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[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

**1** Click here  [Stress Management](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# SEL IN A SNAP

## Stress Management

### Session Objective:

\*Students will identify coping skills to use to manage stress.

### Materials:

\*Handouts, scissors, pencils, stapler.

### Guiding Questions:

\*What are some coping skills to use to manage stress?

\*How can using a coping skill help manage stress?

### ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

\*Behavior: Self-Management: Effective coping skills. (B-SMS 7)

### SEL Competencies:

\*Self-Management: Stress Management.

### Session Details

\*Prepare the workbook in advance. Print all pages and cut down the middle, in half, then put the pages back to back and staple them together forming the workbook for each student. Based on how much time you have, or the developmental level of your students, you may want to leave out a few emotions and focus on the ones you find most important.

\*Say "Today we are going to be learning to use coping skills to manage stress. Stress Management is the ability to manage and cope with stressors and pressure in life to improve everyday functioning. This is a vital skill because stress is part of life and learning to cope with it can help us to be happier and more relaxed.. Learning what coping skills work to reduce your stress is very important, not every coping skill will work for you. Once you know what does work, try to integrate it into your daily routine. This will act as stress prevention so that you can cope with whatever comes your way". "Let's look at your workbook, you will see on the third and fourth pages, different coping skills that can be used anytime and ones that need an item/certain environment to be used in." Go through each page that talks about a different coping skill. "The first coping skill is counting to ten." Go through how to count to ten, and how/why it helps to calm us down. On the next page, have students write or draw when they would use that coping skill and how it will help them or how it will make them feel if they use it. Go through the rest of the coping skills.



# ↪ Stress Management

The ability to manage and cope with stressors in life to improve everyday functioning.





# Stress Management



Count to ten



Meditate



Listen to music



Read a book



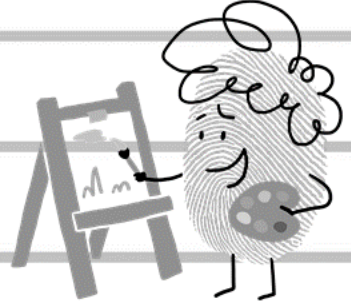
Go for a walk



Deep breathing



Drink water



Draw or paint.



Practice Gratitude.



Exercise



Take a break



Imagine a peaceful place.



Hug a stuffed animal



Smile/ Laugh



Write/journal.



Talk to someone.



# Stress Management



Name: \_\_\_\_\_

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## Stress Management:

The ability to manage and cope with stressors in life to improve everyday functioning.



## Why is it important?

This is a vital skill because stress is part of life and learning to cope with it can help us to be happier and more relaxed. Learning coping skills and calming techniques help us cope with life stressors by recognizing the signs of stress and then choosing a coping skill to relax our mind and body.

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# Calming Strategies

You can do anywhere, anytime.



Deep breathing.



Imagine a peaceful place.



Count to ten.



Meditate.



Practice Gratitude.



Drink Water.



Take a break.

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# Calming Strategies

You need an item or needs to be at an appropriate time.



Listen to music.



Read.



Take a walk.



Exercise.



Draw/Paint.



Smile/Laugh



Write/Journal.



Hug a stuffed animal.



Talk to someone.

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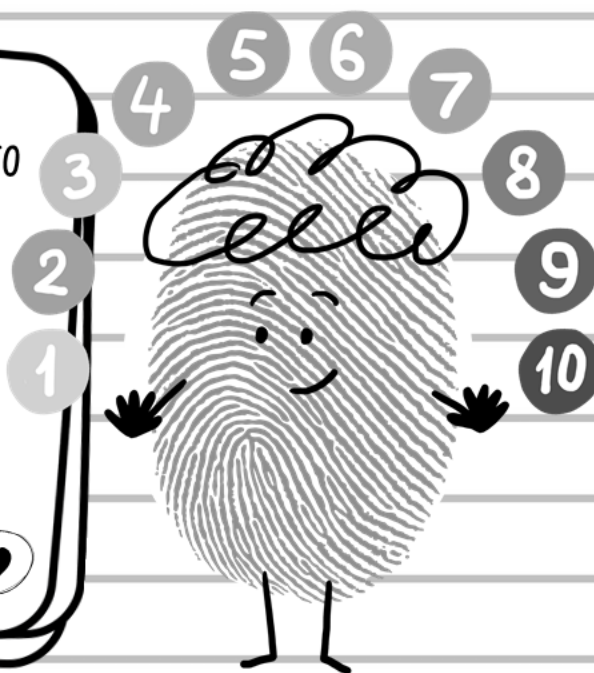


# Stress Management

## COUNT TO 10

How does it help?:  
Counting to ten helps give yourself a small break and time to calm before you react. Combine counting with deep breathing and body relaxation/meditation for better results.

