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Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:

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  [Social Stressors](#)

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 \(youtube video\)](#)

The logo features two overlapping speech bubbles, one light blue and one dark blue, positioned to the left of the word "Social".

Social STRESSORS

Session Objective:

*Students will identify stressors and how to cope with them.

Materials:

*Handouts, scissors, pencils.

Guiding Questions:

*What are some social stressors?

*What are ways to cope with stressors?

*How can social stressors impact other areas of your life?

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: Ability to identify and overcome barriers. (B-SMS 6)

*Behavior: Self-Management: Effective Coping Skills. (B-SMS 7)

SEL Competencies:

*Self-Management: Stress Management.

Session Details

*Say "Today we are going to be learning about social stressors that impact our life. Stress can come from many different areas, like school or home, your social life can also cause stress and worry. Stress impacts us all differently, and what might stress one person out, might not stress someone else out. It's important to identify and understand what stresses us out, so we can prevent stress and learn to cope with it. Let's look at some common social stressors." Show the social stressors poster on page 4. "Let's sort through some different social stressors and determine if they would cause us stress or not." Give each student the sorting mat on page 6 and the cut-out stressor cards on p. 7-14. Go through each card and have them sort them on their sorting mat. "Now let's look at how to cope with these stressors." Review together page 5 (coping skills poster). Okay now we are going to reflect on the top four social stressors we think we have and think about what coping skills we can use to cope with them". Complete pages 15-19. "You guys are getting good at using coping skills, we are going to keep practicing determining which coping skills to use on the next few pages. Read the scenarios and color in which coping skills you would use." Complete pages 20-35.

Social STRESSORS



Making
Friends



Keeping
Friends



Bullying



Being made
fun of.



Being
popular



Peer
pressure



Meeting new
people



Fitting in



Social
Media



Sharing/
Taking Turns.



Being
included



Getting along
with others.

Coping with Social STRESSORS



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Think positive thoughts.



Laugh it off



Forgive



Practice Gratitude



Take a short break.



Make a plan.



Write in a journal.



Make your best effort.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Social STRESSORS



STRESSOR



**NOT A
STRESSOR**

Not being included.



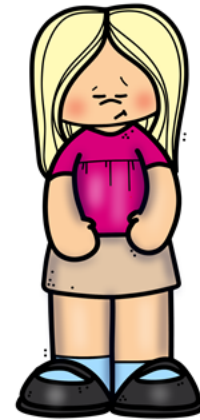
Being laughed at.



Staying in touch when a friend moves away.



Not having many friends.



Sharing/Taking turns.



Bullying.



Others having things
you don't have.



Embarrassing
yourself.



Someone being
mean to you online.



Worrying about what
people think of you.



Being bossed around.



Feeling left out.



Someone tattling on you.



Someone making fun of you.



Getting along with others.



Gossip or Rumors.



A friend breaking a promise.



Problems with friends.



A friend telling your secrets.



Being betrayed by a friend.



Working in groups.



Losing a friend.



Talking to others.



Making a friend.



Someone being mean to you.



Someone not listening to you.



Meeting new people.



Feeling pressured to make friends.



Peer pressure.



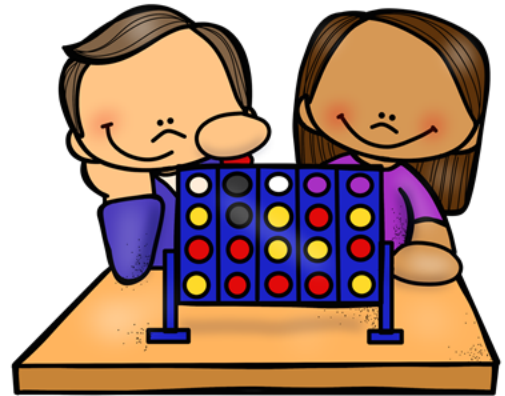
Not making the team.



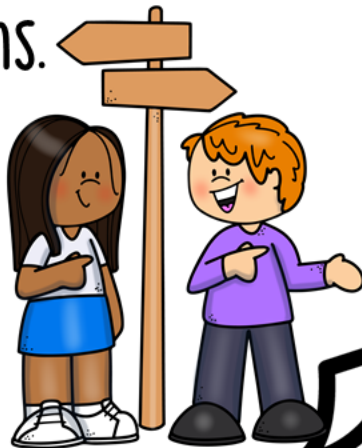
Not being picked at recess for the game.



