

MUSIC city COUNSELOR

Thank you for your purchase!



Please contact me any time at
laura@musiccitycounselor.com if you have
questions, suggestions, or requests for
resources! I am here for you!

let's connect!



For helpful ideas and free resources, please check out my website!
www.musiccitycounselor.com

FEELINGS & COPING SKILLS POSTERS:

THIS RESOURCE INCLUDES:


- A "How Do You Feel Today?" poster that features all of the feelings
- 16 beautiful posters that are structured with "In my body I feel...In my mind I feel...So I can..." statements. They describe the physiological signs in the body, emotional experiences, and coping strategies for each feeling.
- A full color and black/white version of each poster

These posters make for a beautiful bulletin board or hallway display. They are also perfect to hang in your Calm Corner!

Please see the sample bulletin board on the next page!

SAMPLE:

HOW DO YOU FEEL TODAY?




HAPPY

In my body I feel...
energized, light, and loose. I have a smile on my face and joy in my heart. I feel relaxed and calm. I am energetic and ready to take on the world.

In my mind I feel...
content, positive, and full of joy. I am thankful for this moment and the good things in my life. I feel in harmony and balanced.

So I can...
spread my joy and positivity to others through my words and choices. I can strengthen my friendships and help others. I can focus, learn, and grow. I can be thankful for all that I am and all that I have.




NERVOUS

In my body I feel...
sweaty or cold and clammy. I feel my hands shaking and my heart racing. I have butterflies in my stomach and I am taking shallow, quick breaths.

In my mind I feel...
worried, scared, unsure, and uncomfortable. I may feel like I want to escape and just be alone.

So I can...
take deep breaths and count to 10 to help me calm down. I can imagine myself in a safe, happy, and calm place. I can take a break and relax in a comfortable spot. I can practice grounding and focus on my five senses in the present moment.



ANGRY

In my body I feel...
tight and tense. I am sweaty and flush. My heart is racing and my breaths are shallow and quick. My hands are in fists, my eyebrows are furrowed, and my face is hot.

In my mind I feel...
like I could just scream or even throw something. I feel like I could explode or lose control. I feel resentful, hurtful, and like I want to hurt someone.

So I can...
take some deep breaths and count to 10. I can go for a walk to get some fresh air and exercise. I can talk to a grownup about my feelings and let them know how I feel. I can write, journal, or draw about my feelings to let them out.




SAD

In my body I feel...
heavy, slow, and weak. My shoulders are slumped and my eyes are looking down. My face is frowning and I feel like crying.

In my mind I feel...
lonely, withdrawn, and alone. I may feel like I want to be alone and not have anyone to talk to. I may feel depressed and discouraged in things I usually enjoy.

So I can...
cry or talk to someone. I need to let my feelings out. I can try to find a solution to what is bothering me. I may take some time alone to relax. I can ask for a hug. I can draw, write, or journal about my feelings. I can try to look positive and remember that sadness doesn't last forever.



PROUD

In my body I feel...
my head held high, my hands on my hips, and a warm smile on my face. I can give myself a pat on the back.

In my mind I feel...
confident, strong, worthy, and capable. I feel like my hard work and effort have paid off. I feel like I can accomplish anything I set my mind to.

So I can...
continue to set goals and work hard to achieve them. I can inspire and be a role model for others. I can keep trying new things so I can learn and grow. I can remember that a little progress each day adds up.



CONFUSED

In my body I feel...
my hands to my sides, my cheeks flushed, and my eyebrows raised. I may have a difficult time speaking and expressing myself.

In my mind I feel...
unsure and like I don't understand. I may feel overwhelmed, distracted, and like I'm not as smart as others. I may feel frustrated and wish that I could get it.

So I can...
ask clarifying questions and ask for help so that I can understand. I can keep trying to learn and don't give up. I can remember that I am smart and capable and that we all have strengths and weaknesses when it comes to our learning.




SCARED

In my body I feel...
sweaty or cold and clammy. I feel goosebumps on my skin and my heart is racing. My hands are shaky and I am taking shallow, quick breaths.

In my mind I feel...
worried, uncertain, and like I don't know what to do. I may feel like I want to run away and hide. I may feel like I am not safe.

So I can...
find a comforting object or stuffed animal and ask for a hug. I can try to get away from what is scaring me. I can imagine myself in a safe and happy place. I can take deep breaths and count to 10. I can use positive self-talk and remember that I am brave and strong.




ANNOYED

In my body I feel...
tense and tight. I have a frown on my face and my eyebrows are furrowed. I feel my eyes and my hands are on my hips and my mouth is clenched.

In my mind I feel...
sore, frustrated, impatient, and resentful. I feel like something is bothering me and I want to make it go away. I don't quite feel angry, but I feel close to it.

So I can...
use an I-statement to address how I am feeling and what I need. I can take a deep breath and try to find a solution to what is bothering me. I can write, draw, or journal about my feelings. I can take some time alone to relax and think. I can give some fresh air outside and take some deep breaths.




DISAPPOINTED

In my body I feel...
my shoulders slumped and my eyebrows down. I am looking down and frowning. My body feels heavy and tired.

In my mind I feel...
let down and like I want to be alone. Something didn't turn out like I hoped and I wish things were different.

