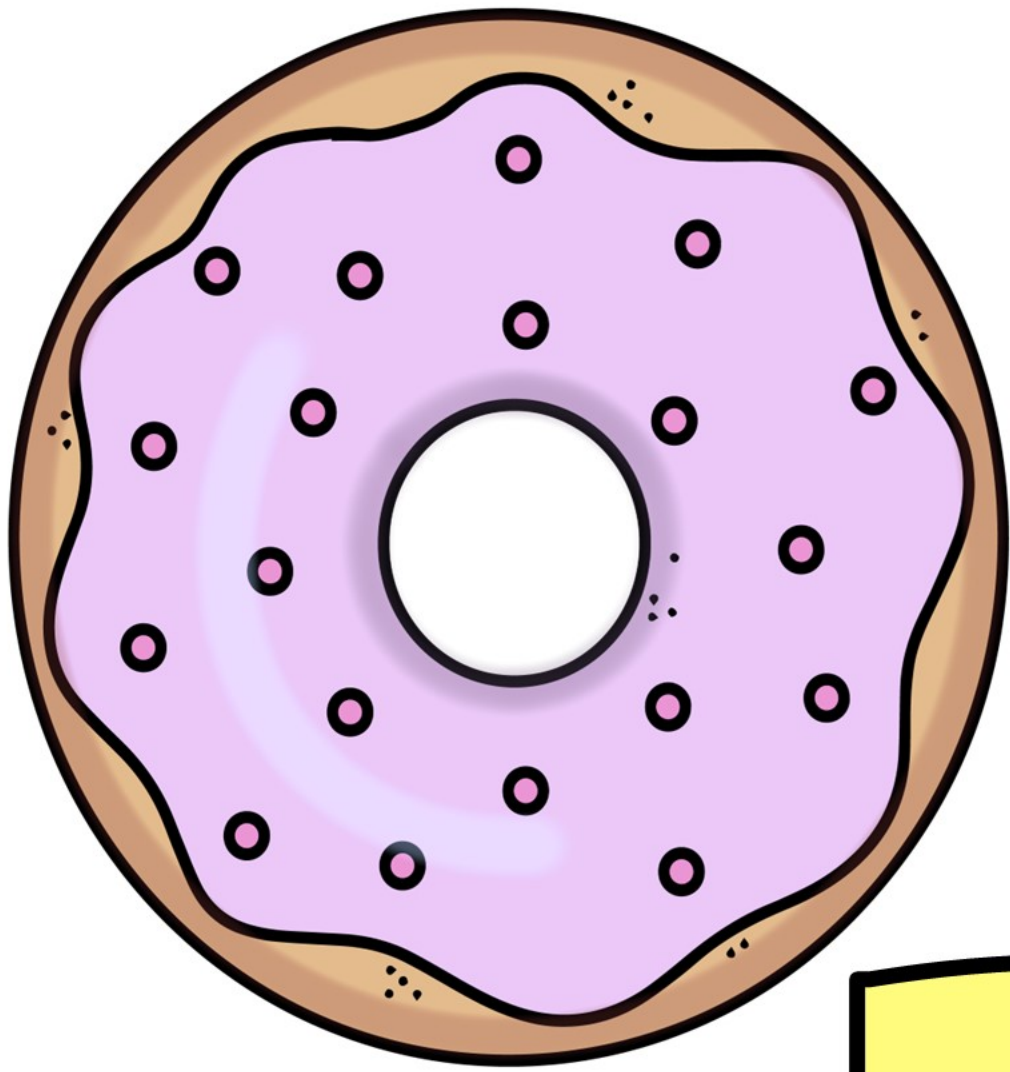
FULL

SIZE





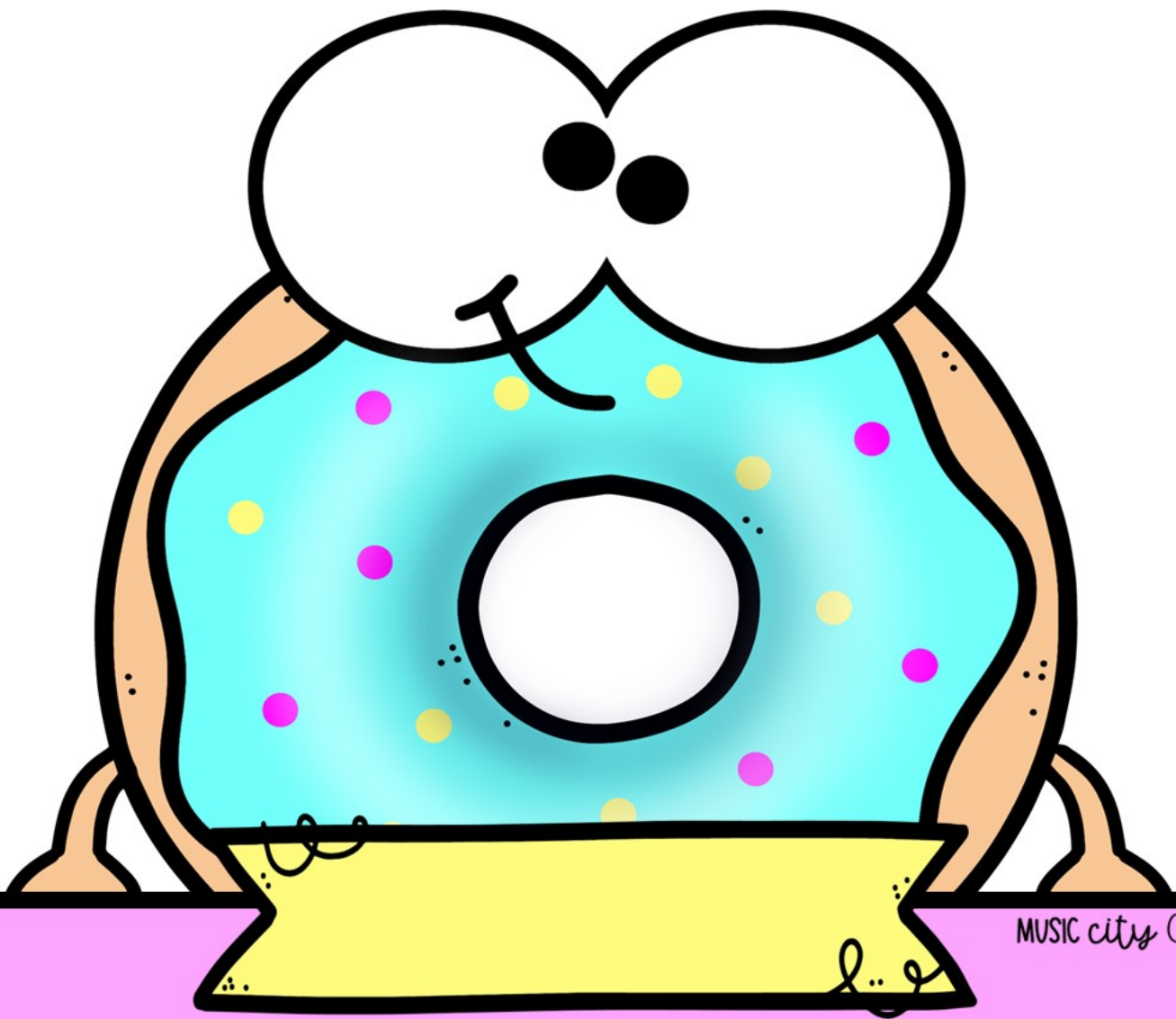




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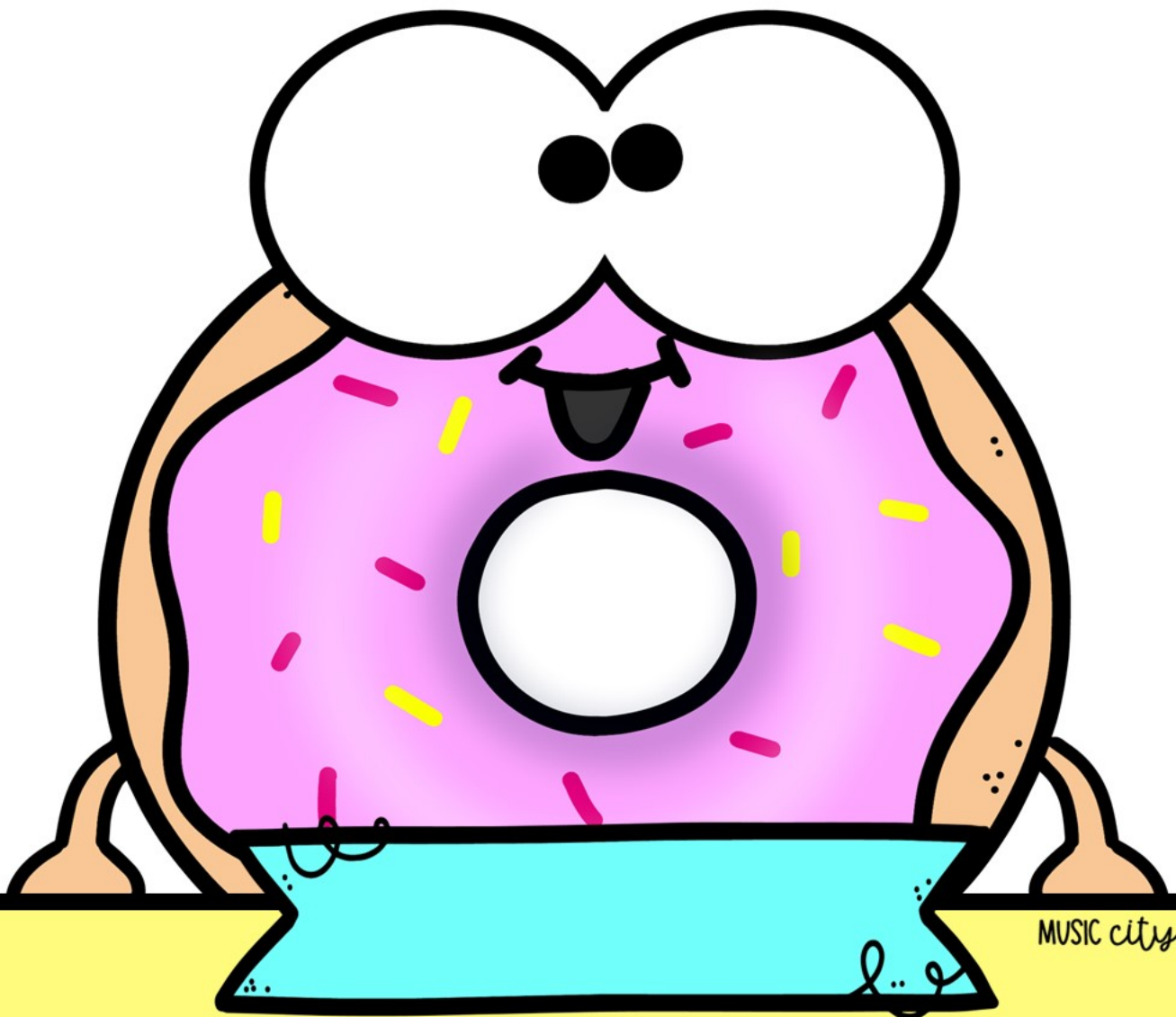
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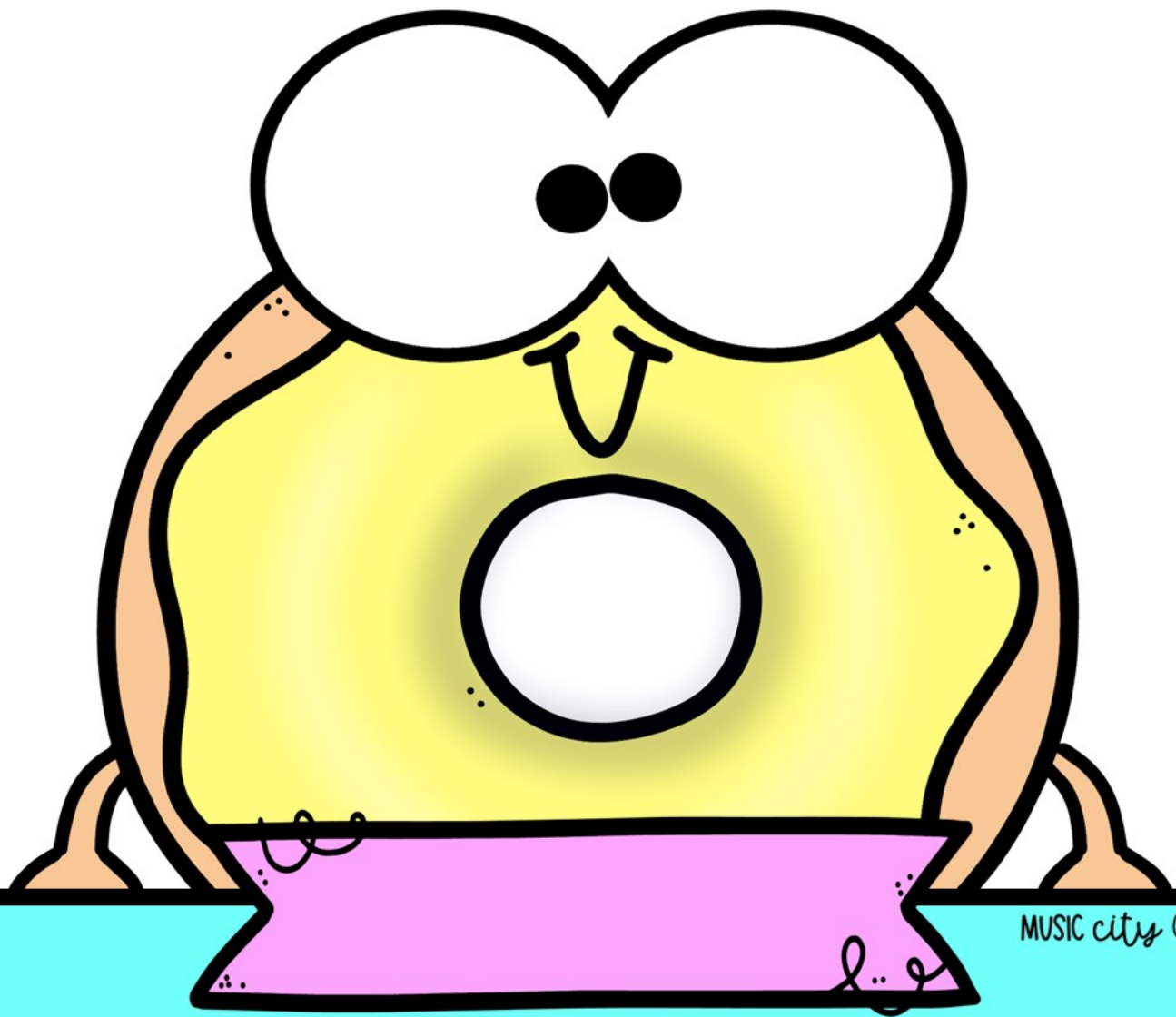
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**TAKE DEEP
BREATHS**