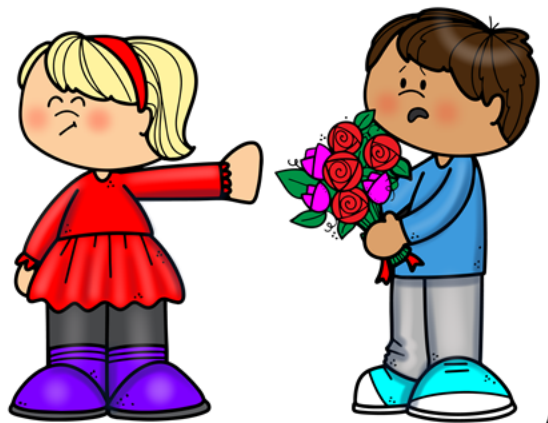
Losing a game.



Asking for directions or instructions.



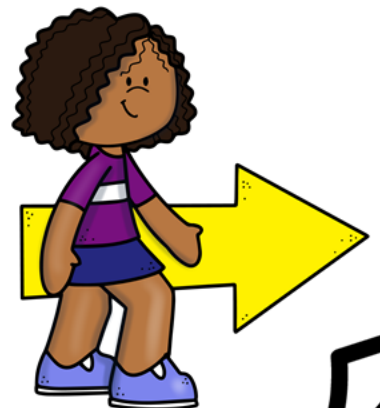
Someone rejecting you.



Someone not wanting to be your friend.



Changing schools or classes.



Having no one to sit with at lunch.



No one asking to play with you.



Not being allowed to do something your friends are doing.



Social media.



Being accepted by others.



Fitting in.



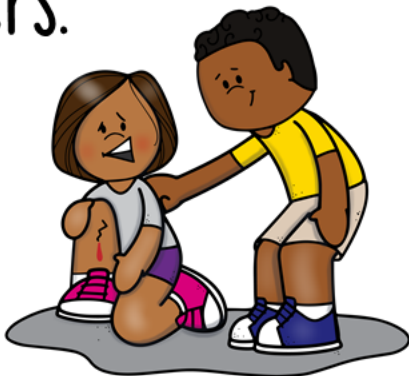
Being in the cool crowd.



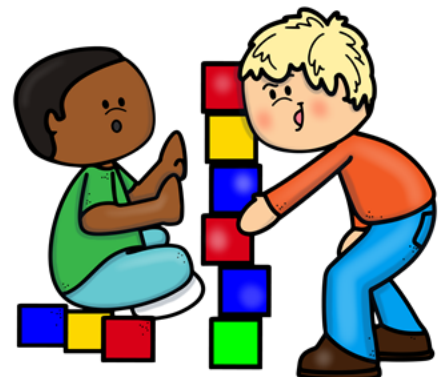
Looking weird to others.



Needing help from others.



Someone taking something that belongs to you.



Arguing with someone.



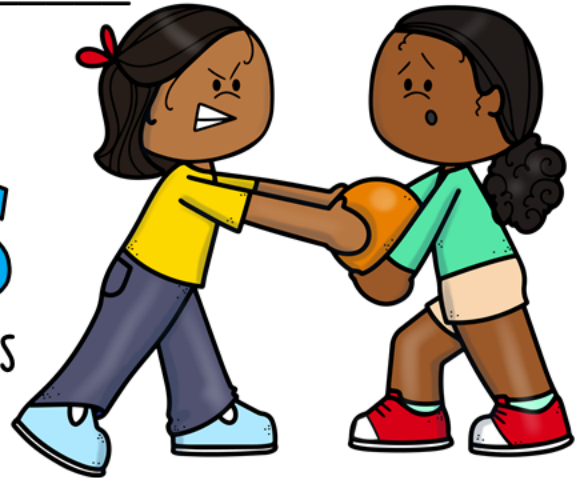
Getting into a fight.



Name: _____

My Social STRESSORS

Draw or write what your social stressors are in the boxes below.



Social Stressor #1:

Social Stressor #2:

A large empty square box with a thick black border. Each of the four corners is reinforced with a blue triangular piece pointing inward.A large empty square box with a thick black border. Each of the four corners is reinforced with a blue triangular piece pointing inward.

Social Stressor #3:

Social Stressor #4:

A large empty square box with a thick black border. Each of the four corners is reinforced with a blue triangular piece pointing inward.A large empty square box with a thick black border. Each of the four corners is reinforced with a blue triangular piece pointing inward.

Name: _____



My Social STRESSORS

Social Stressor #1:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____



My Social STRESSORS

Social Stressor #2:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____



My Social STRESSORS

Social Stressor #3:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____

My Social STRESSORS



Social Stressor #4:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Not being included.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Staying in touch when a friend moves away.



Use a calming strategy.



Make your best effort.



Make a plan.



Think positive thoughts.

Sharing/Taking turns.