So I can...
use an I-statement to express how I am feeling and what I need. I can talk out my feelings with a grown-up that I trust and try to find a solution to what is bothering me. I can try to look for the good even in tough situations. I can remember that I am resilient and that I can learn and grow. I can remember that I am happy and that I can be happy again.



EMBARRASSED

In my body I feel...
sweaty and hot. My cheeks are blushing and my eyes are looking away or down. I may rub my face with my hands.

In my mind I feel...
awkward, ashamed, uncomfortable, silly, and foolish. I may regret a choice I made. I may wish that I could disappear and just be alone.

So I can...
understand that making mistakes is how I learn and grow. I can keep in mind that no one is perfect and everyone has embarrassing moments. I can remember that I am resilient and strong and will learn from this experience.




EXCITED

In my body I feel...
a burst of energy and my heart is racing. My stomach is full of butterflies and my face is smiling. My hands are in the air. My body may feel sweaty and hot. I may feel like I want to jump or dance.

In my mind I feel...
joyful, happy, and excited. I may feel like I want to tell everyone about what is happening. I may feel like I want to share what I am feeling with others.

So I can...
share my joy and happiness with others. I can talk, sing, or do something special. I can let everyone know that I am happy and that I am excited about what is happening.



SHY

In my body I feel...
my cheeks blushing, my eyes looking down at my feet, and my hands shaking. I feel nervous and awkward.

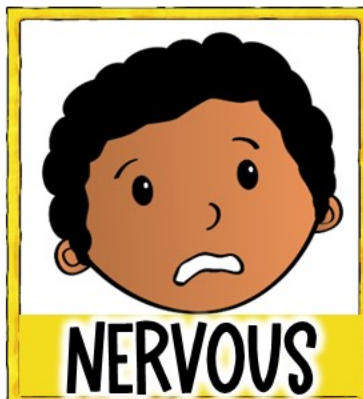
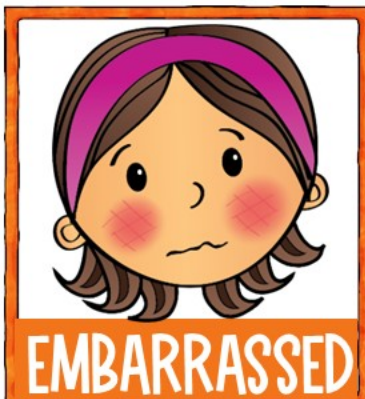
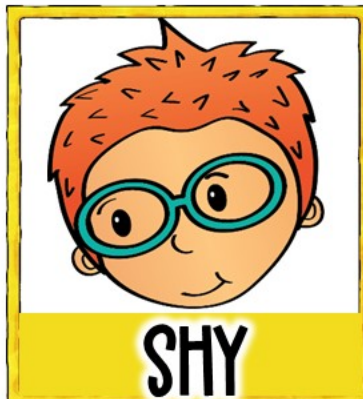
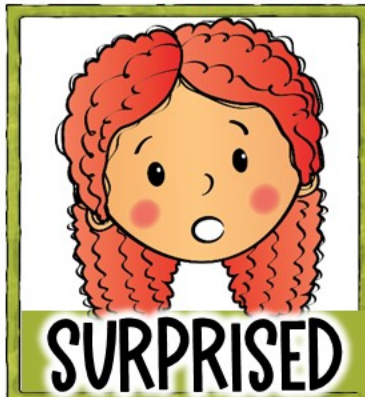
In my mind I feel...
bashful, unsure, awkward, and not ready to talk. I may feel like I want to be alone and not have anyone to talk to.

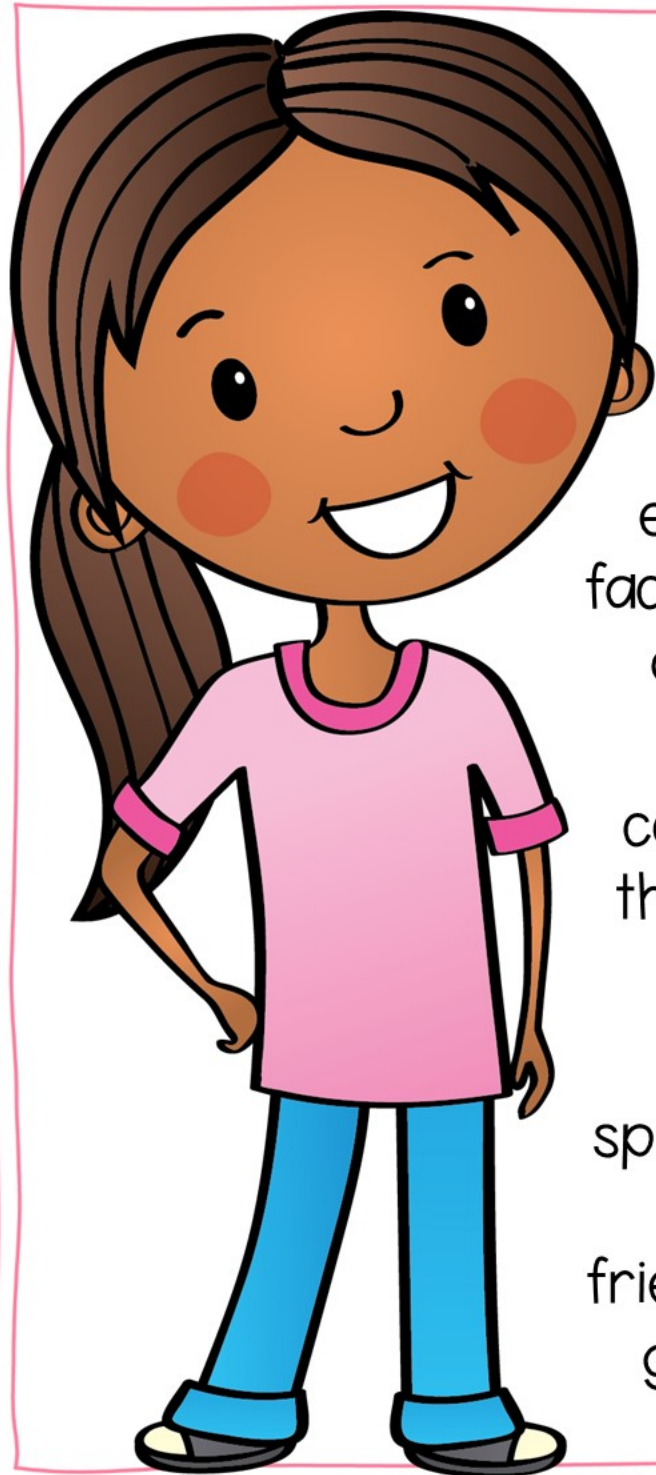
So I can...
take it slow, be patient with myself, and take my time. I can practice my confidence by talking to someone I trust. I can write, draw, or journal about my feelings. I can take some time alone to relax and think. I can give some fresh air outside and take some deep breaths.