How to do it: Slowly count to ten, either out loud or in your head, depending on where you are. As you count, relax your body and focus on your breathing. Each number you count, you should feel calmer.



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## COUNT TO 10

I can Count to 10 when this happens and stresses me out:



Counting to Ten can help me feel:

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# Identifying Emotions

**MEDITATE**

How does it help?:  
Meditation helps to focus your attention and reduce the amount of thoughts overwhelming your brain and causing you stress. It can give you a sense of peace and calm.

How to do it: To meditate, close your eyes and mouth, breathe through your nose. Inhale deeply into your abdomen. Exhale through a slightly open mouth until your lungs are empty. Focus on your breath as you breathe.



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**MEDITATE**

I can meditate when this happens and stresses me out:

Meditation can help me feel:



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# Stress Management

## LISTEN TO MUSIC

How does it help?:  
Music can help transform your mood, it can make you happy or sad or even bring up specific memories. Music can be helpful to change our mood based on the type of music you choose.

How to do it: Choose music that will help put you into a calmer state. For some people that might be listening to waves crashing on the beach, or instrumental music. For others, it might be their favorite pop song that always makes them smile.



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## LISTEN TO MUSIC

I can listen to music when this happens and stresses me out:

Listening to music can help me feel:



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# Stress Management

## READ A BOOK

How does it help?:  
Reading or watching a story helps to distract our mind from what is bothering us. This gives us time to calm down and refocus on the issue later.

How to do it: Pick a book, magazine, or comic that you enjoy and read through it. This can also be done by watching a tv show, movie, or listening to an audio book or podcast. While reading/watching, focus on the story and not on what is stressing you out.

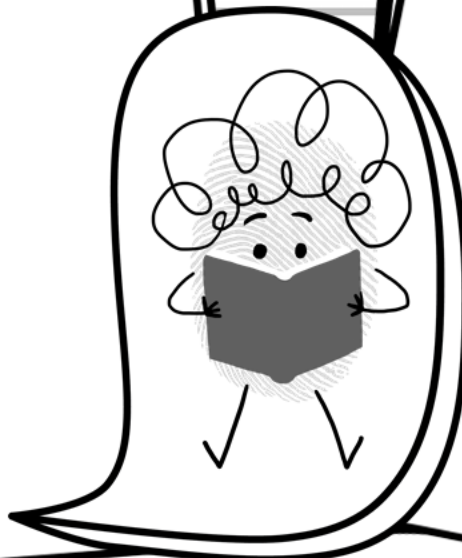


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## READ A BOOK

I can read a book when this happens and stresses me out:

Reading a book can help me feel:



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# Stress Management

## TAKE A WALK

How does it help?:  
Combining the effects of taking a break and exercise, this helps us to calm down with endorphins from the movement and a break from the environment that was stressing us out.

How to do it: With parent/teacher permission, take a slow walk around the room, neighborhood, or area that you are in.



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## TAKE A WALK

I can take a walk when this happens and stresses me out:



Taking a walk can help me feel:

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# Stress Management

## DEEP BREATHING

How does it help?:  
When we are upset, our breathing changes even without us noticing. Controlling our breaths with deep slow breathing will help tell our bodies to relax.

How to do it: Place one hand on your chest and one hand on your stomach somewhere above your belly button. Breathe in through your nose, noticing your stomach rise. Exhale through your mouth. Use your stomach muscles to push air out at the end of the breath.