Use a calming strategy.



Compromise



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Being laughed at.



Use a calming strategy.



Believe in yourself.



Laugh it off



Think positive thoughts.

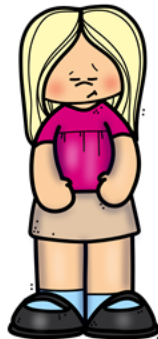
Not having many friends.



Get to know someone new.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Bullying.



Use a calming strategy.



Write in a journal.



Ask for help.



Talk to a trusted person about it.

Name: _____

Solving Social **STRESSORS**

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Others having things you don't have.



Use a calming strategy.



Laugh it off



Practice Gratitude



Think positive thoughts.

Someone being mean to you online.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Write in a journal.

Being bossed around.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Embarrassing yourself.



Use a calming strategy.



Laugh it off



Write in a journal.



Think positive thoughts.

Worrying about what people think of you.



Believe in yourself.



Talk to a trusted person about it.



Write in a journal.



Think positive thoughts.

Feeling left out.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Someone tattling on you.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

Getting along with others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

A friend breaking a promise.



Use a calming strategy.



Connect with others.



Forgive



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Someone making fun of you.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

Gossip or Rumors.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Problems with friends.



Use a calming strategy.



Talk to a trusted person about it.



Compromise



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

A friend telling your secrets.



Use a calming strategy.



Connect with others.



Forgive



Think positive thoughts.

Working in groups.



Use a calming strategy.



Get to know someone new.



Make a plan.



Think positive thoughts.

Talking to others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Being betrayed by a friend.



Use a calming strategy.



Talk to a trusted person about it.



Forgive



Think positive thoughts.

Losing a friend.



Use a calming strategy.



Talk to a trusted person about it.



Connect with others.



Think positive thoughts.

Making a friend.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social **STRESSORS**

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Someone being mean to you.



Use a calming strategy.



Forgive



Ask for help.



Think positive thoughts.

Meeting new people.



Use a calming strategy.



Make a plan.



Believe in yourself.



Think positive thoughts.

Peer pressure.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Make a plan.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Someone not listening to you.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

Feeling pressured to make friends.



Use a calming strategy.



Talk to a trusted person about it.



Get to know someone new.



Think positive thoughts.

Not making the team.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social **STRESSORS**

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Not being picked at recess for the game.



Use a calming strategy.



Believe in yourself.



Practice Gratitude



Think positive thoughts.

Asking for directions or instructions.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

Someone not wanting to be your friend.



Use a calming strategy.



Get to know someone new.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social **STRESSORS**

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

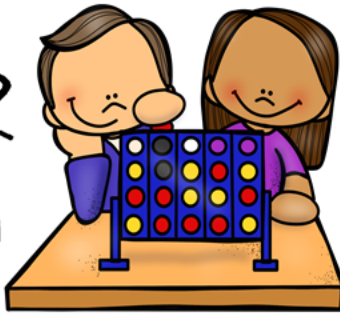
Losing a game.



Use a calming strategy.



Believe in yourself.



Forgive



Think positive thoughts.

Someone rejecting you.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

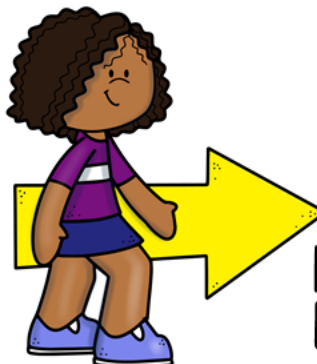
Changing schools or classes.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Having no one to sit with at lunch.



Use a calming strategy.



Believe in yourself.



Get to know someone new.



Think positive thoughts.

Not being allowed to do something your friends are doing.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Being accepted by others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

No one asking to play with you.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Social media.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

Fitting in.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social **STRESSORS**

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Being in the cool crowd.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

Needing help from others.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Arguing with someone.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Looking weird to others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Someone taking something that belongs to you.



Use a calming strategy.



Talk to a trusted person about it.



Forgive



Think positive thoughts.

Getting into a fight.



Use a calming strategy.



Take a short break.



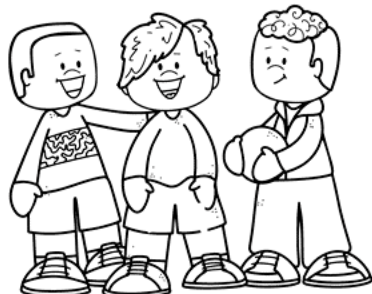
Talk to a trusted person about it.



Think positive thoughts.

Black & White Version

Social **STRESSORS**



Making
Friends



Keeping
Friends



Bullying



Being made
fun of.