Full Color Posters

HOW DO YOU FEEL TODAY?





HAPPY

In my body I feel...

energetic, light, and loose. I have a smile on my face and joy in my heart. I feel relaxed and calm. I am energetic and ready to take on the world.

In my mind I feel...

content, positive, and full of joy. I am thankful for this moment and the good things in my life. I feel in harmony and balanced.

So I can...

spread my joy and positivity to others through my words and choices. I can strengthen my friendships and help others. I can focus, learn, and grow. I can be thankful for all that I am and all that I have.

SAD

In my body I feel...

heavy, achy, and tired. My shoulders are slumped and my eyes are looking down. My lips are trembling and I feel like I could cry.

In my mind I feel...

lonely, heartbroken, and gloomy. I may feel like I want to be alone and like I need a hug or someone to talk to. I may feel distracted and disinterested in things I usually enjoy.

So I can...

cry or talk to someone I trust to let my feelings out. I can try to find a solution to what is bothering me. I may take some time alone to relax. I can ask for a hug. I can draw, write, or journal about my feelings. I can try to think positive and remember that sadness doesn't last forever.





ANGRY

In my body I feel...

tight and tense. I am sweaty and flush. My heart is racing and my breaths are shallow and quick. My hands are in fists, my eyebrows are furrowed, and my teeth are clenched.

In my mind I feel...

like I could yell, scream, or even throw something. I feel like I could explode or lose control. I feel upset, bothered, and like I wish things were different.

So I can...

take slow, deep breaths and count to 10 until my body feels calm. I can go for a walk to get some fresh air and exercise. I can talk to a grown-up I trust about my feelings and try to find a solution to what is bothering me. I can write, journal, or draw about my feelings to let them out.



SURPRISED

In my body I feel...

my mouth open wide and my hand covering my mouth. My eyebrows are raised and I am gasping.

In my mind I feel...

shocked and startled because something unexpected happened. If it's a happy surprise, I may feel joyful, happy, and thrilled. If it's a sad or scary surprise, I may feel angry, unhappy, disappointed, or fearful.

So I can...

if it's a happy surprise...celebrate, laugh, and enjoy this present moment. If it's a sad or scary surprise...take deep breaths and count to 10 to calm down. I can imagine a happy, safe place that makes me feel at peace. I can find a comforting person or stuffed animal to hug.



OVERJOYED

In my body I feel...

a big smile on my face and my hands in the air. I feel light as a feather and ready to take on the world. I am full of positive energy and feel like I could jump up and down with glee!

In my mind I feel...

thrilled, delighted, excited, and positive. I am so happy that I could cheer, "Yay!" I wish that this moment could last forever!

So I can...

celebrate, enjoy, and be present in this moment. I can spread my happiness, light, and positivity to others. I can express gratitude for the blessings and joy in my life. I can remember these happy moments when times get tough.



DISAPPOINTED

In my body I feel...