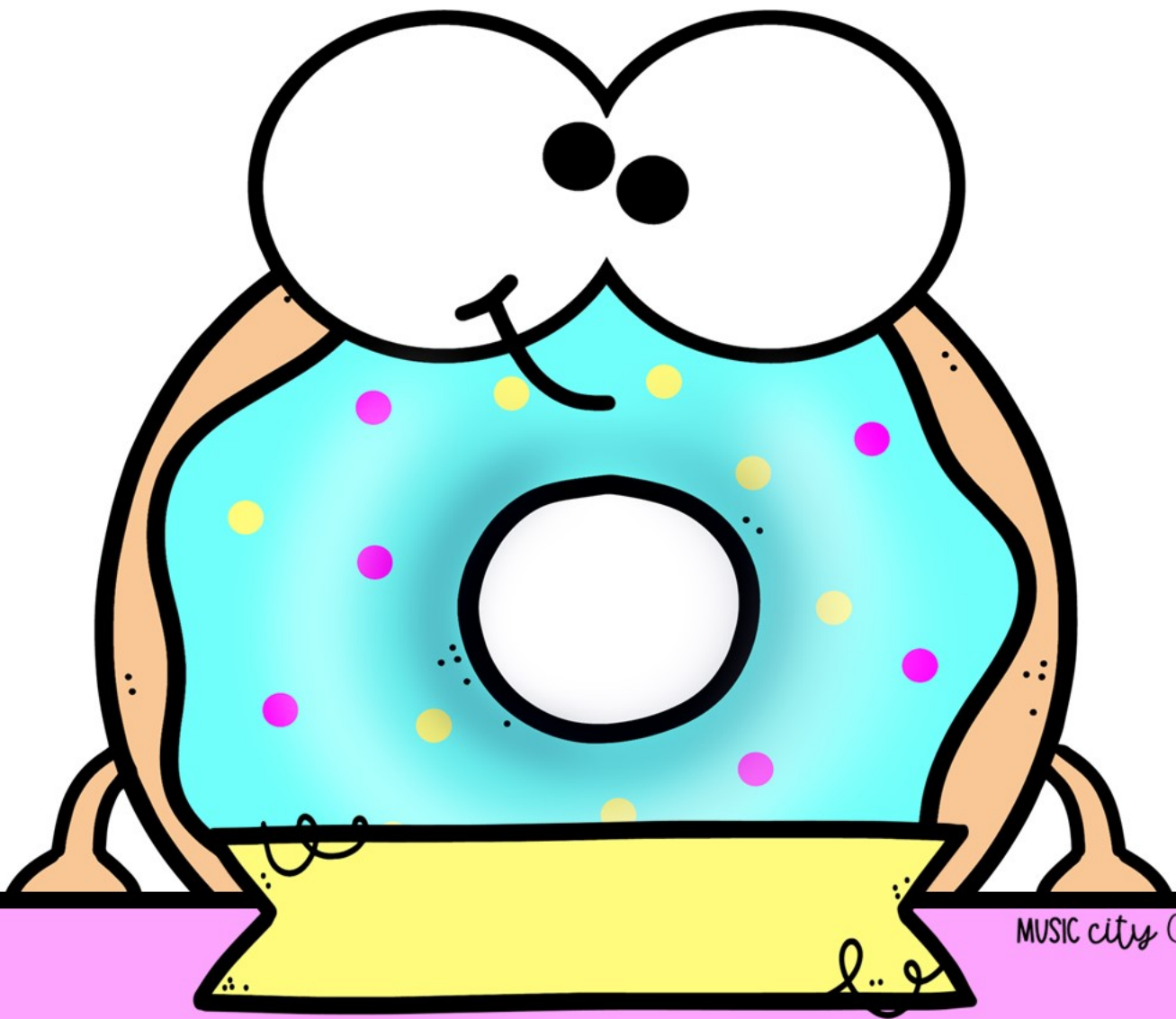
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**COUNT TO
TEN**



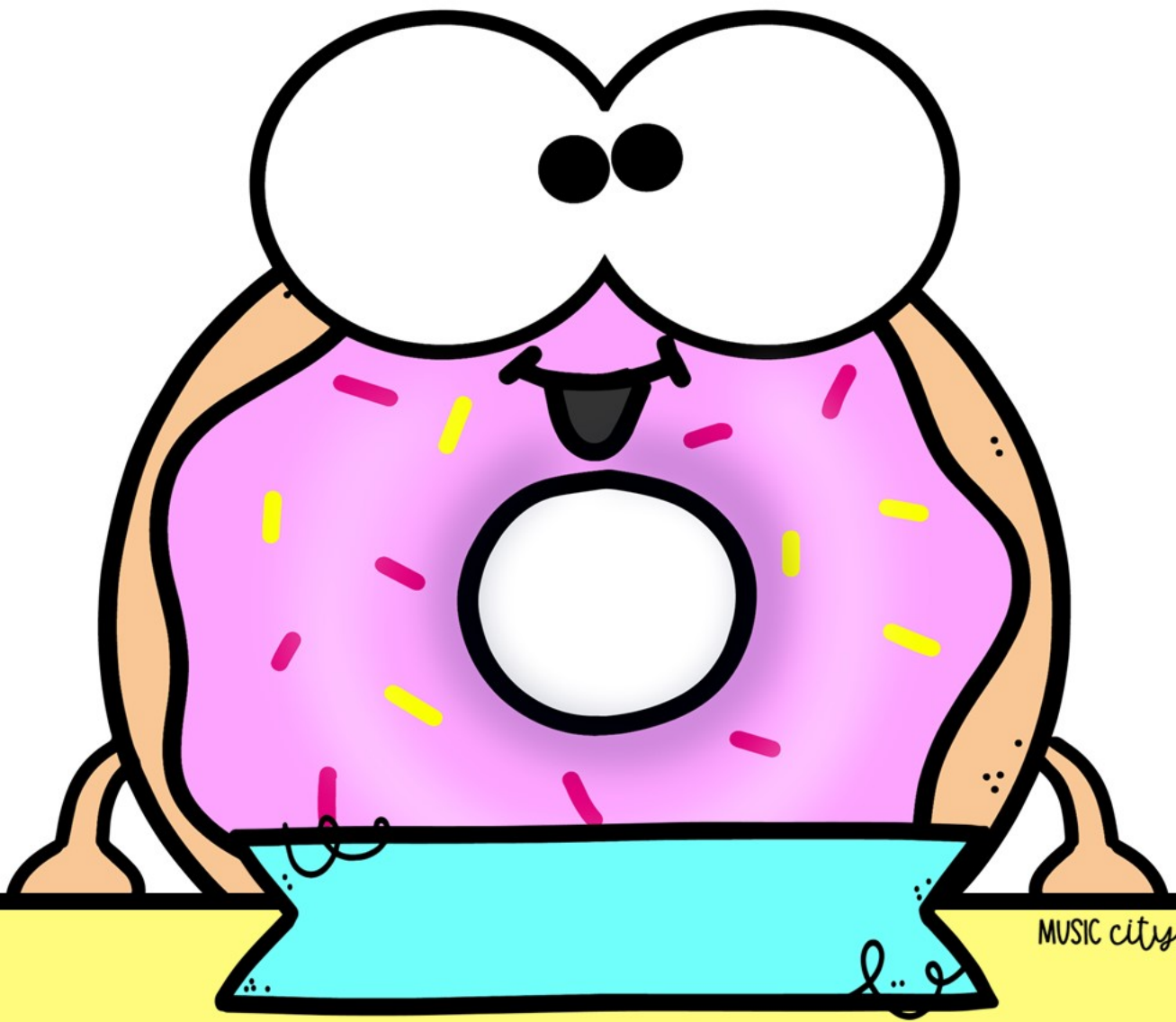
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**GO FOR A
WALK**



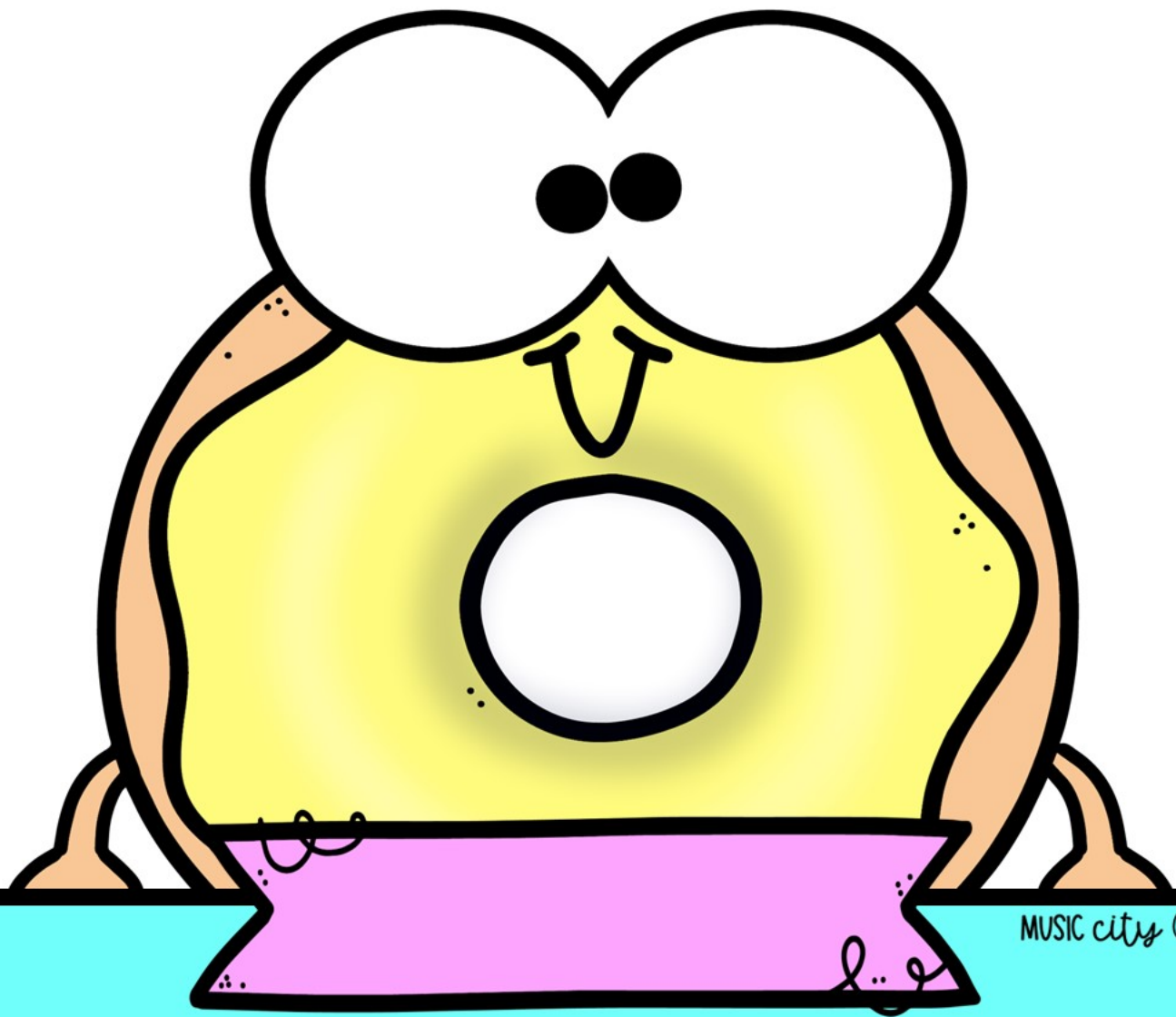
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**TAKE A
BREAK**



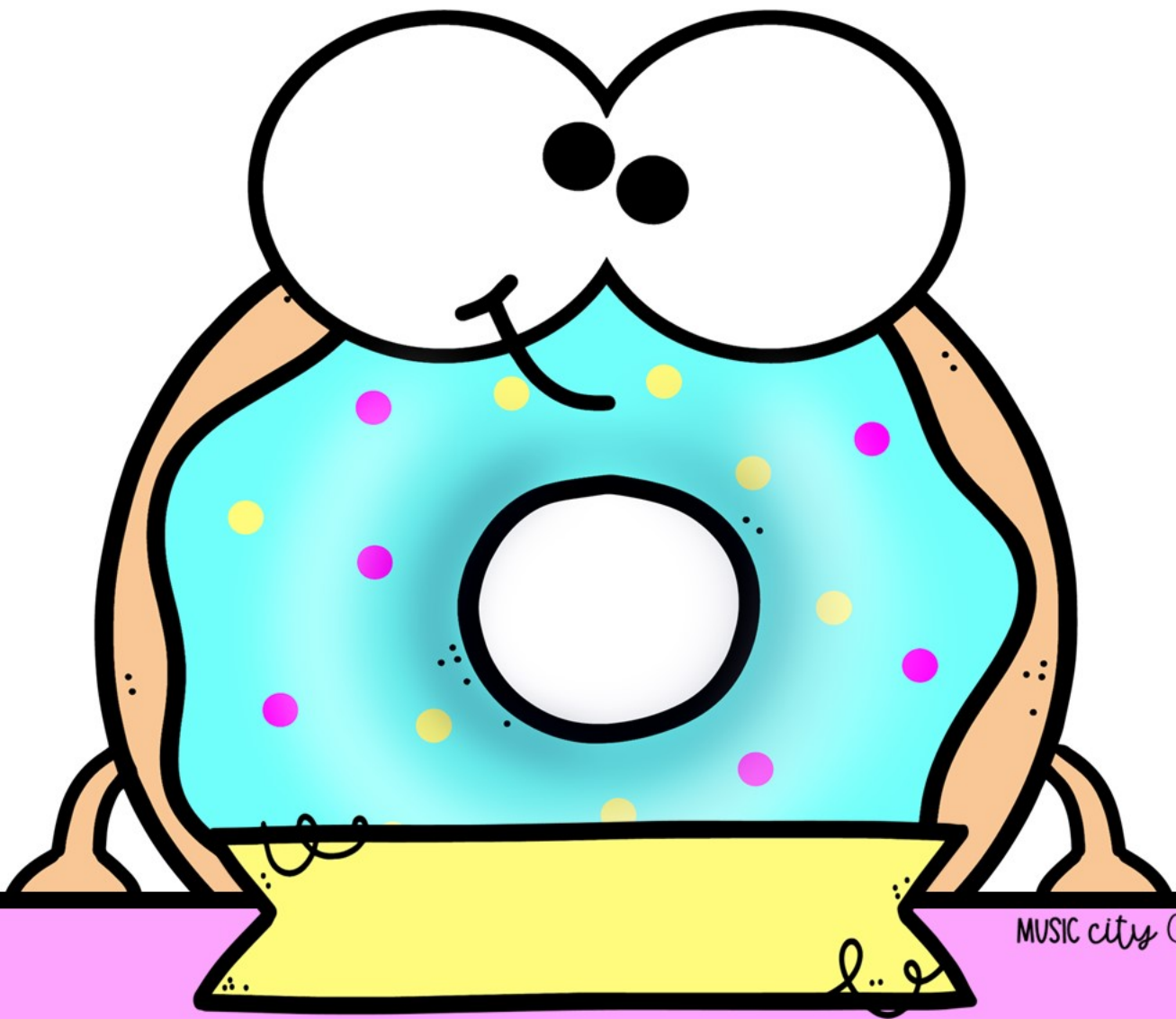
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**VISIT CALM
CORNER**