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## DEEP BREATHING

I can do deep breathing when this happens and stresses me out:

Deep breathing can help me feel:



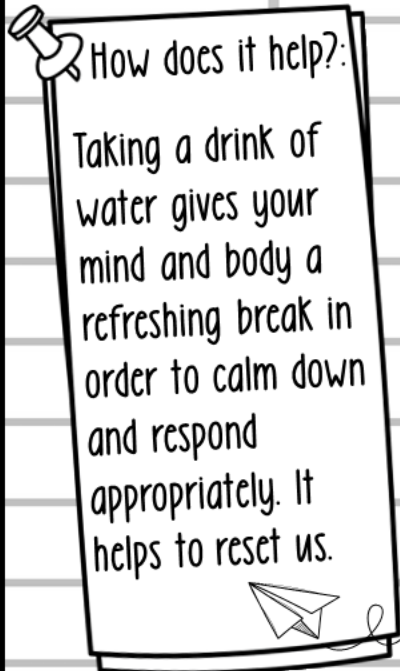
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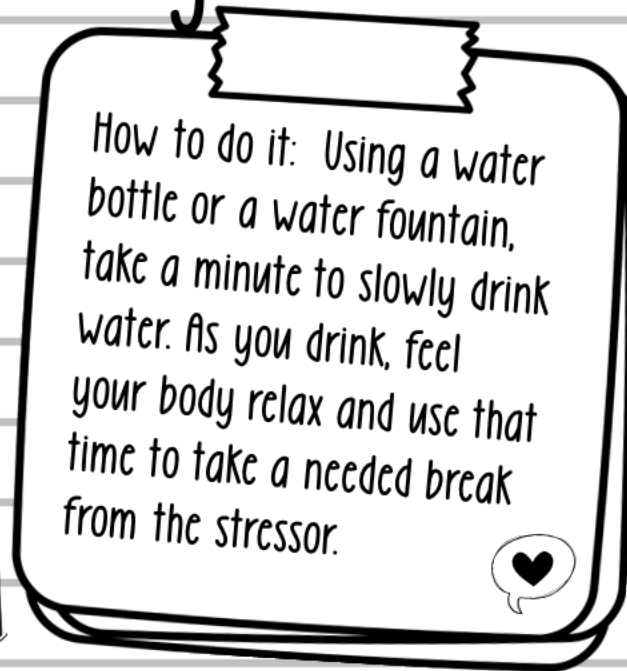


# Stress Management

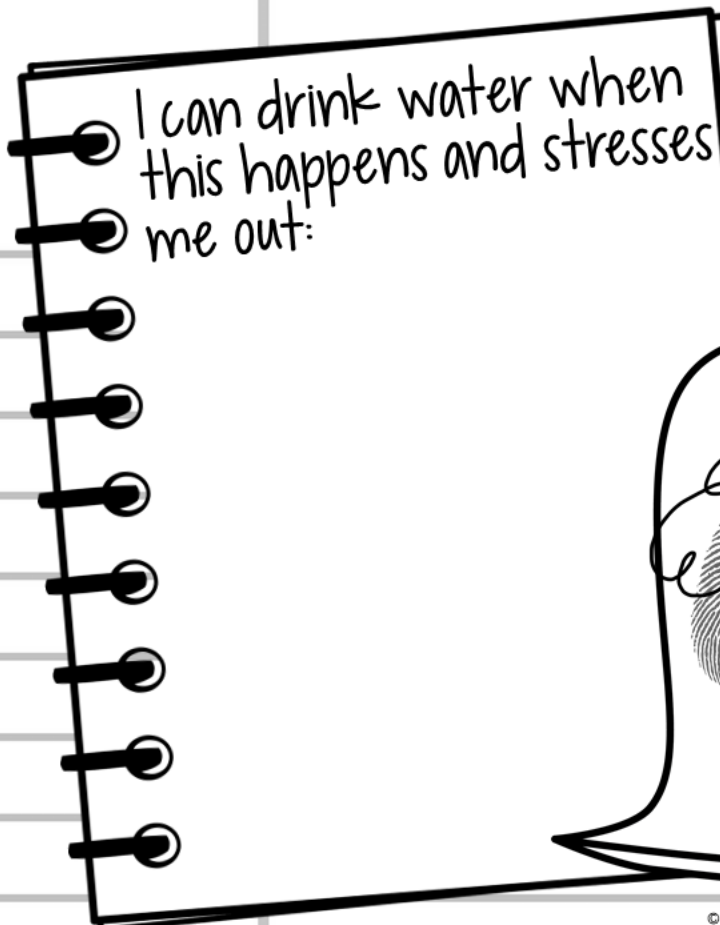
## DRINK WATER



© Heart & Mind Teaching



## DRINK WATER



© Heart & Mind Teaching



# Stress Management

**DRAW/PAINT**

How does it help?:  
Drawing gets those negative feelings out. Drawing your feelings, can help you feel calmer by expressing that creativity and putting it down on paper.