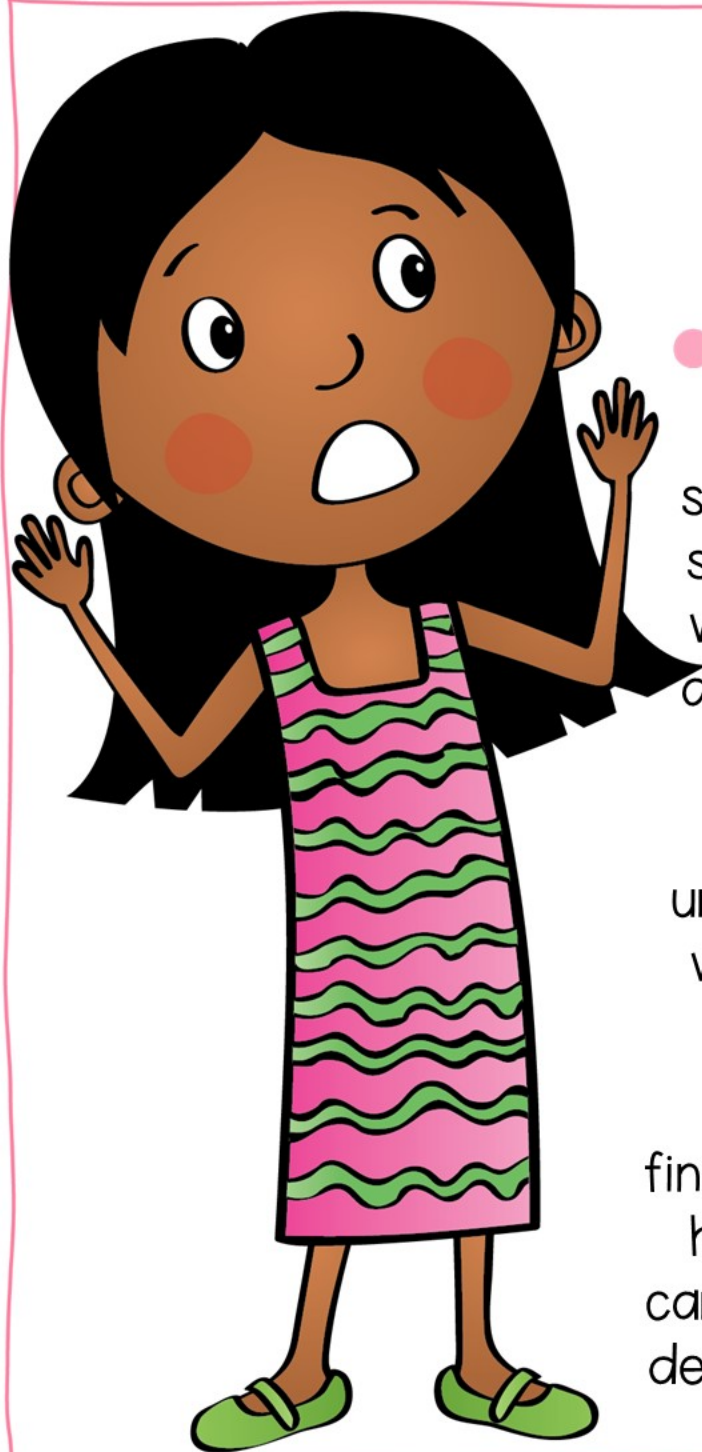
my shoulders hunched and my eyebrows low. I am looking down and frowning. My body feels heavy and tired.

In my mind I feel...

let down, sad, and like I want to be alone. Something didn't turn out like I hoped it would and I wish things were different.

So I can...

use an I-Statement to express how I am feeling and what I need. I can talk out my feelings with a grown-up that I trust and try to find a solution to what is bothering me. I can try to look for the good even in tough situations. I can remember that this feeling won't last forever and happy times are ahead!



SCARED

In my body I feel...

sweaty or cold and clammy. I feel goosebumps on my skin and butterflies in my stomach. My eyes are open wide and my mouth is open. My hands feel shaky and are raised in the air. My heart is racing and the hairs on my arms are sticking up.

In my mind I feel...

unsafe, uncomfortable, shaken, and startled. I feel like I want to run away and hide. I want this moment to be over so that I can feel safe again.

So I can...

find a comforting person or stuffed animal and ask for a hug. I can try to get away from what is scaring me. I can imagine myself in a safe and happy place. I can take deep breaths and count to 10. I can use positive self-talk and remember that I am brave and strong.



SHY

In my body I feel...

my cheeks blushing, my eyes looking down at my feet, and my hands shaking. I feel breathless and speechless.

In my mind I feel...

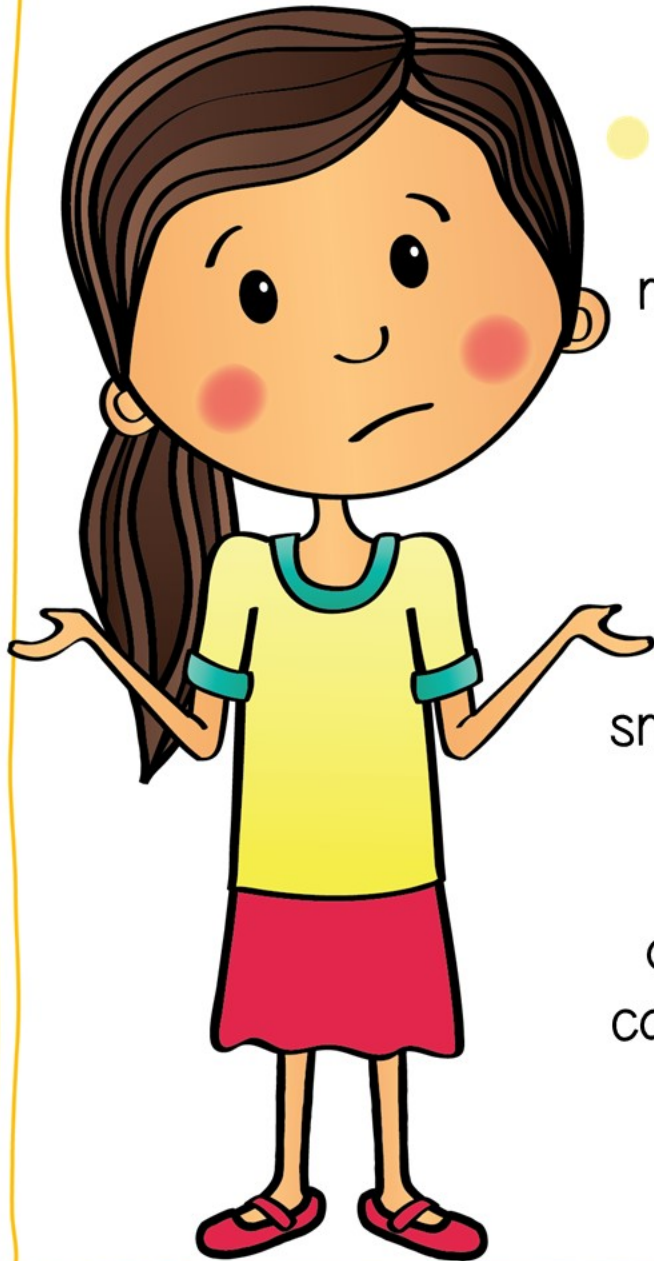
bashful, unsure, awkward, and nervous. I feel uncomfortable and not ready to open up to others. I feel like I need some time and space to warm up.