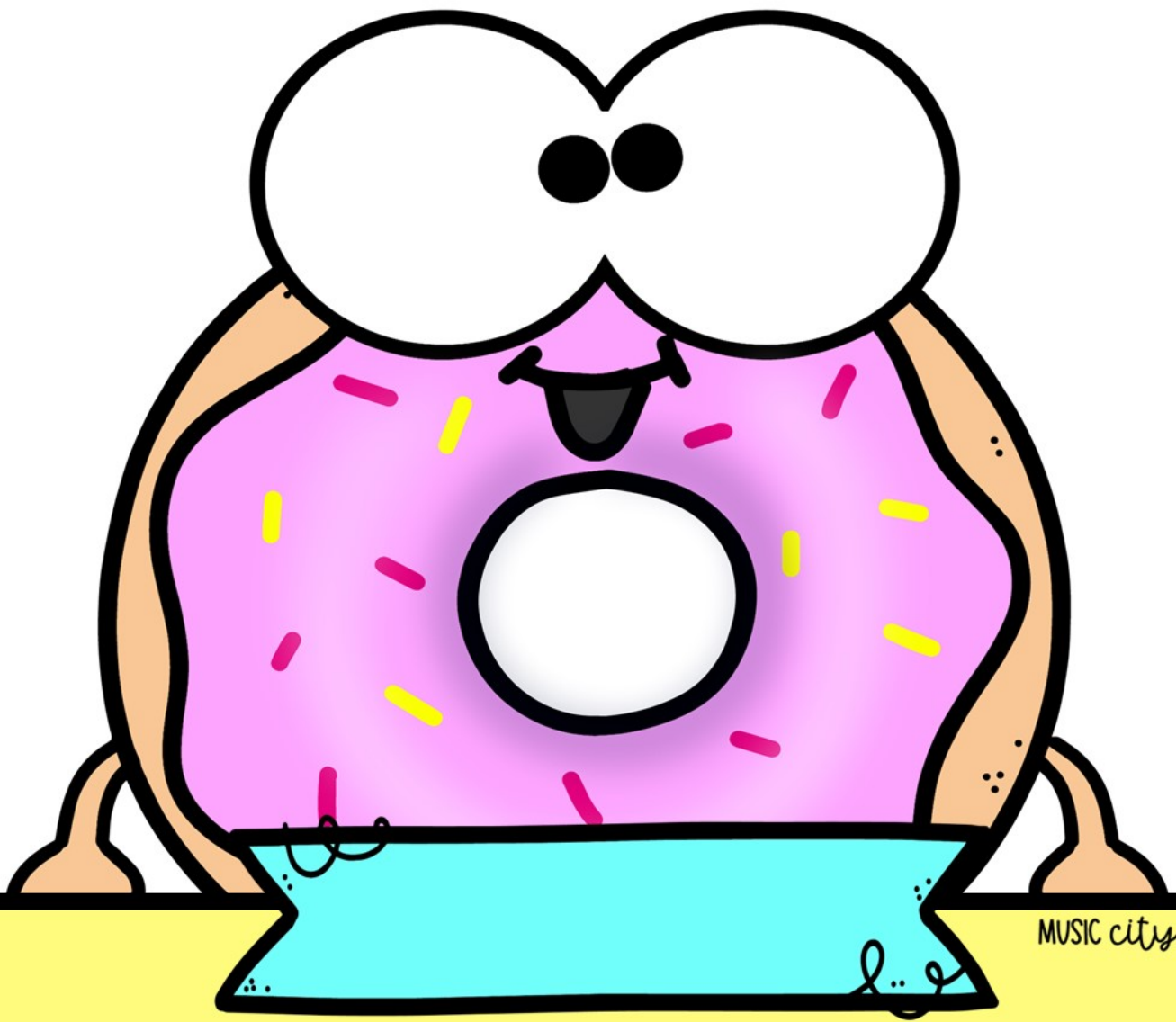
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**ASK FOR
A HUG**



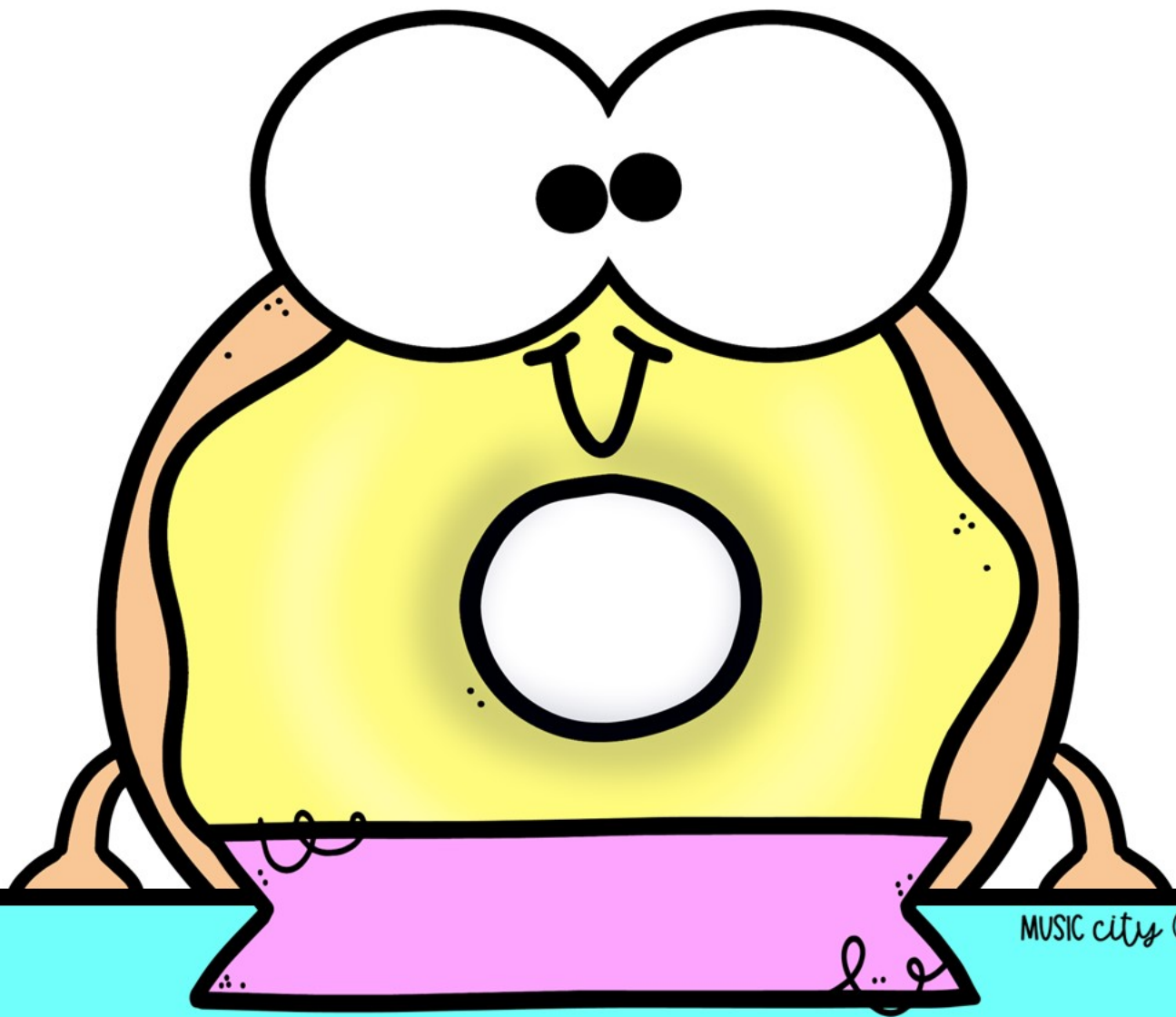
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**LISTEN TO
MUSIC**