Being
popular



Peer
pressure



Meeting new
people



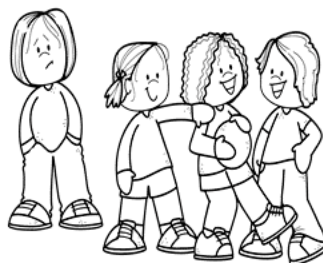
Fitting in



Social
Media



Sharing/
Taking Turns.



Being
included



Getting along
with others.

Coping with Social STRESSORS



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Think positive thoughts.



Laugh it off



Forgive



Practice Gratitude



Take a short break.



Make a plan.



Write in a journal.



Make your best effort.



Connect with others.



Believe in yourself.

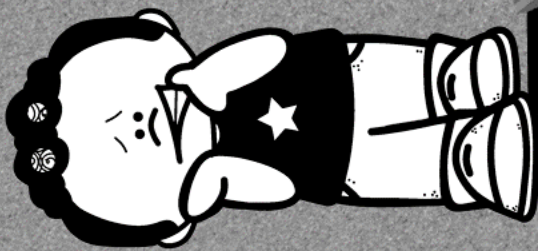


Get to know someone new.

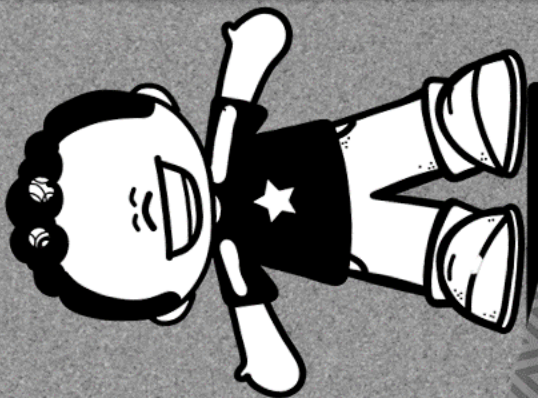


Compromise

Social STRESSORS



STRESSOR



NOT A
STRESSOR

Not being included.



Being laughed at.



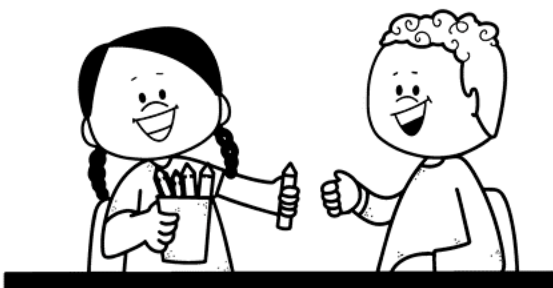
Staying in touch when a friend moves away.



Not having many friends.



Sharing/Taking turns.



Bullying.



Others having things
you don't have.



Embarrassing
yourself.



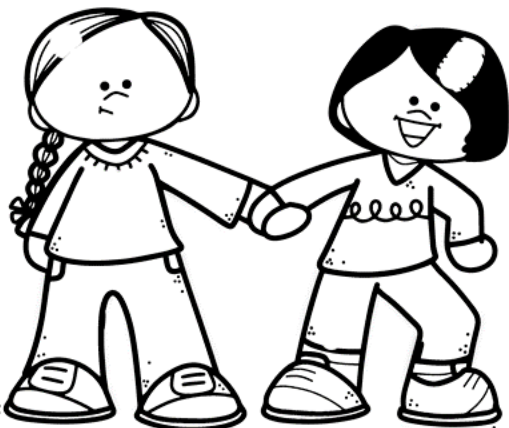
Someone being
mean to you online.



Worrying about what
people think of you.



Being bossed around.



Feeling left out.



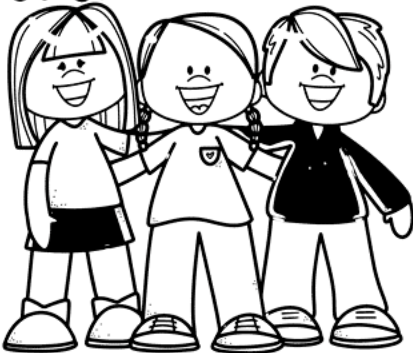
Someone tattling on
you.



Someone making
fun of
you.



Getting along with
others.



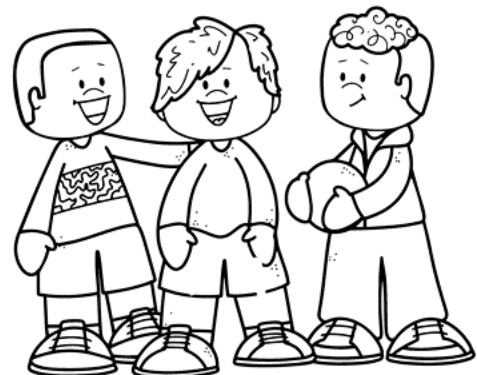
Gossip or Rumors.