So I can...

take it slow, be patient with myself, and give myself time to feel more comfortable. I can build my confidence by taking things one baby step at a time. I can put myself out there when I am ready. I can embrace my shyness and remember that we all feel shy sometimes.

???

CONFUSED



In my body I feel...

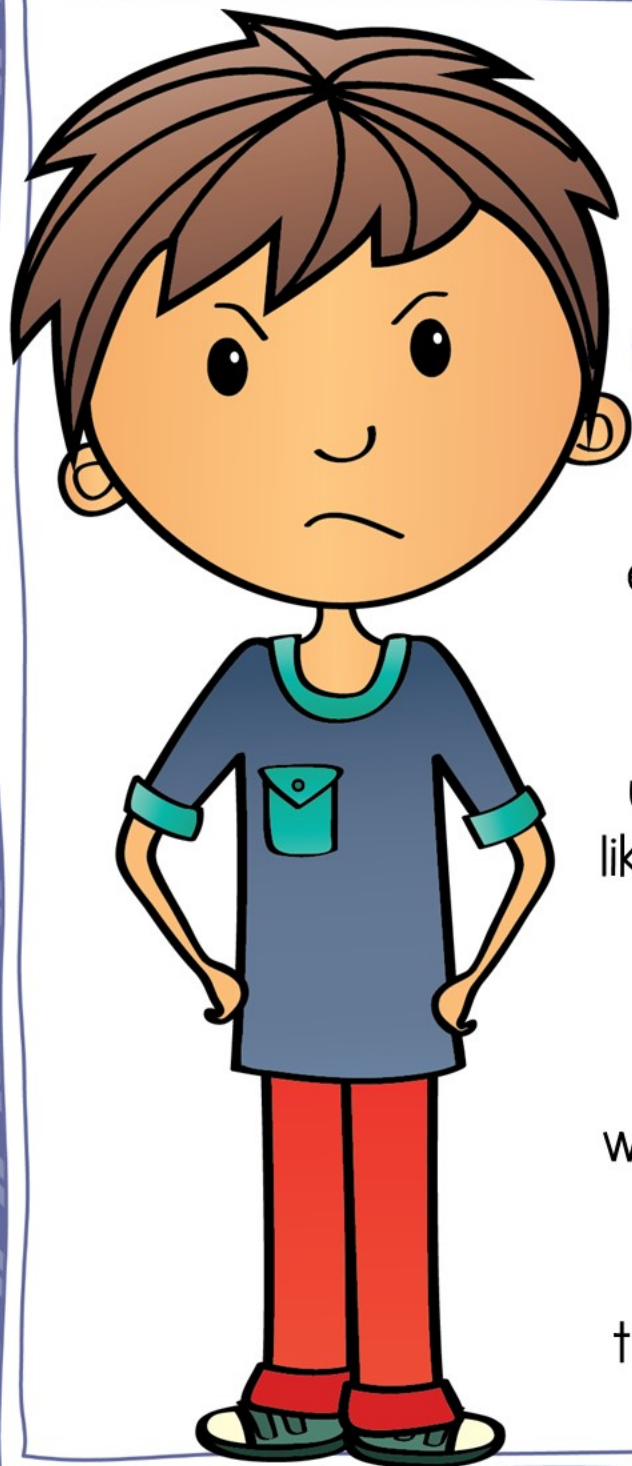
my hands to my sides, my cheeks flushed, and my eyebrows raised. I may have a difficult time speaking and expressing myself.

In my mind I feel...

unsure and like I don't understand. I may feel embarrassed, ashamed, and like I'm not as smart as others. I may feel frustrated and wish that I could get it.

So I can...

ask clarifying questions and ask for help so that I can understand. I can keep trying to learn and don't give up. I can remember that I am smart and capable, and that we all have strengths and weaknesses when it comes to our learning.



ANNOYED

In my body I feel...

tense and tight. I have a frown on my face and my eyebrows are furrowed. I feel my eyes roll. My hands are on my hips and my teeth are clenched.