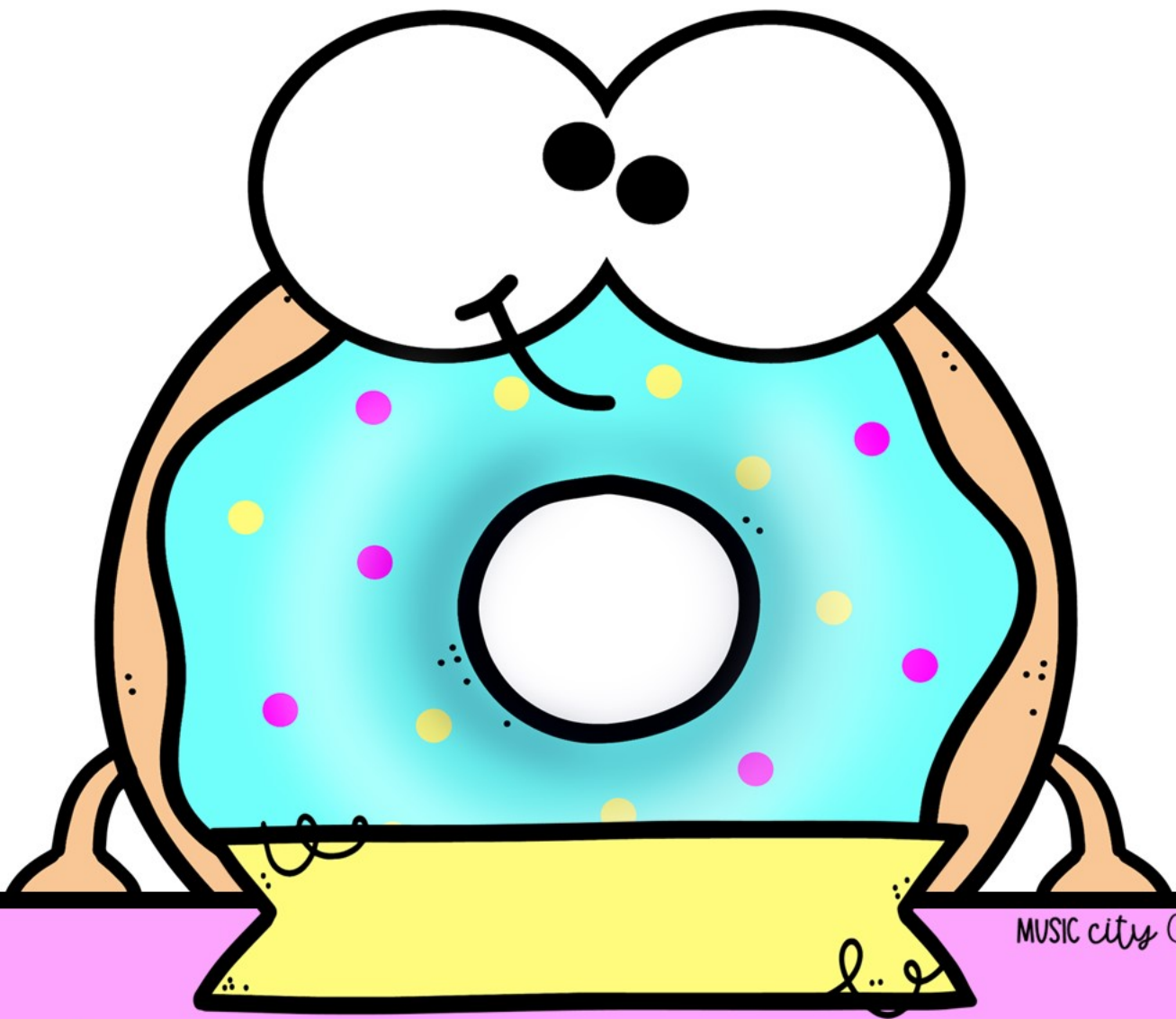


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**THINK HAPPY
THOUGHTS**

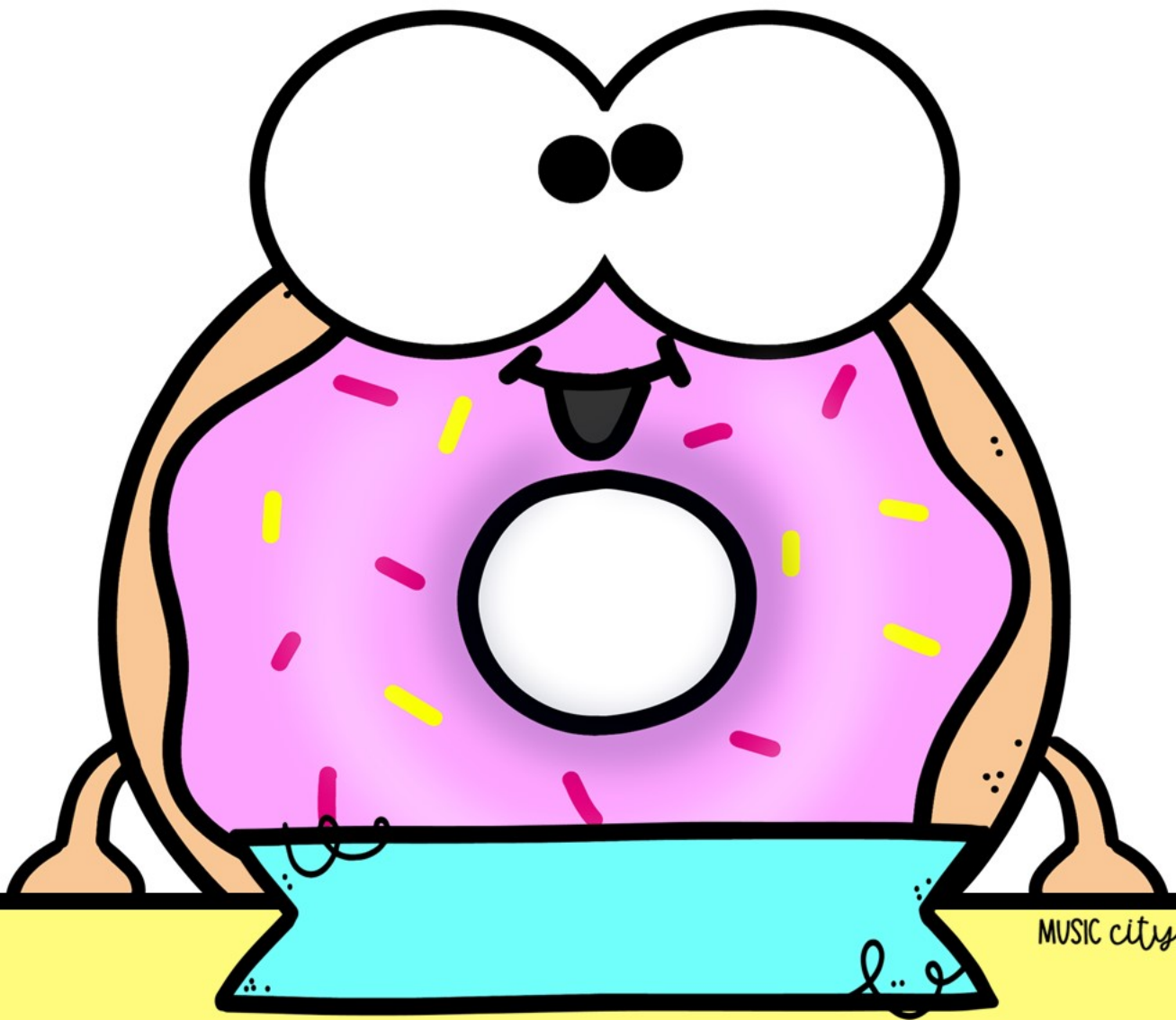


**SQUEEZE A
FIDGET TOY**



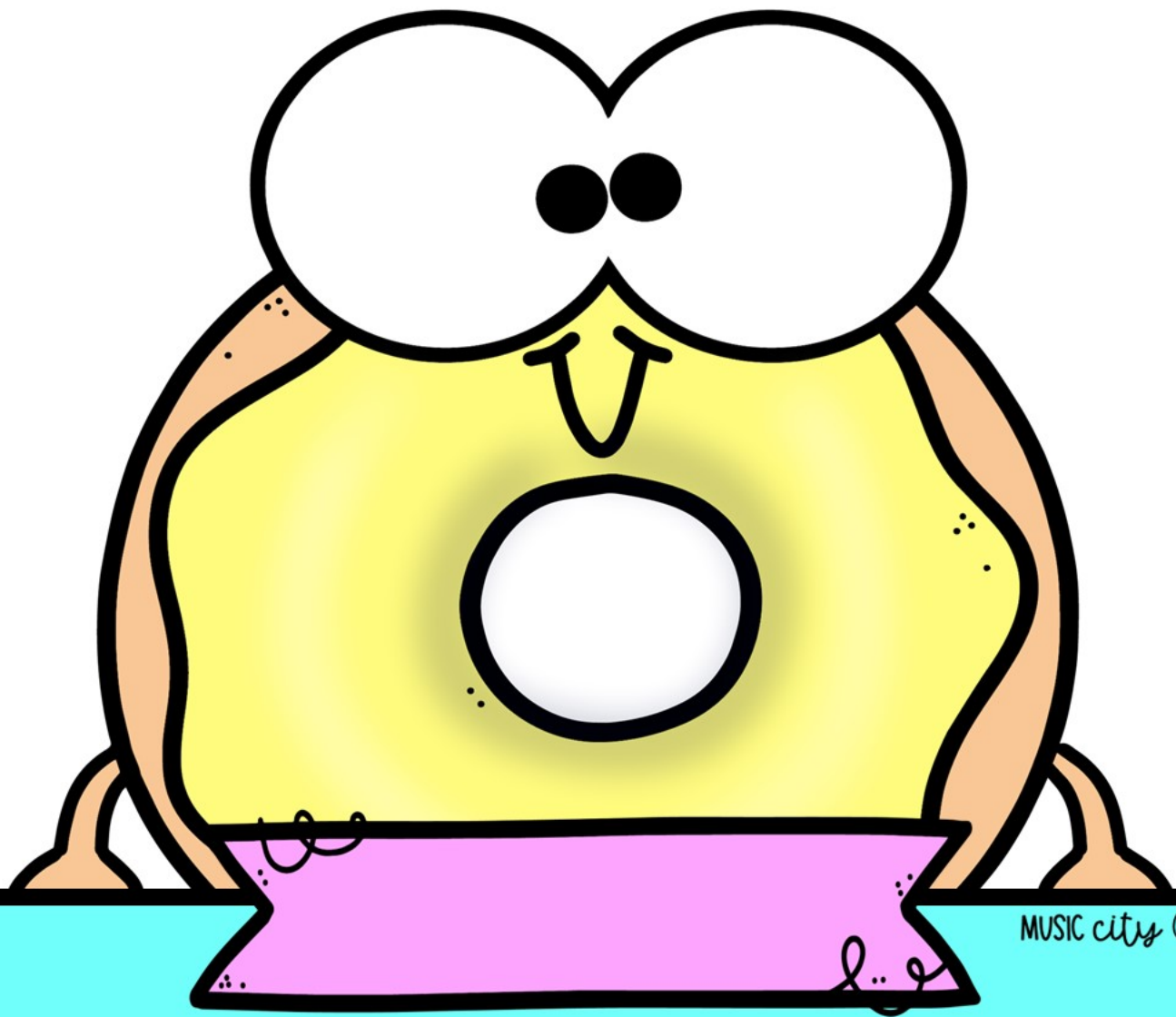
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**CUDDLE A
PET**



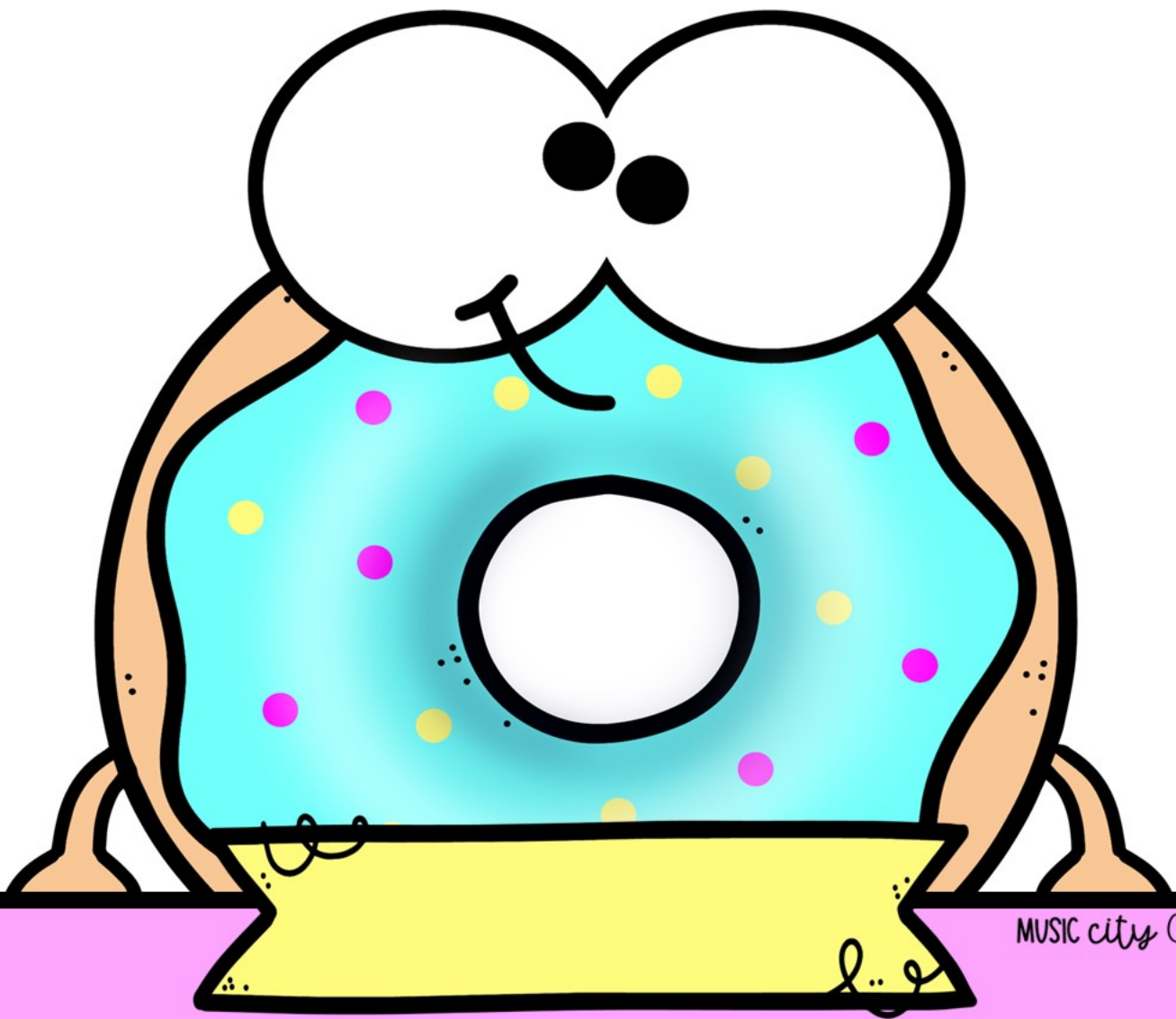
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**TAKE A
BATH**



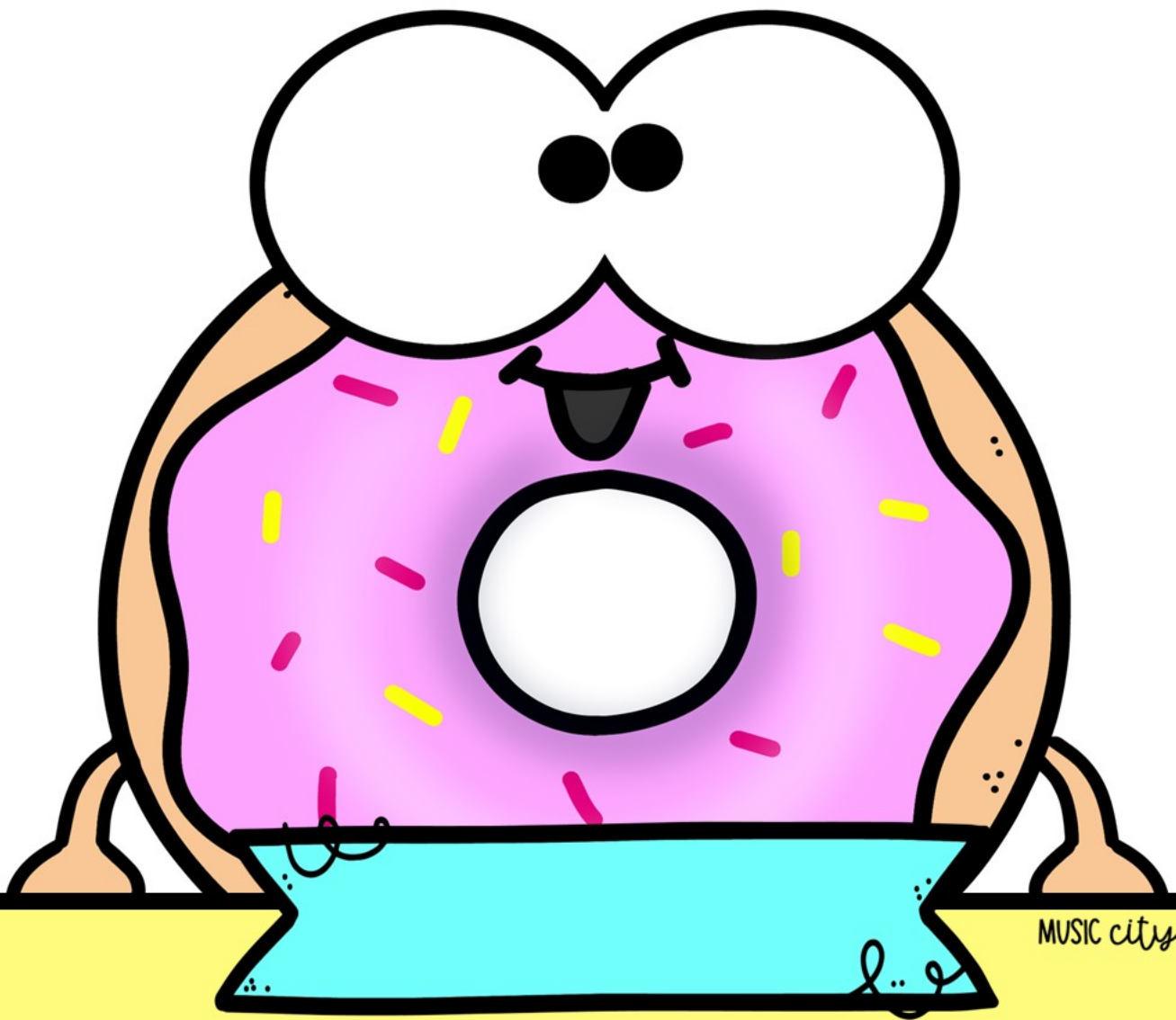
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**READ A
BOOK**