A friend breaking a
promise.



Problems with friends.



A friend telling your secrets.



Being betrayed by a friend.



Working in groups.



Losing a friend.



Talking to others.



Making a friend.



Someone being mean to you.



Someone not listening to you.



Meeting new people.



Feeling pressured to make friends.



Peer pressure.



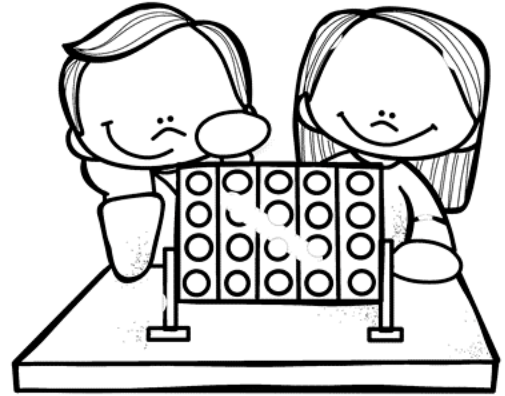
Not making the team.



Not being picked at recess for the game.



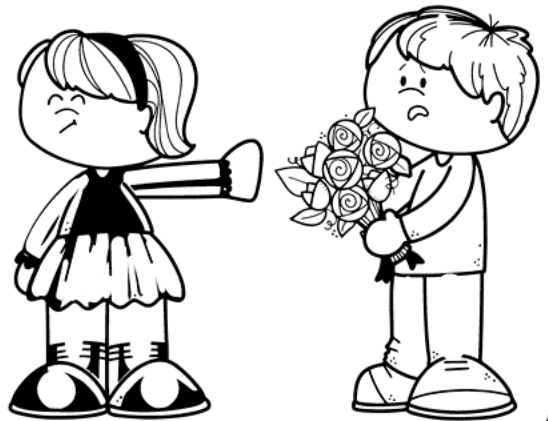
Losing a game.



Asking for directions or instructions.



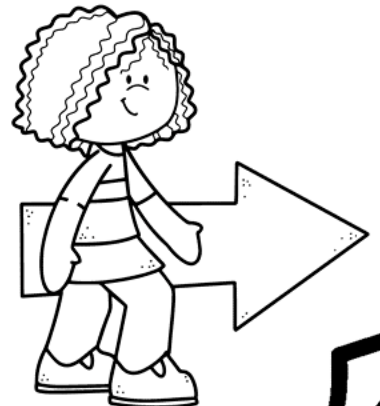
Someone rejecting you.



Someone not wanting to be your friend.



Changing schools or classes.



Having no one to sit with at lunch.



No one asking to play with you.



Not being allowed to do something your friends are doing.



Social media.



Being accepted by others.



Fitting in.



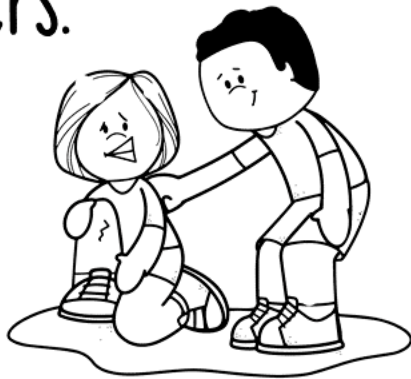
Being in the cool crowd.



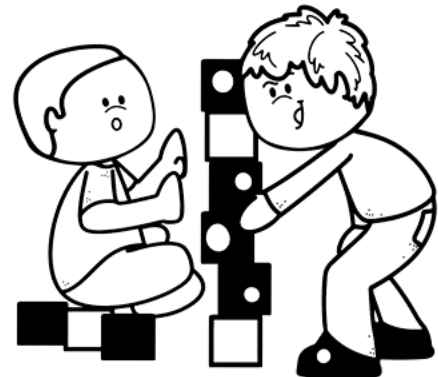
Looking weird to others.



Needing help from others.



Someone taking something that belongs to you.



Arguing with someone.