In my mind I feel...

upset, frustrated, impatient, and misunderstood. I feel like something is bothering me and I want to make it go away. I don't quite feel angry, but feel close to it.

So I can...

use an I-Statement to express how I am feeling and what I need. I can talk to a grown-up I trust and try to find a solution to what is bothering me. I can write, draw, or journal about my feelings. I can take some time alone to relax and think. I can get some fresh air outside and take some deep breaths.



EXCITED

In my body I feel...

a burst of energy and butterflies in my stomach. I have a big smile on my face and my hands are in the air. My hands may feel sweaty and I may feel a little nervous, too. I feel light as a feather and like I could jump with joy!

In my mind I feel...

joyful, happy, and upbeat. My brain might feel a little fuzzy and overwhelmed because I feel so thrilled. I feel like I could shout, "Hooray!" and want everyone around me to feel as happy as I do!

So I can...

share my joy and happiness with others. I can look forward to something special happening. I can feel grateful for this wonderful moment and be as present as I can.



EMBARRASSED

In my body I feel...

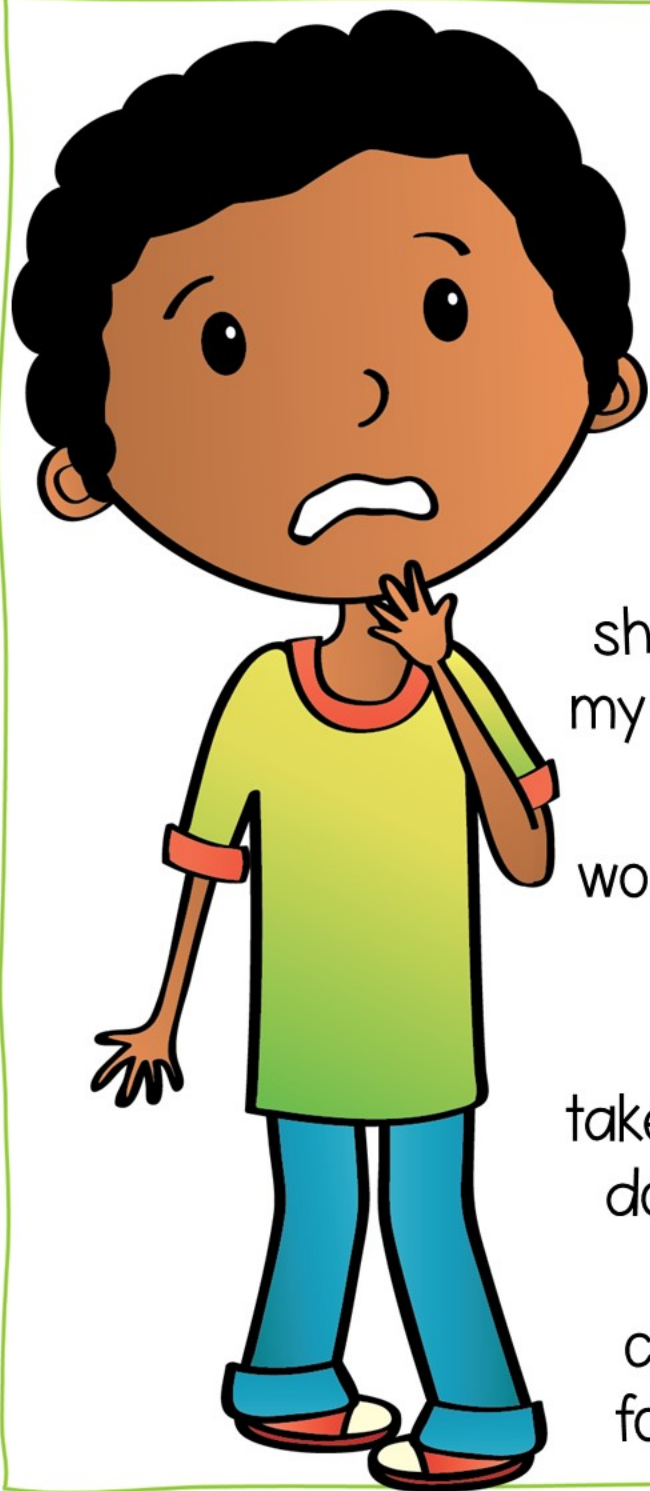
sweaty and hot. My cheeks are blushing and my eyes are looking away or down. I may hide my face with my hands.

In my mind I feel...

awkward, ashamed, uncomfortable, silly, and foolish. I may regret a choice I made. I may wish that I could disappear and just be alone.

So I can...

understand that making mistakes is how I learn and grow. I can keep in mind that no one is perfect and everyone has embarrassing moments. I can remember that I am capable and strong and will learn from this experience.



NERVOUS

In my body I feel...

sweaty or cold and clammy. I feel my hands shaking and my heart racing. I have butterflies in my stomach and I am taking shallow, quick breaths.

In my mind I feel...

worried, scared, unsure, and uncomfortable. I may feel like I want to escape and just be alone.

So I can...

take deep breaths and count to 10 to help me calm down. I can imagine myself in a safe, happy, and calm place. I can take a break and relax in a comfortable spot. I can practice grounding and focus on my five senses in this present moment.

SILLY

In my body I feel...

energetic, wild, light, and free. I am making a funny face and laughing to myself.