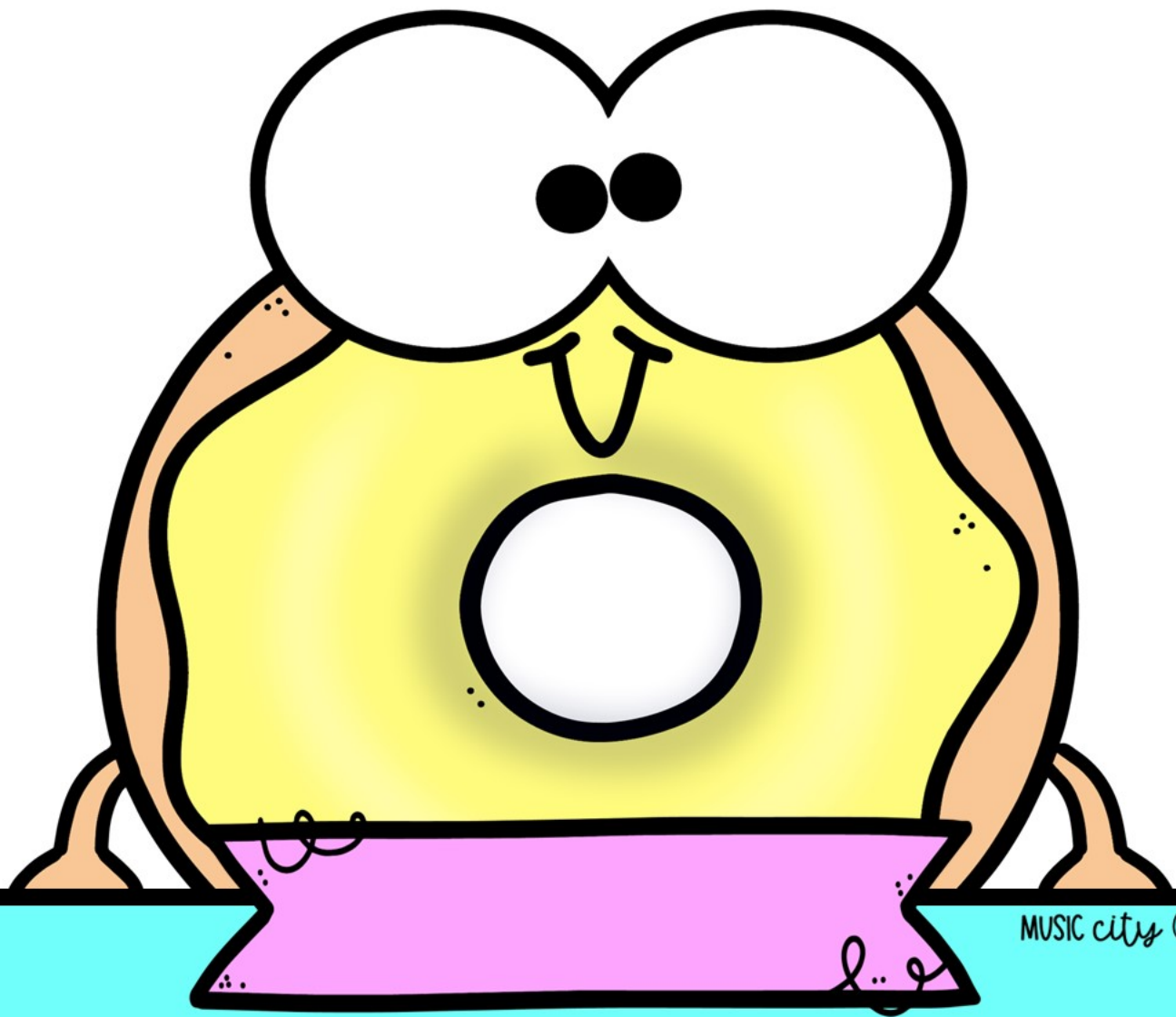
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**TALK IT
OUT**



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**WRITE OR
DRAW**



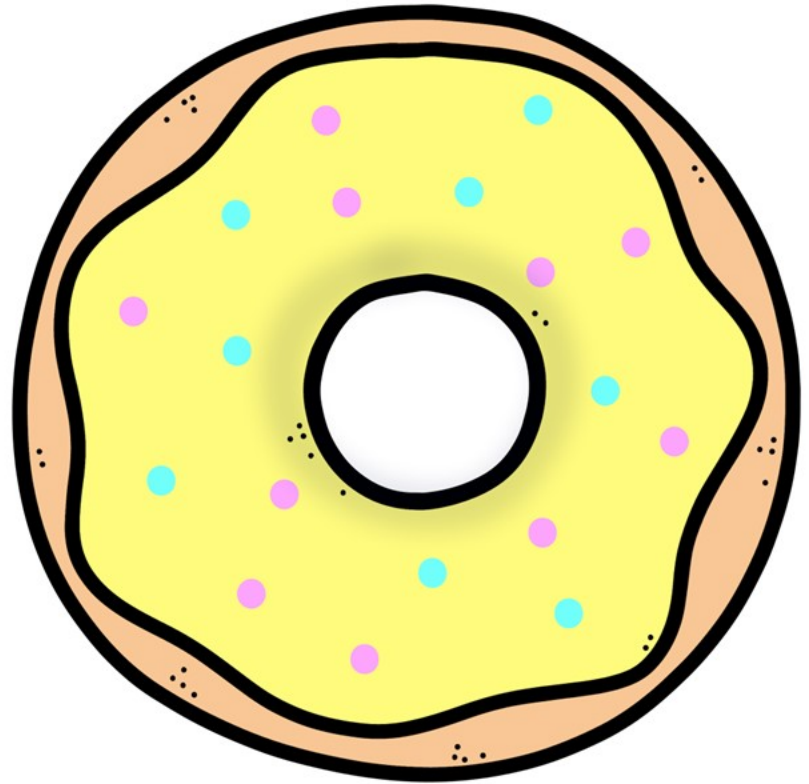
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EXERCISE

HALF

SIZE

D

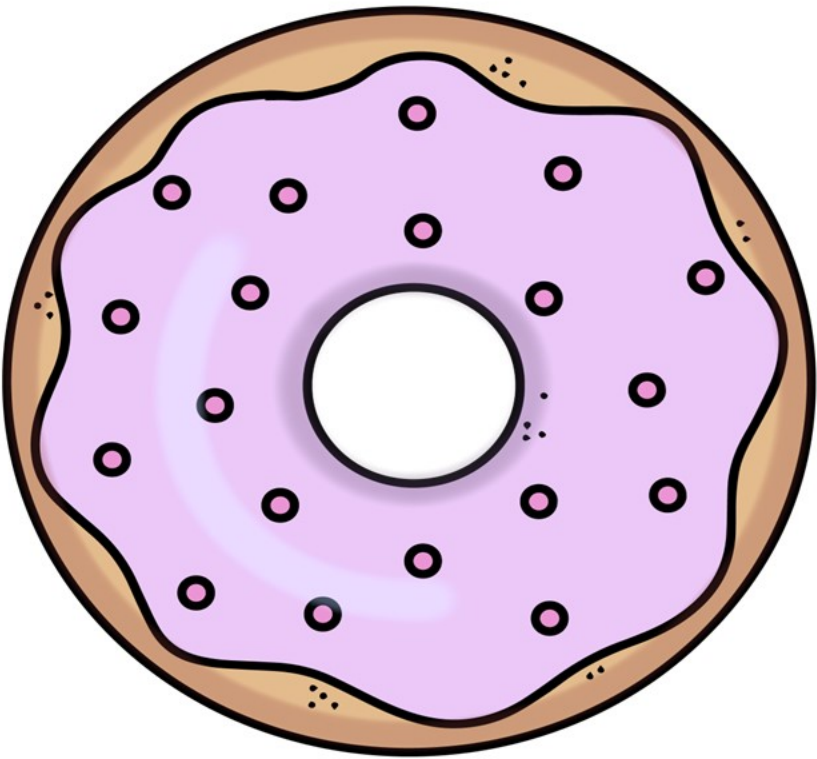


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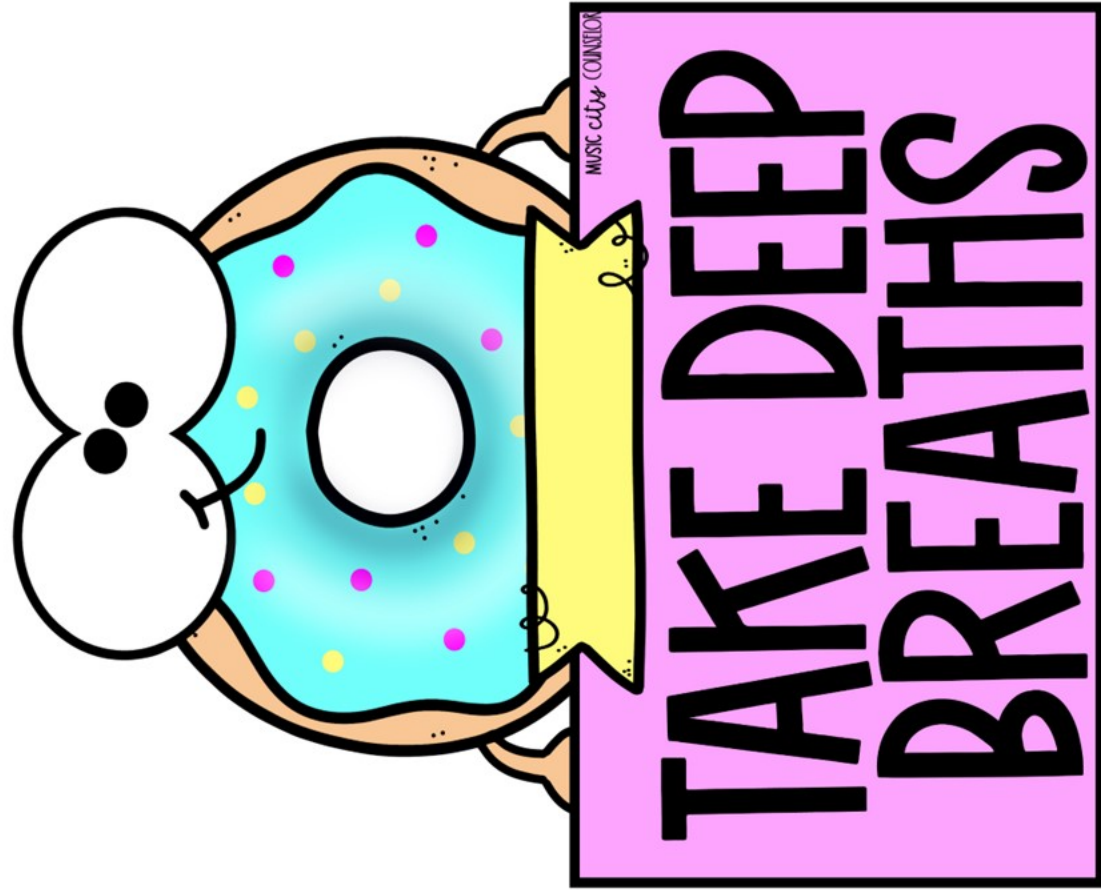
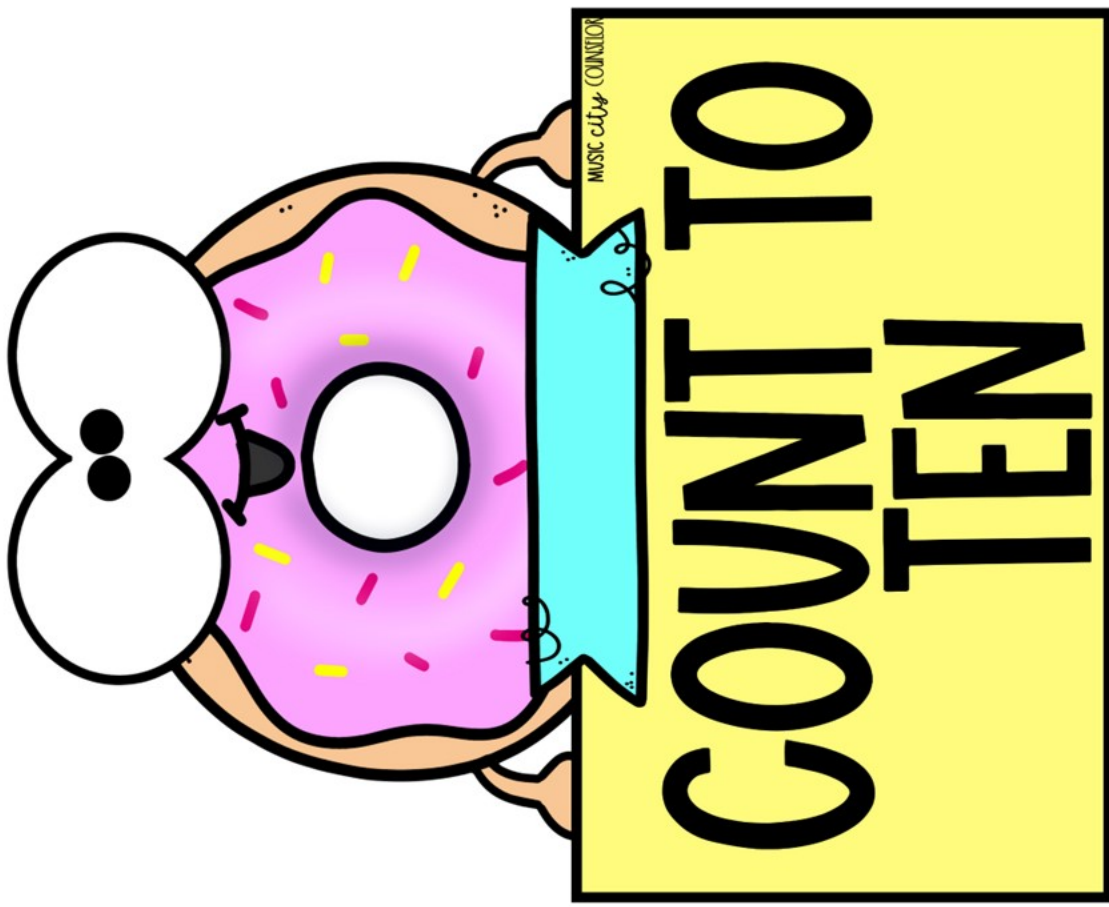
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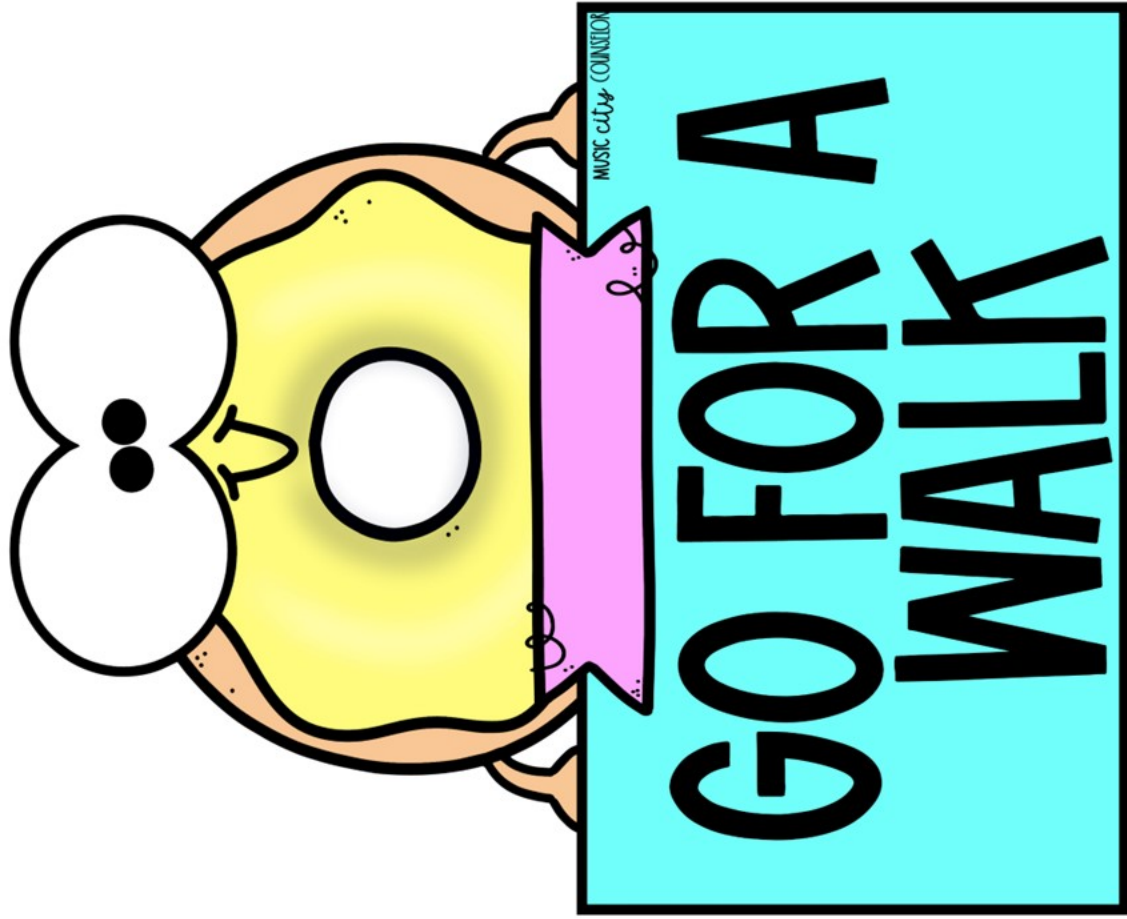
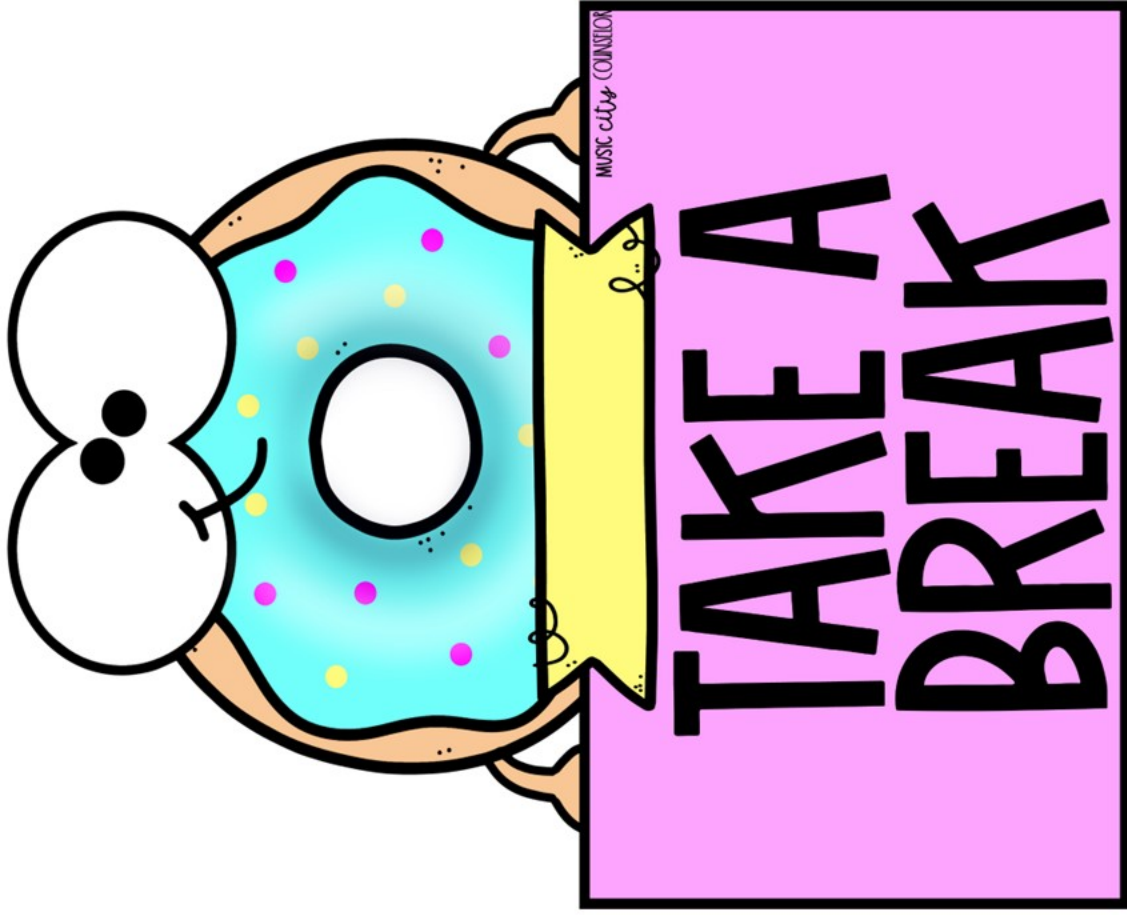