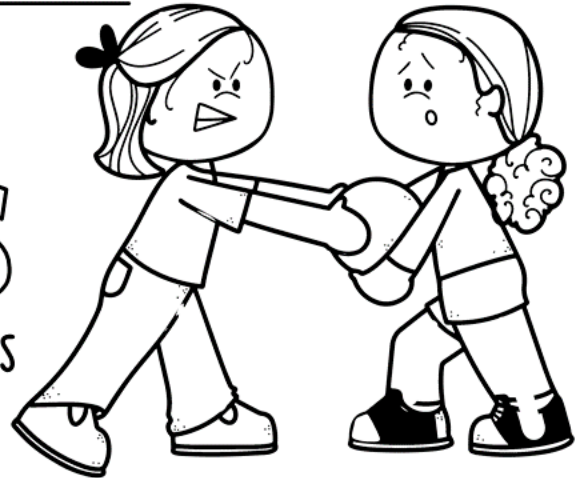
Getting into a fight.



Name: _____

My Social STRESSORS

Draw or write what your social stressors are in the boxes below.



Social Stressor #1:

Social Stressor #2:

A large, empty square box with a thick black border. The corners of the box are reinforced with diagonal lines, forming four triangles pointing towards the center of the square.A large, empty square box with a thick black border. The corners of the box are reinforced with diagonal lines, forming four triangles pointing towards the center of the square.

Social Stressor #3:

Social Stressor #4:

A large, empty square box with a thick black border. The corners of the box are reinforced with diagonal lines, forming four triangles pointing towards the center of the square.A large, empty square box with a thick black border. The corners of the box are reinforced with diagonal lines, forming four triangles pointing towards the center of the square.

Name: _____



My Social STRESSORS

Social Stressor #1:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____



My Social STRESSORS

Social Stressor #2:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____



My Social STRESSORS

Social Stressor #3:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____

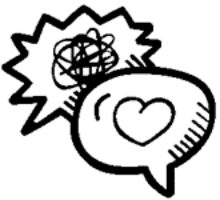


My Social STRESSORS

Social Stressor #4:

This stresses me out because:

I will use these coping skills to cope with this stressor: (Circle answers)



Talk to a trusted person about it.



Apologize



Use a calming strategy.



Ask for help.



Practice Gratitude



Make your best effort.



Think positive thoughts.



Laugh it off



Forgive



Take a short break.



Write in a journal.



Make a plan.



Connect with others.



Believe in yourself.



Get to know someone new.



Compromise

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Not being included.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Staying in touch when a friend moves away.



Use a calming strategy.



Make your best effort.



Make a plan.



Think positive thoughts.

Sharing/Taking turns.



Use a calming strategy.



Compromise



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Being laughed at.



Use a calming strategy.



Believe in yourself.



Laugh it off



Think positive thoughts.

Not having many friends.



Get to know someone new.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Bullying.



Use a calming strategy.



Write in a journal.



Ask for help.



Talk to a trusted person about it.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Others having things you don't have.



Use a calming strategy.



Laugh it off



Practice Gratitude



Think positive thoughts.

Someone being mean to you online.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Write in a journal.

Being bossed around.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Embarrassing yourself.



Use a calming strategy.



Laugh it off



Write in a journal.



Think positive thoughts.

Worrying about what people think of you.



Believe in yourself.



Talk to a trusted person about it.



Write in a journal.



Think positive thoughts.

Feeling left out.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Someone tattling on you.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

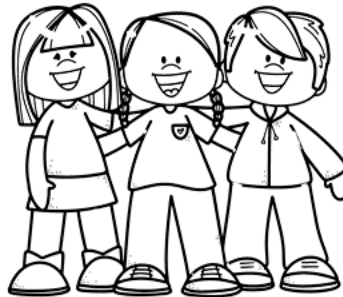
Getting along with others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

A friend breaking a promise.



Use a calming strategy.



Connect with others.



Forgive



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Someone making fun of you.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

Gossip or Rumors.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

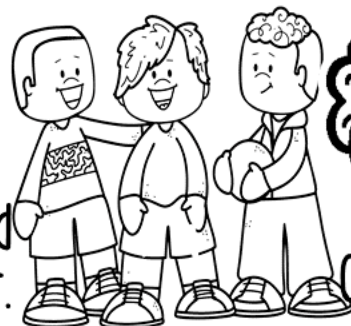
Problems with friends.



Use a calming strategy.



Talk to a trusted person about it.



Compromise



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

A friend telling your secrets.



Use a calming strategy.



Connect with others.



Forgive



Think positive thoughts.

Working in groups.



Use a calming strategy.



Get to know someone new.



Make a plan.



Think positive thoughts.

Talking to others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

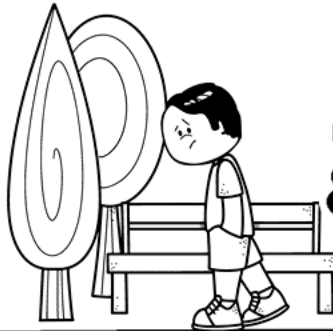
Being betrayed by a friend.