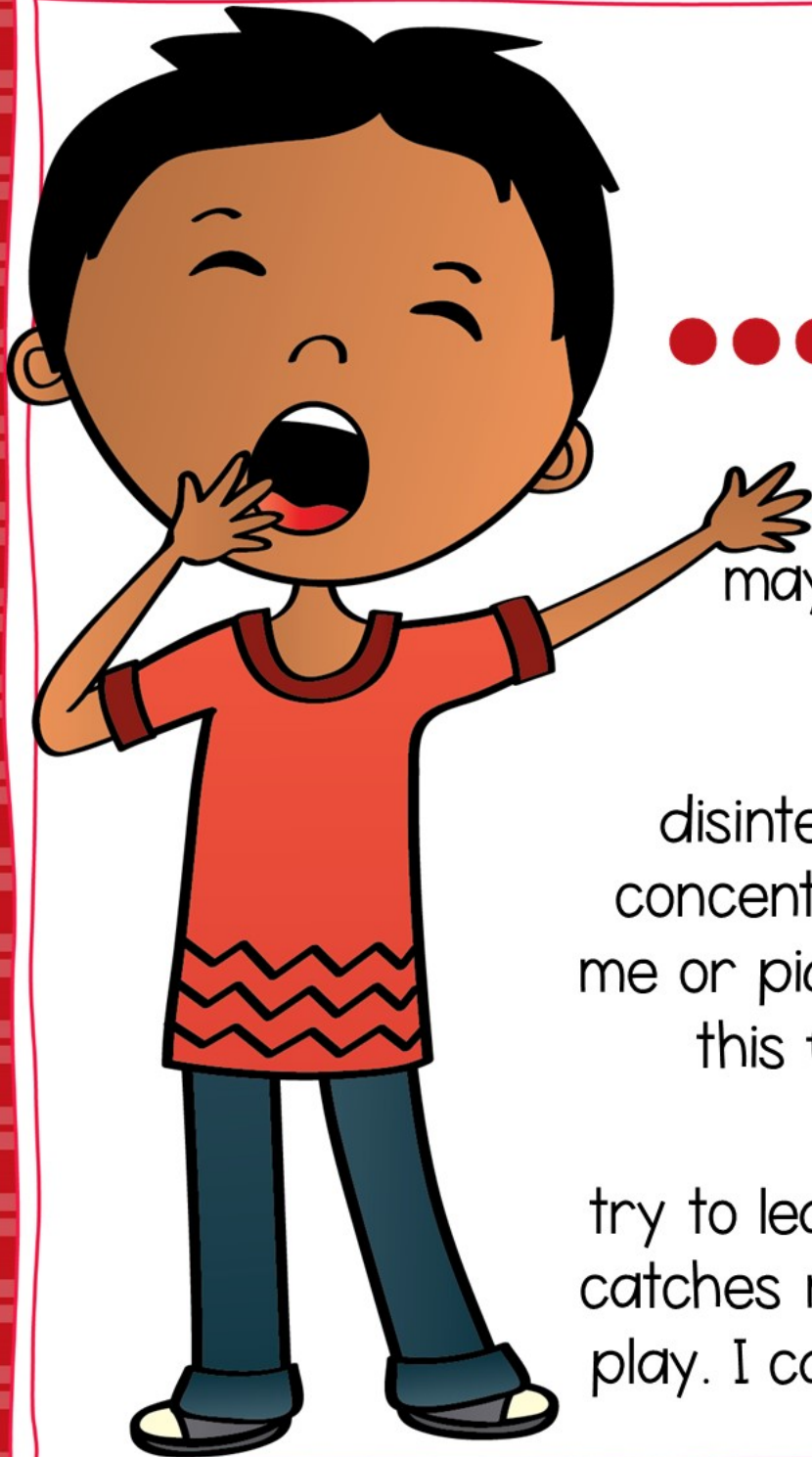
In my mind I feel...

Like I want to have fun, goof off, and make people laugh. I am enjoying this moment and the feeling of bringing joy and laughter to others.

So I can...

tell jokes and be funny to help cheer up others. It is important for me to remember that there are times and places to be silly and times and places not to be silly. I can exercise to let my energy out.





BORED



In my body I feel...

sleepy, empty, flat, and heavy. I may yawn, put my head down, and zone out. I might feel jittery and shaky.

In my mind I feel...

disinterested and distracted. I feel like I can't concentrate or focus because nothing is exciting me or piquing my interest. I may feel frustrated by this feeling and want to do something else.

So I can...

try to learn something new or find something that catches my interest. I can ask a friend or sibling to play. I can get active and moving to help energize my brain and body.



PROUD

In my body I feel...

my head held high, my hands on my hips, and a warm smile on my face. I can give myself a pat on the back.

In my mind I feel...

confident, strong, worthy, and capable. I feel like my hard work and effort have paid off. I feel like I can accomplish anything I set my mind to.

So I can...

continue to set goals and work hard to achieve them. I can inspire and be a role model for others. I can keep trying new things so I can learn and grow. I can remember that a little progress each day adds up.

Black & White Posters

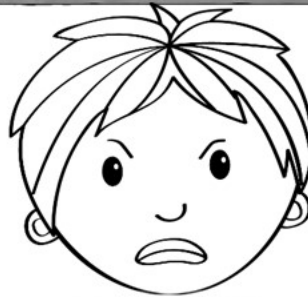
HOW DO YOU FEEL TODAY?