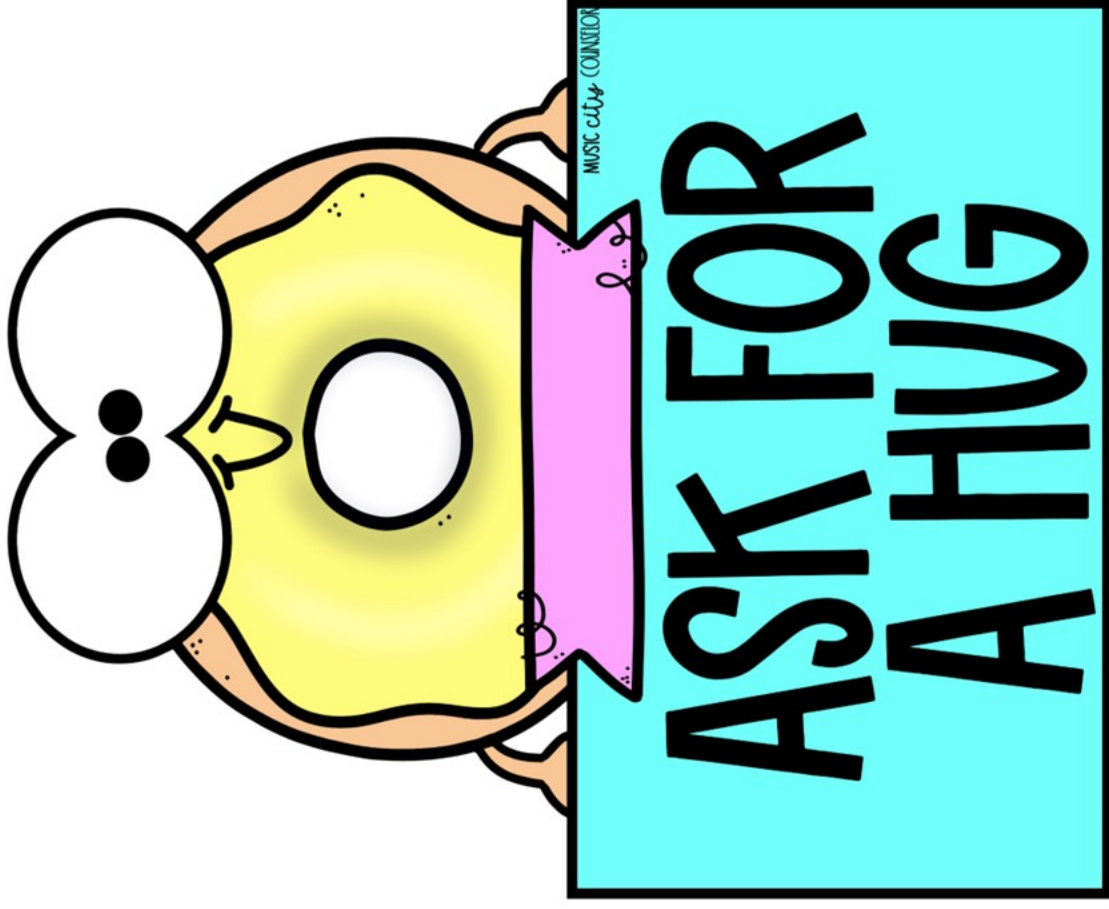
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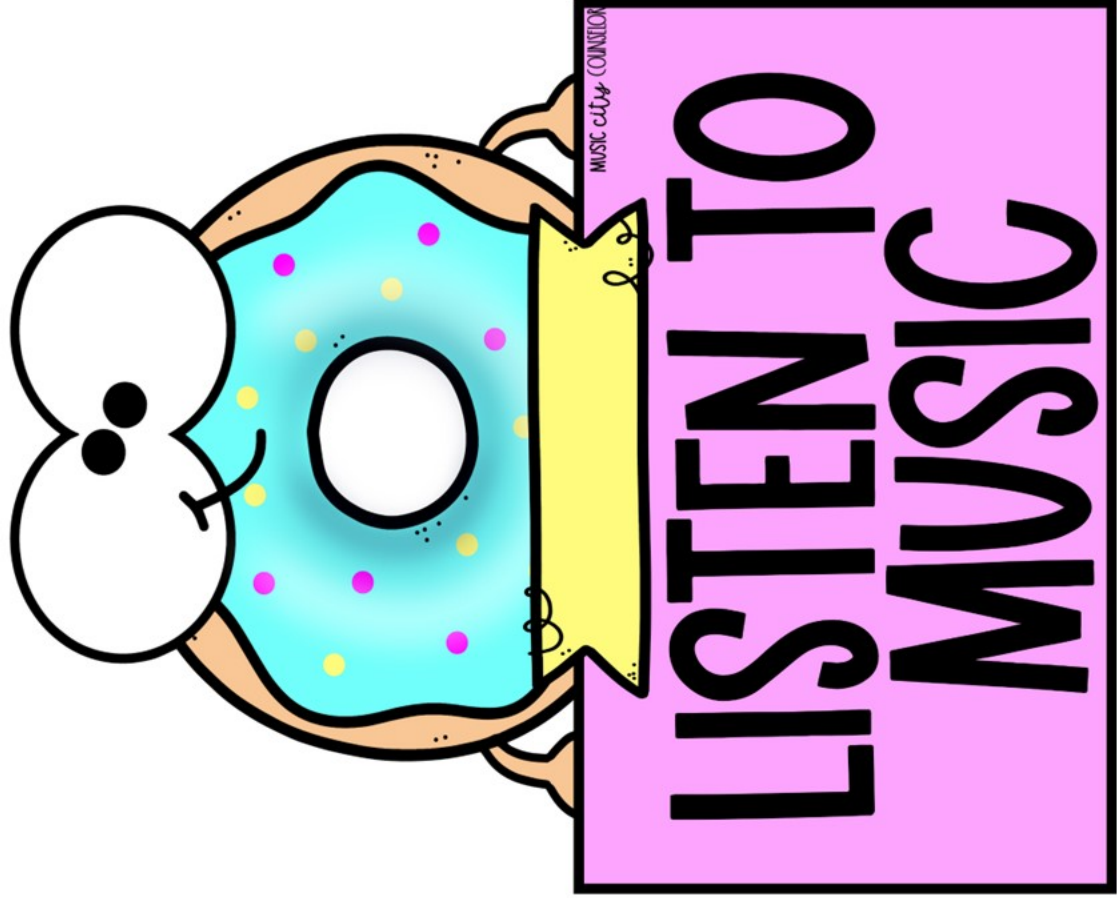
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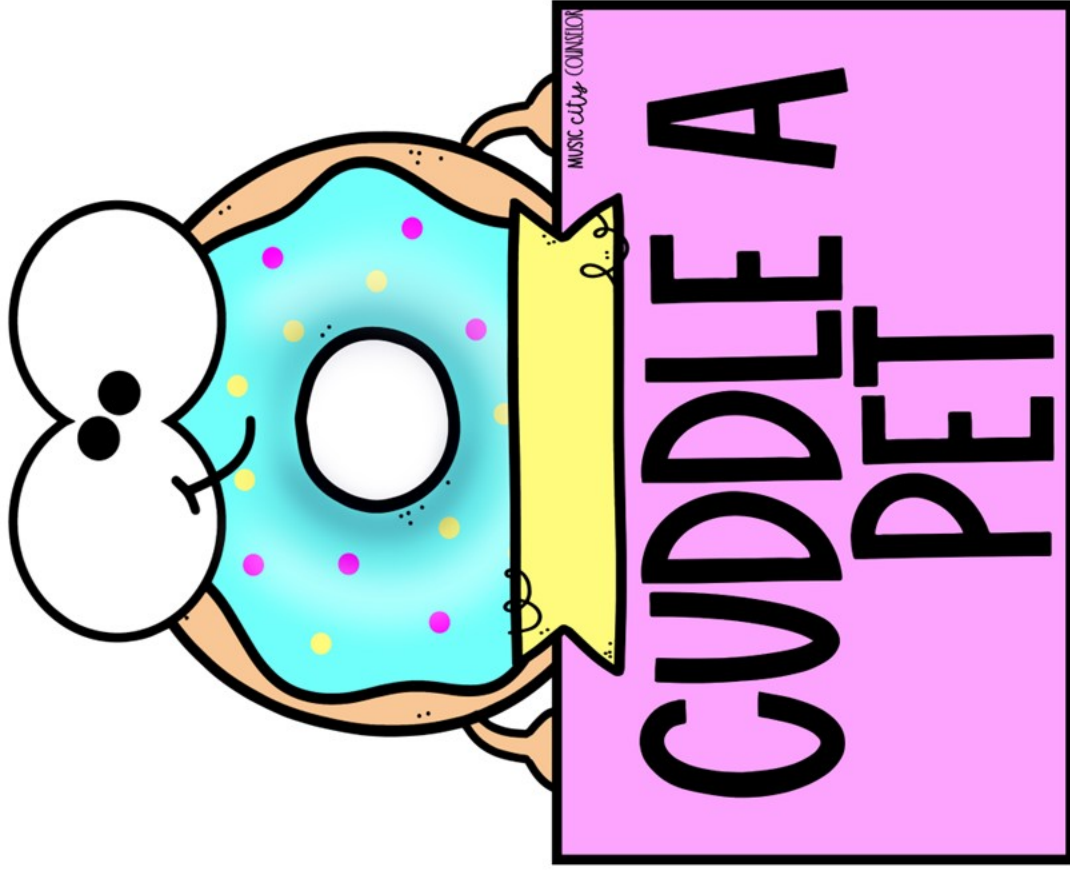
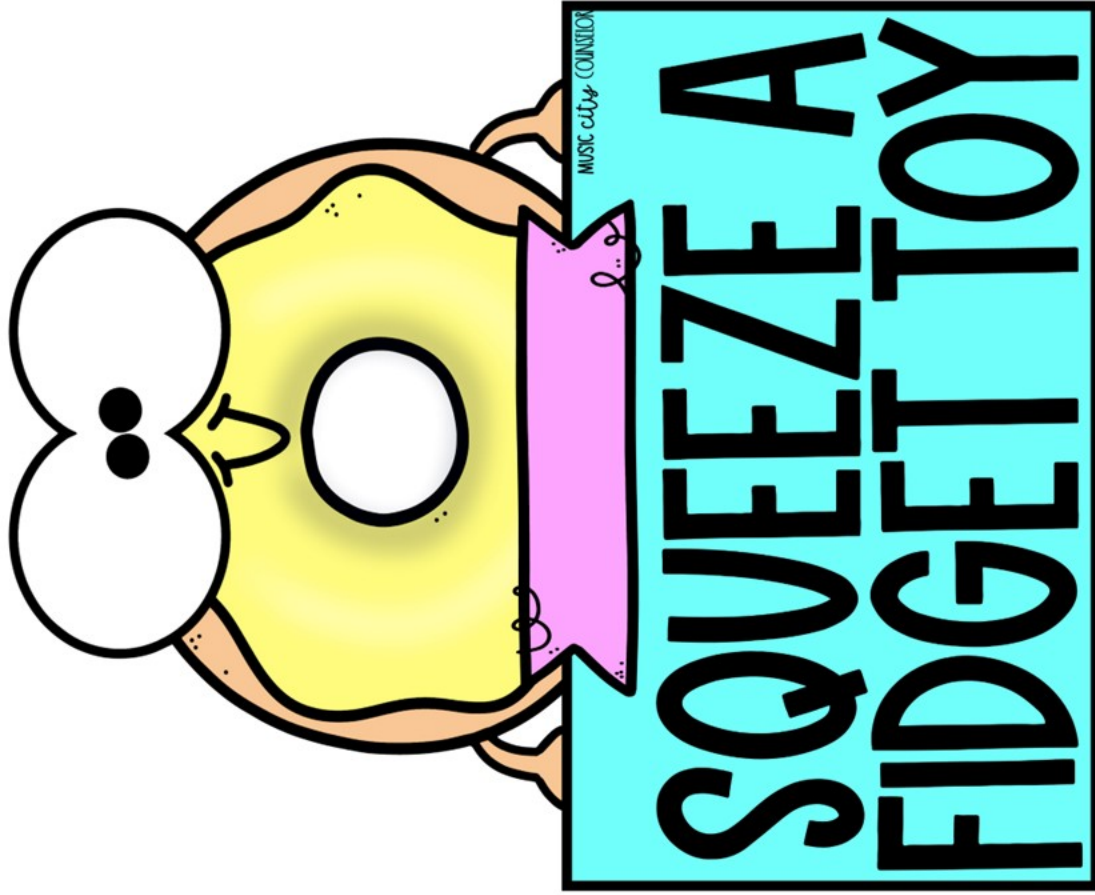
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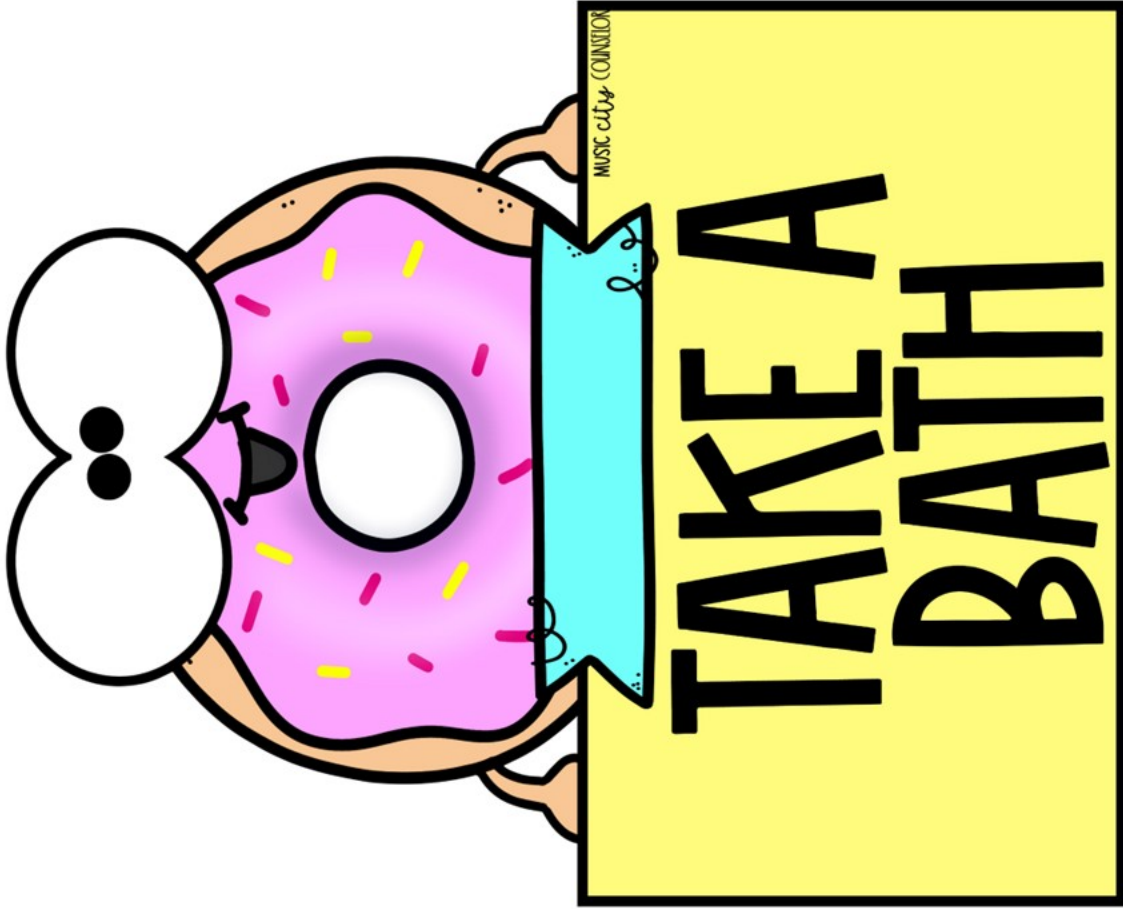
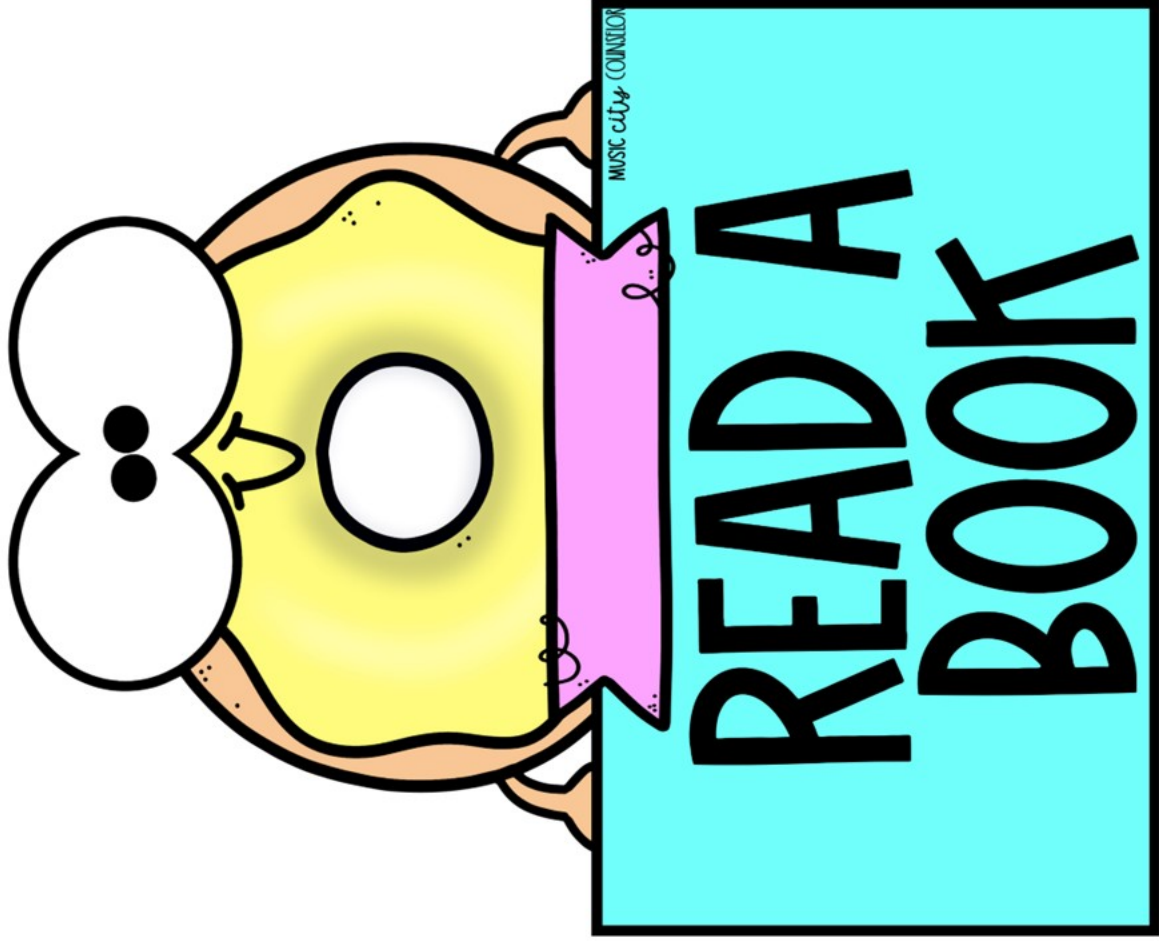