Use a calming strategy.



Talk to a trusted person about it.



Forgive



Think positive thoughts.

Losing a friend.



Use a calming strategy.



Talk to a trusted person about it.



Connect with others.



Think positive thoughts.

Making a friend.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Someone being mean to you.



Use a calming strategy.



Forgive



Ask for help.



Think positive thoughts.

Meeting new people.



Use a calming strategy.



Make a plan.



Believe in yourself.



Think positive thoughts.

Peer pressure.



Use a calming strategy.



Believe in yourself.



Talk to a trusted person about it.



Make a plan.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Someone not listening to you.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

Feeling pressured to make friends.



Use a calming strategy.



Talk to a trusted person about it.



Get to know someone new.



Think positive thoughts.

Not making the team.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Not being picked at recess for the game.



Use a calming strategy.



Believe in yourself.



Practice Gratitude



Think positive thoughts.

Asking for directions or instructions.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

Someone not wanting to be your friend.



Use a calming strategy.



Get to know someone new.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

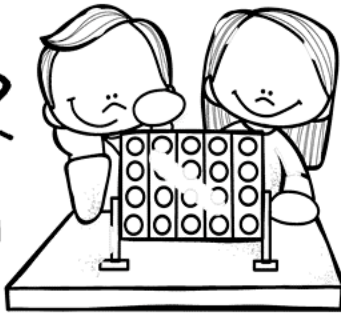
Losing a game.



Use a calming strategy.



Believe in yourself.



Forgive



Think positive thoughts.

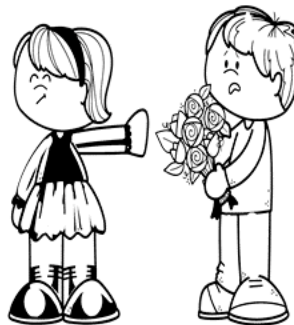
Someone rejecting you.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

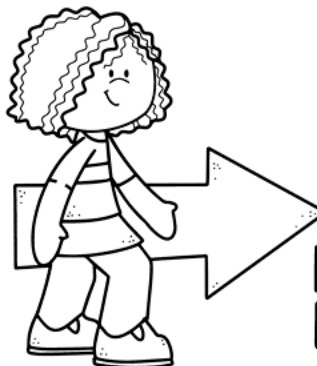
Changing schools or classes.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Having no one to sit with at lunch.



Use a calming strategy.



Believe in yourself.



Get to know someone new.



Think positive thoughts.



Not being allowed to do something your friends are doing.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude

Think positive thoughts.



Being accepted by others.



Use a calming strategy.



Believe in yourself.



Make your best effort.

Think positive thoughts.



Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

No one asking to play with you.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Social media.



Use a calming strategy.



Talk to a trusted person about it.



Ask for help.



Think positive thoughts.

Fitting in.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Being in the cool crowd.



Use a calming strategy.



Believe in yourself.



Ask for help.



Think positive thoughts.

Needing help from others.



Use a calming strategy.



Talk to a trusted person about it.



Practice Gratitude



Think positive thoughts.

Arguing with someone.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

Name: _____

Solving Social STRESSORS

Here are some ways to help cope with these Social Stressors.
Color in the one that you would use.

Looking weird to others.



Use a calming strategy.



Believe in yourself.



Make your best effort.



Think positive thoughts.

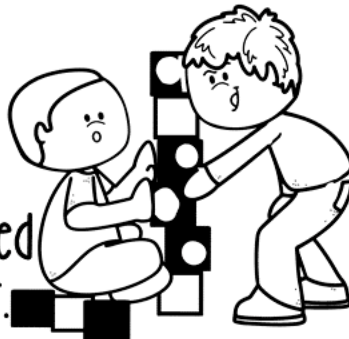
Someone taking something that belongs to you.



Use a calming strategy.



Talk to a trusted person about it.



Forgive



Think positive thoughts.

Getting into a fight.



Use a calming strategy.



Take a short break.