How to do it: Draw what happened, and how it made you feel. Once you feel like you have got out your feelings on the paper, you can save the drawing to reflect on it another time or you can crumple it up and throw it away to tell your mind that you are leaving those negative feelings and moving on.

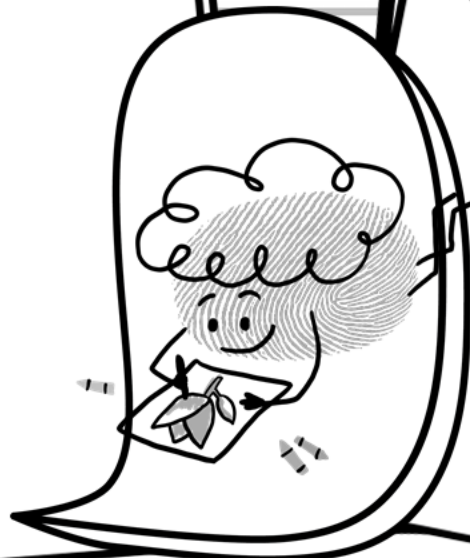


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**DRAW/PAINT**

I can draw/paint when this happens and stresses me out:

Draw/paint can help me feel:



© Heart & Mind Teaching



# Stress Management

## HUG A STUFFED ANIMAL

How does it help?:  
Squeezing and releasing something benefits you because it releases energy and helps you to relax. When we are stressed, our muscles tend to clench, squeezing a stress ball helps us to release and relax those muscles.

How to do it: Use a stress ball, stuffed animal, or something squishy. Squeeze for about 30 seconds, pulse it for another 30 seconds, and slowly release. Try it again in the other hand.



## HUG A STUFFED ANIMAL

I can hug a stuffed animal when this happens and stresses me out:

Hug a stuffed animal can help me feel:







# Stress Management

## TAKE A BREAK

How does it help?:  
Sometimes we just need a break from what is happening or the emotions we are feeling. Short frequent breaks can make us more productive and better able to cope.

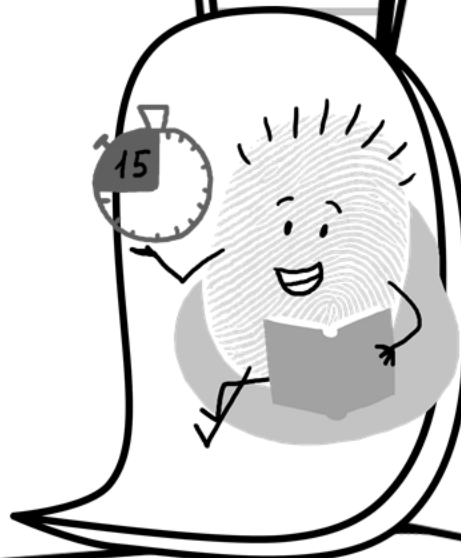
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How to do it: Listen to your body to recognize signs when you need a break. Are your legs feeling stiff? Do your eyes feel strained? Are your neck muscles tensing up? These are likely signs that you need a break. Stand up, stretch, breathe, drink water, go for a walk if possible, do something different than whatever you are doing to give your brain and body that break.



## TAKE A BREAK

I can take a break when this happens and stresses me out:



Taking a break can help me feel:

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# Stress Management

EXCERSIZE

How does it help?:  
Physical activity or exercise, helps produce endorphins which are chemicals in the brain that help us reduce stress.



How to do it: Pick a physical activity that you like to do and start making it a part of your daily routine. It could be a sport, dancing, stretching, or simply going for a walk.



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EXCERSIZE

I can exercise when this happens and stresses me out:

Exercise can help me feel:



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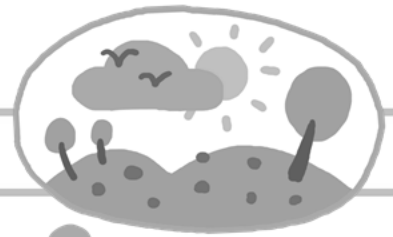


# Stress Management

## PEACEFUL IMAGERY

How does it help?:  
Visualizing is imagining yourself in a safe and peaceful place. By going there mentally, you can calm your mind and body by distracting yourself from what is going on that is making you not calm.

How to do it: Clear your mind. Start by focusing on your breath. Think of an image or idea in your mind. Imagine yourself in a calming natural environment like a sunny beach, where you can tune in to the sights, sounds and smells of that special place.