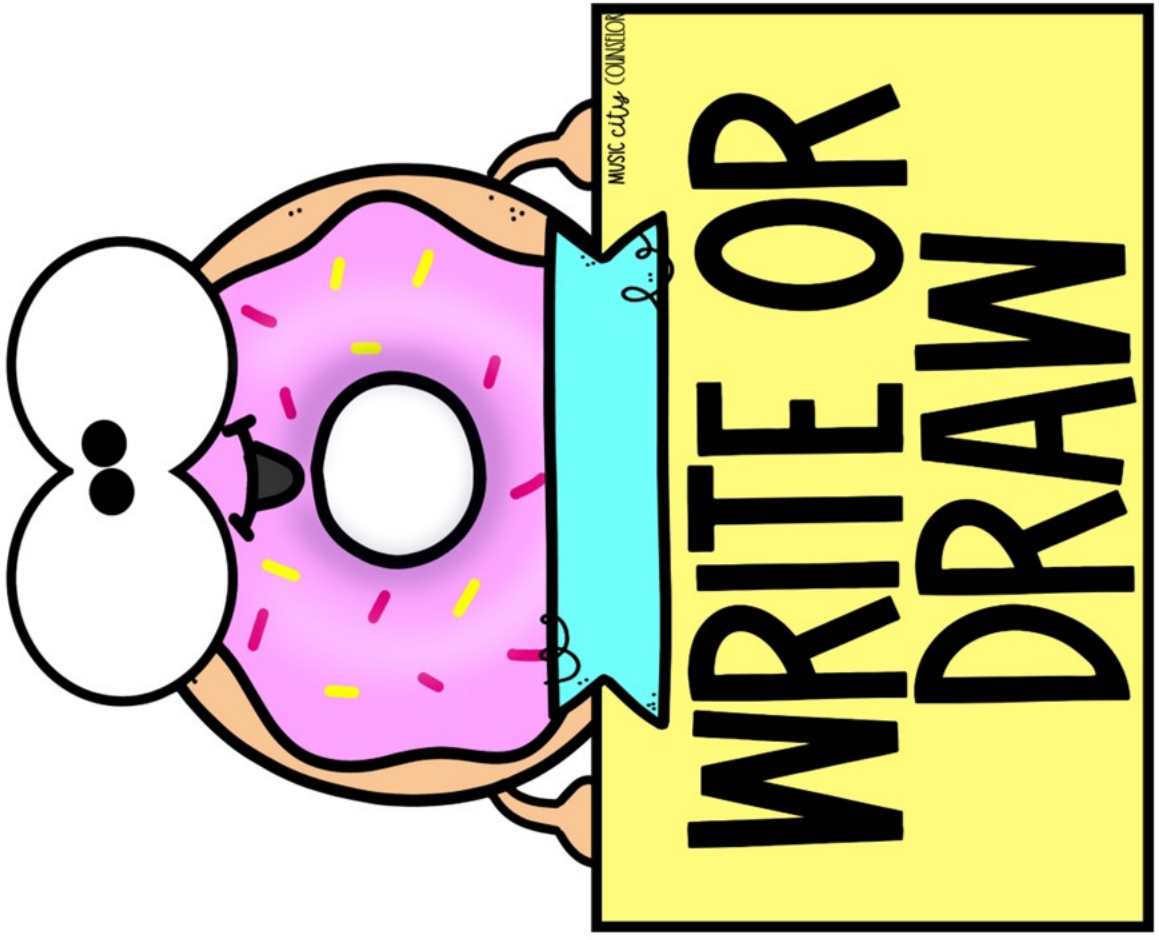
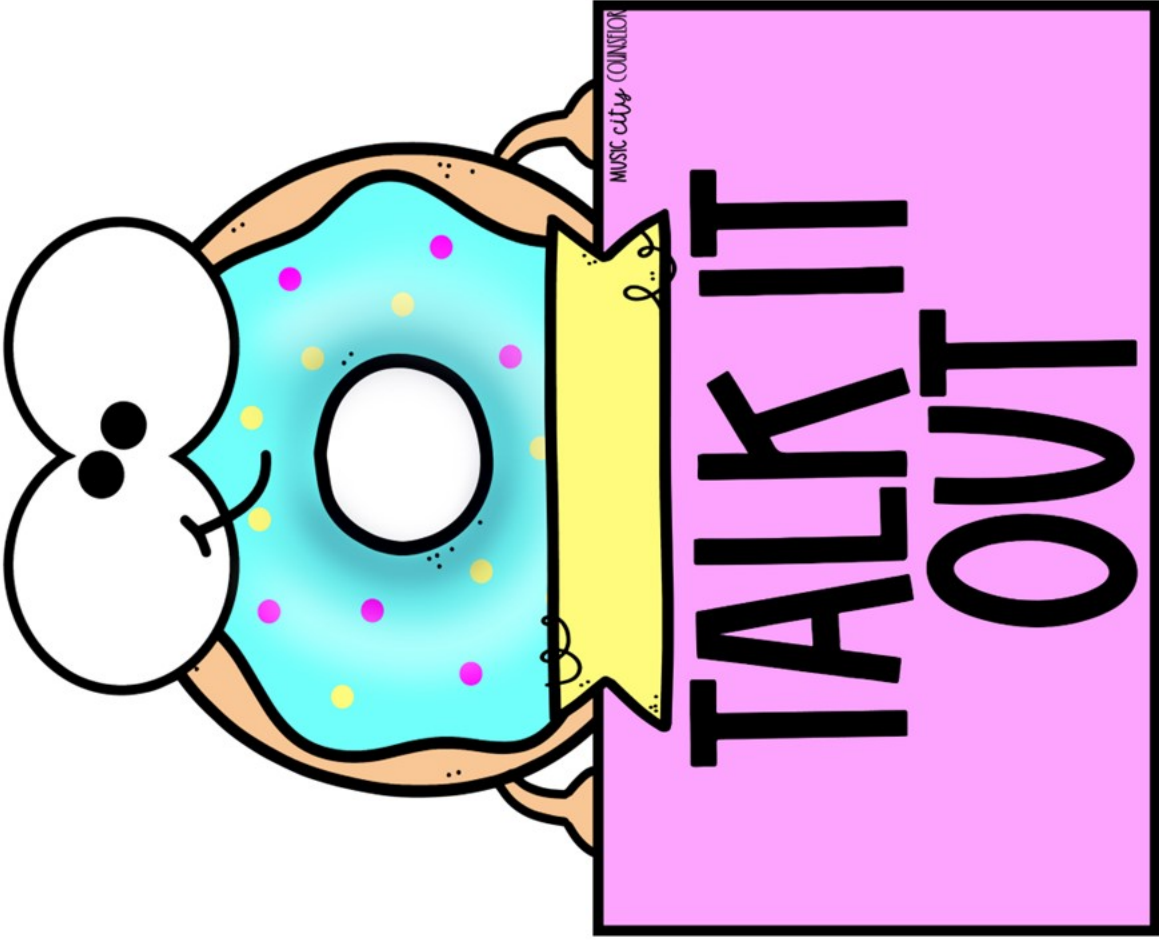