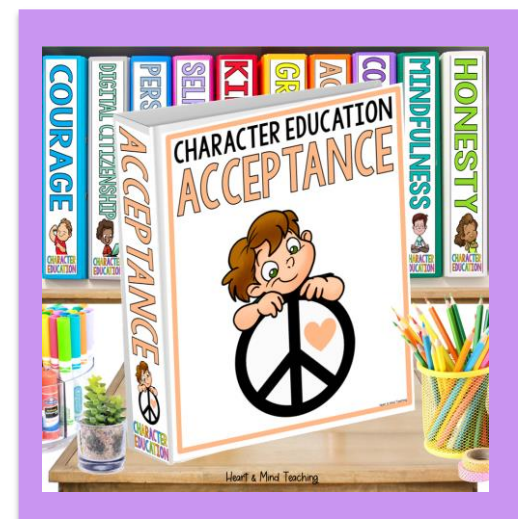
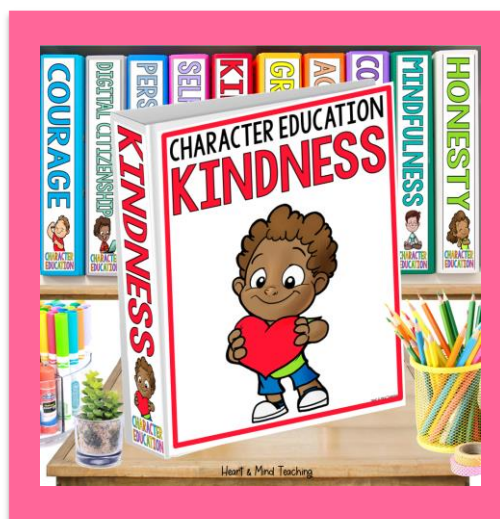
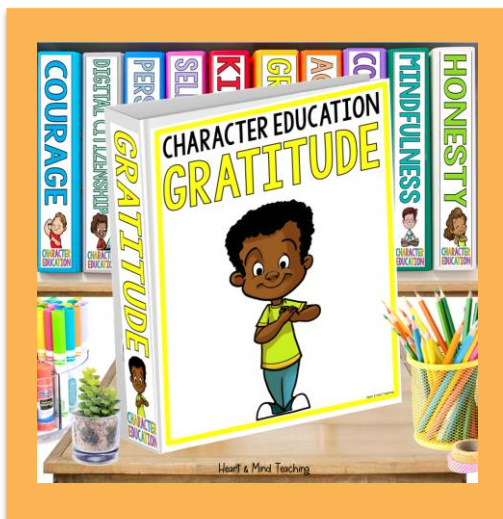
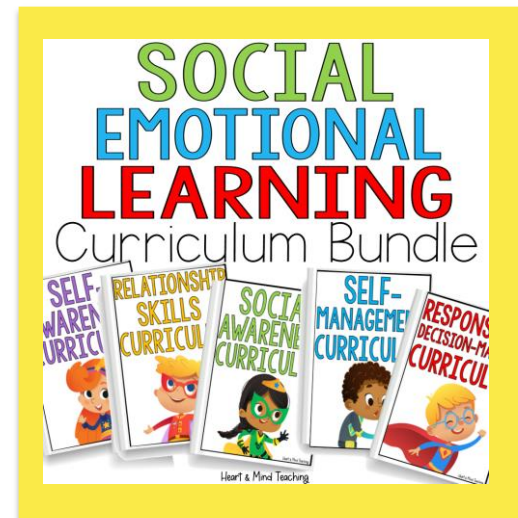
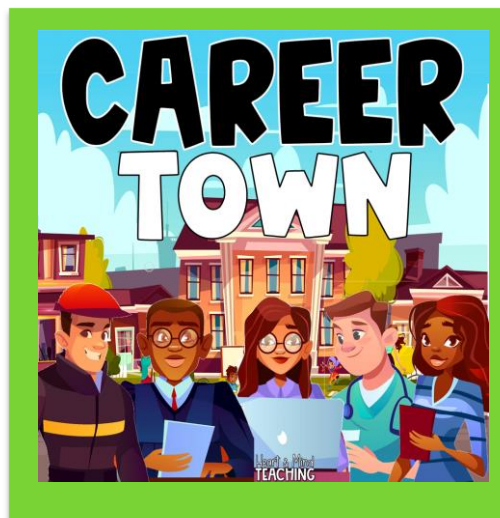
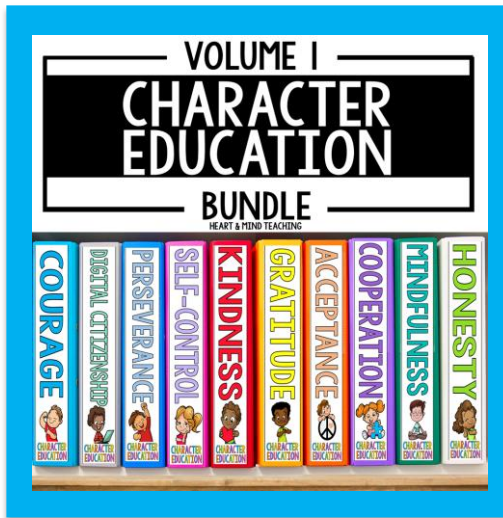
Talk to a trusted person about it.



Think positive thoughts.

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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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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