## PEACEFUL IMAGERY

I can imagine a peaceful place when this happens and stresses me out:

Imagining a peaceful place can help me feel:







# Stress Management

## PRACTICE GRATITUDE

How does it help?:  
Practicing gratitude is strongly related to being happier and helps people feel more positive emotions, build stronger relationships, and deal with problems that come their way.

How to do it: Make a list of what you are grateful for, this can be people, things, experiences, and memories. Take a moment and notice good things around you and mentally appreciate them. You can also express your gratitude by writing a thank you note or appreciating someone.



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## PRACTICE GRATITUDE

I can practice gratitude when this happens and stresses me out:



Practicing gratitude can help me feel:

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# Stress Management

SMILE/LAUGH

How does it help?:  
When you smile, your brain releases molecules (neuropeptides) that help to combat stress. Smiling can even trick our brain into thinking we are happy. Laughing does something similar, because it stimulates circulation, allows you an intake of air, and helps your muscles relax.

How to do it: Think of something funny that will make you smile or laugh. Put on a funny or uplifting movie or T.V. show. Listen to a comedian tell jokes. Watch a funny clip on the internet.



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SMILE/LAUGH

I can smile/laugh when this happens and stresses me out:

Smiling and laughing can help me feel:



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# Stress Management

## WRITE/JOURNAL

How does it help?  
Writing in a journal is all about getting those negative feelings out instead of keeping them in. Writing your feelings down, can help you process what you experienced and look at it from a calmer state.

How to do it: Use a diary or journal book if you have one, but you can also just use a blank paper. Write down what happened, how it made you feel, what you want to happen, how can you make that happen, and what can you do differently.



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## WRITE/JOURNAL

I can write/journal when this happens and stresses me out:

Writing or journaling can help me feel:



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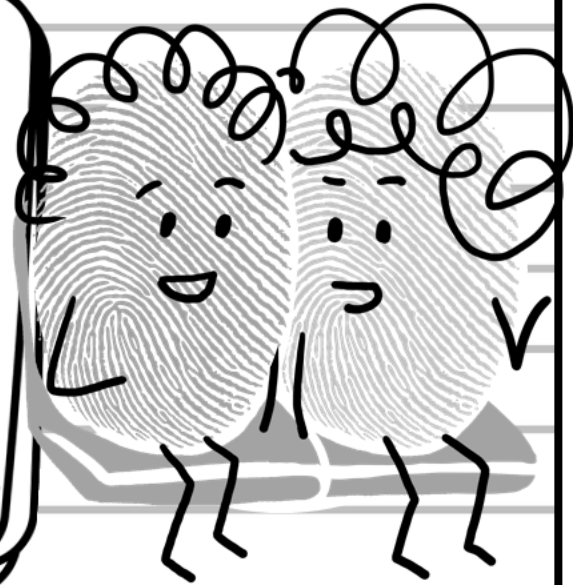
# Stress Management

## TALK TO SOMEONE

How does it help?:  
Talking to someone can help release the feelings you have and can help you see different perspectives. Sometimes holding in what we are feeling can make us feel worse, so it is important to express those feelings so we can move forward.

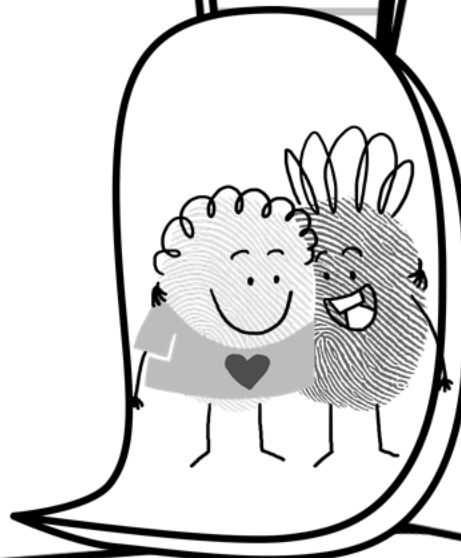
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How to do it: It is important to choose to talk to someone who can help you cope with your feelings such as a parent, teacher, counselor, or a trusted friend. When talking, identify the emotion you are feeling and be honest with yourself.