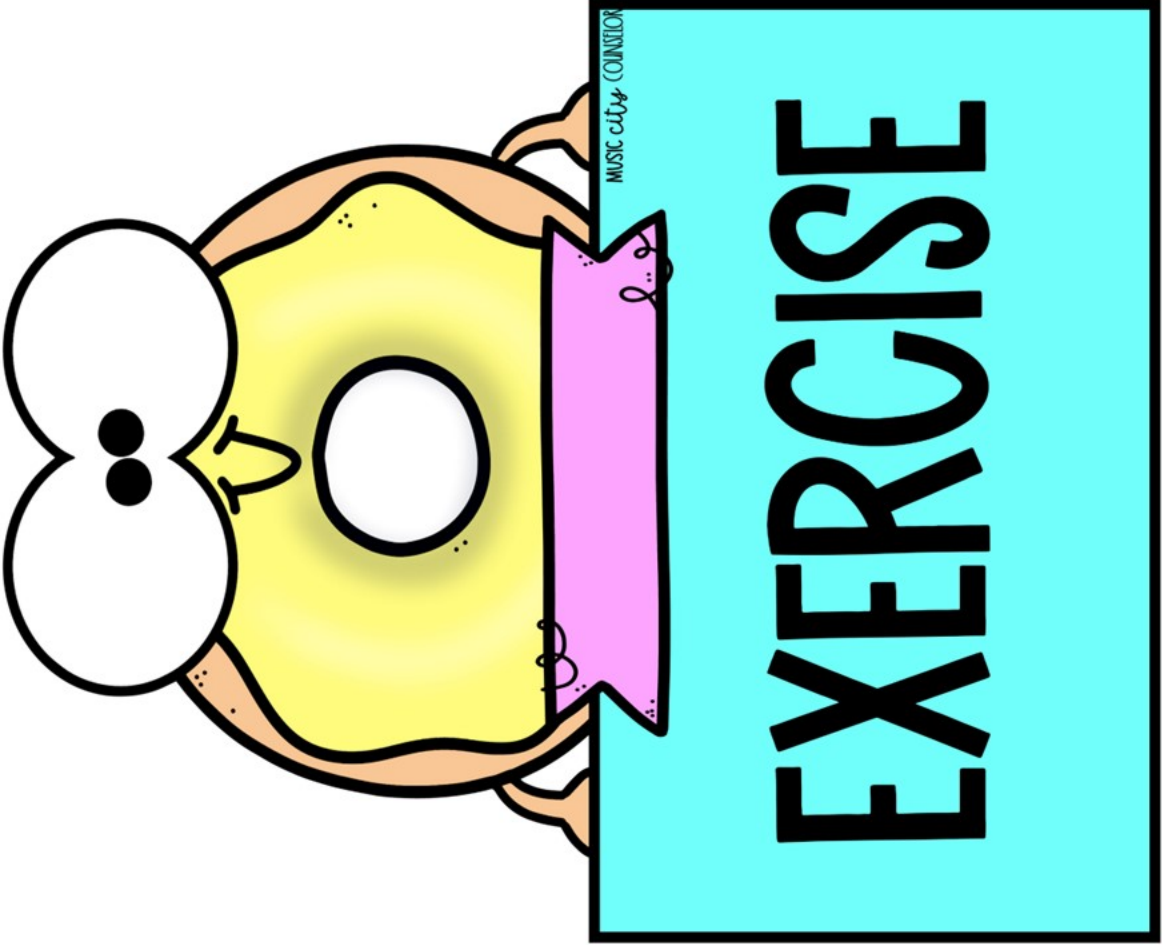










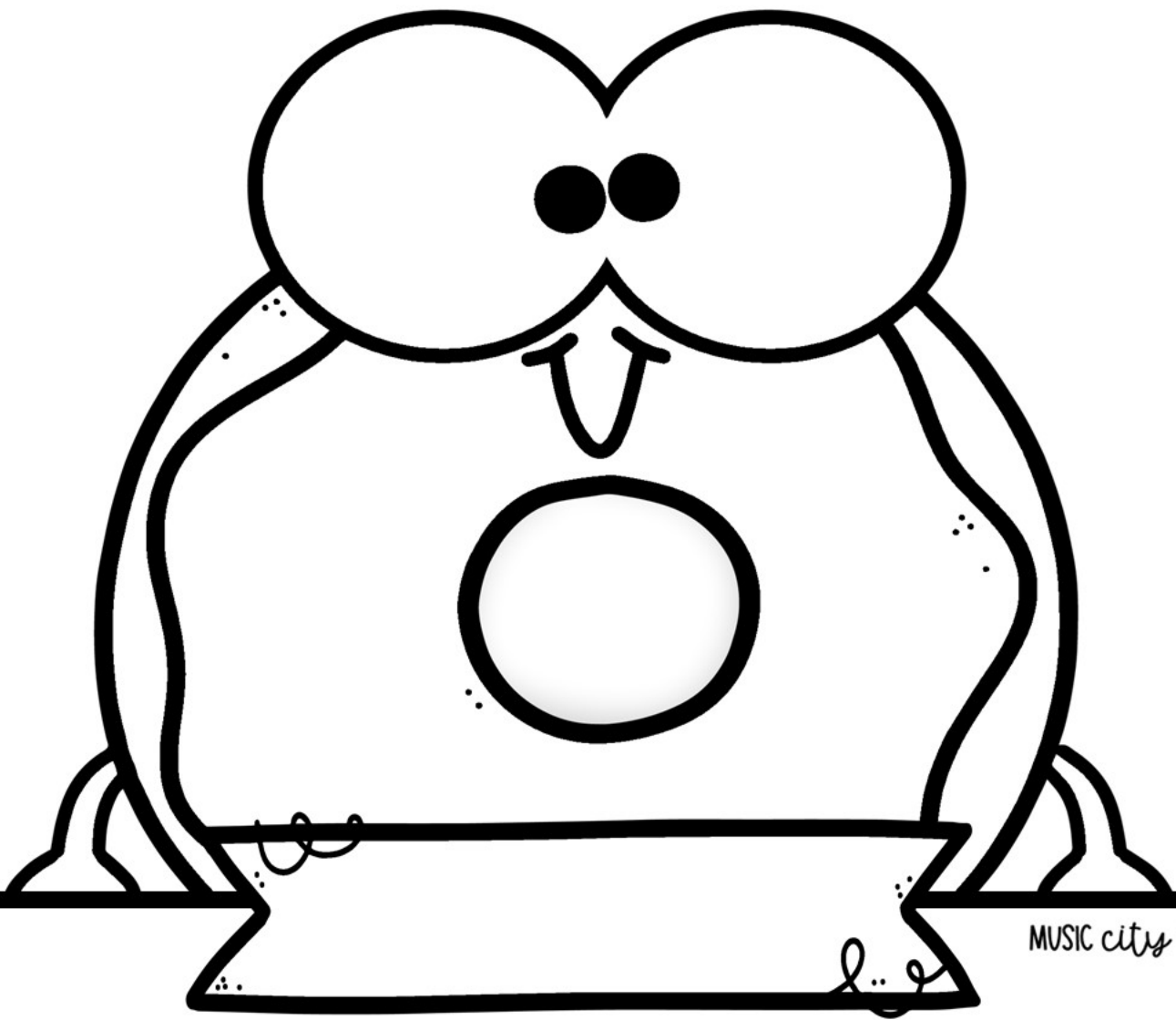


EXERCISE

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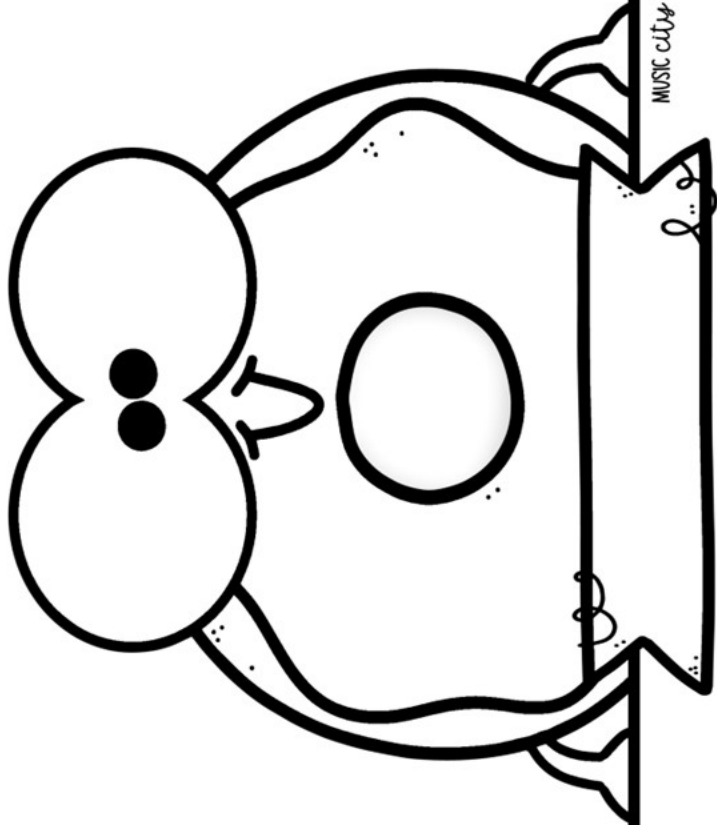
STUDENT

VERSION



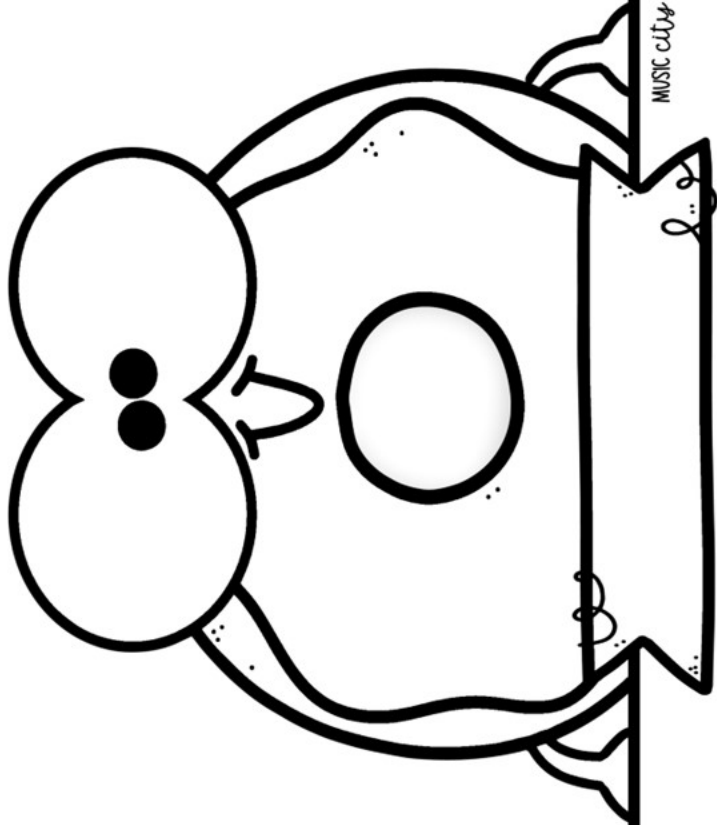
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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