## TALK TO SOMEONE

I can talk to someone when this happens and stresses me out:

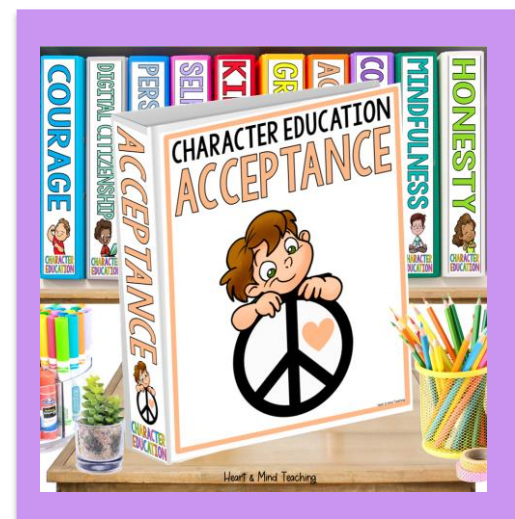
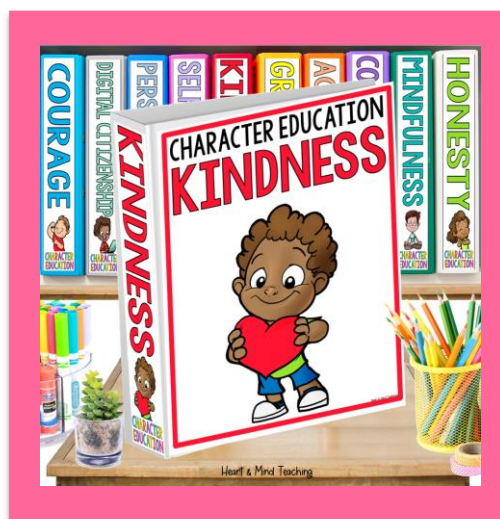
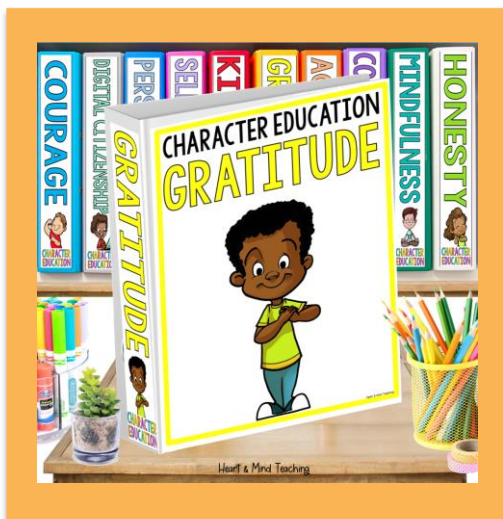
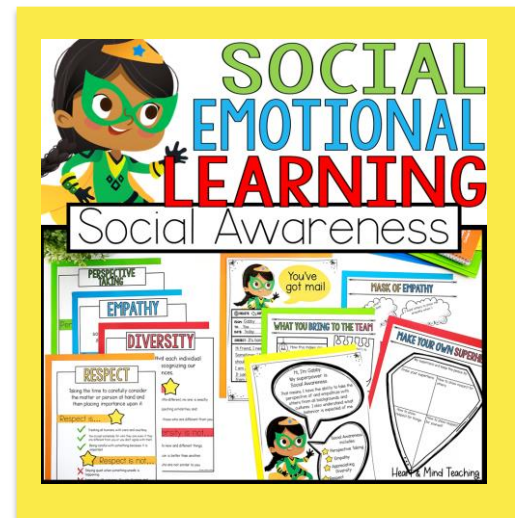
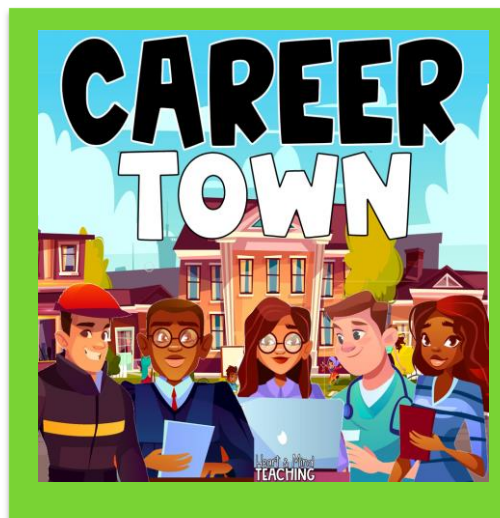


Talking to someone can help me feel:

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# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



**COUNSELOR**  
**Collab**  
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

## MEMBER Perks

- ♥ Data-driven resources by theme.
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# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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*Ashley*

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