HAPPY



SAD



ANGRY



SURPRISED



OVERJOYED



DISAPPOINTED



SCARED



SHY



CONFUSED



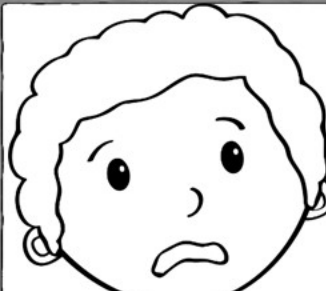
ANNOYED



EXCITED



EMBARRASSED



NERVOUS



SILLY



BORED



HAPPY

In my body I feel...

energetic, light, and loose. I have a smile on my face and joy in my heart. I feel relaxed and calm. I am energetic and ready to take on the world.

In my mind I feel...

content, positive, and full of joy. I am thankful for this moment and the good things in my life. I feel in harmony and balanced.

So I can...

spread my joy and positivity to others through my words and choices. I can strengthen my friendships and help others. I can focus, learn, and grow. I can be thankful for all that I am and all that I have.



SAD

In my body I feel...

heavy, achy, and tired. My shoulders are slumped and my eyes are looking down. My lips are trembling and I feel like I could cry.

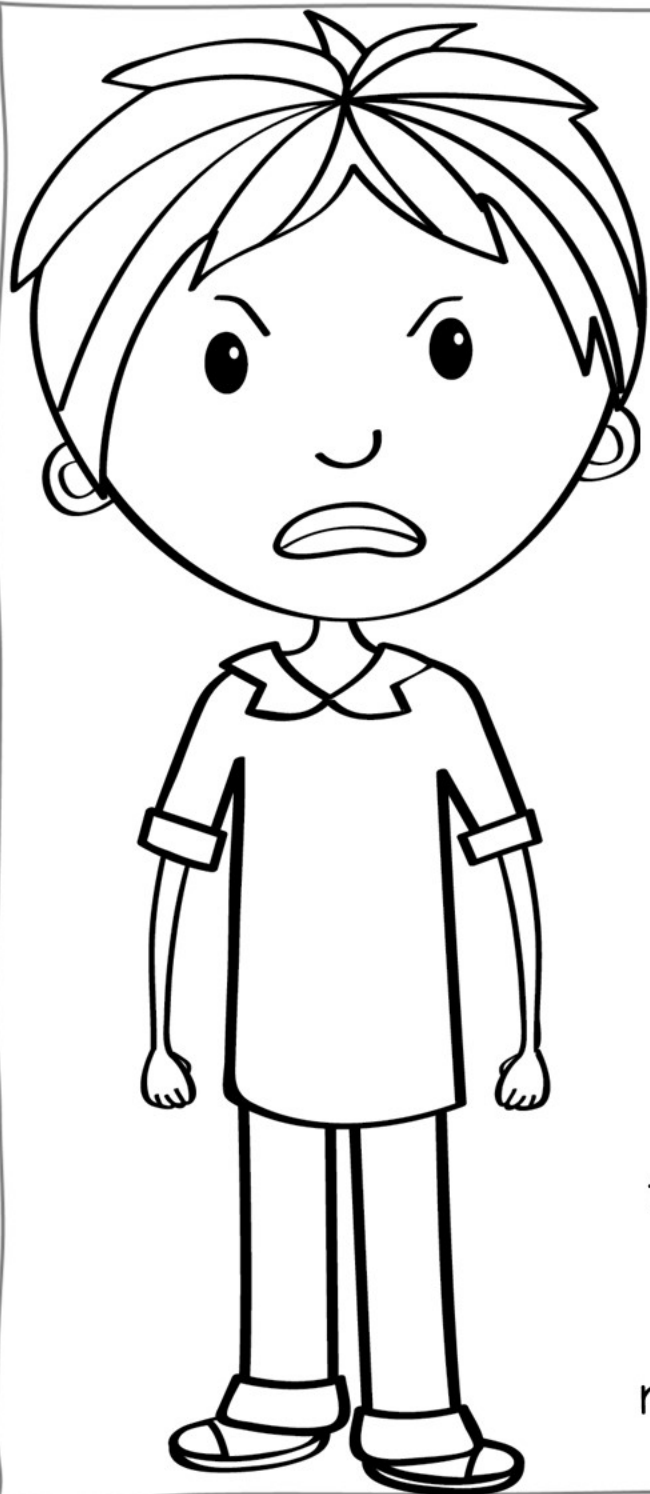
In my mind I feel...

lonely, heartbroken, and gloomy. I may feel like I want to be alone and like I need a hug or someone to talk to. I may feel distracted and disinterested in things I usually enjoy.

So I can...

cry or talk to someone I trust to let my feelings out. I can try to find a solution to what is bothering me. I may take some time alone to relax. I can ask for a hug. I can draw, write, or journal about my feelings.

I can try to think positive and remember that sadness doesn't last forever.



ANGRY

.....

In my body I feel...

tight and tense. I am sweaty and flush. My heart is racing and my breaths are shallow and quick. My hands are in fists, my eyebrows are furrowed, and my teeth are clenched.

In my mind I feel...

like I could yell, scream, or even throw something. I feel like I could explode or lose control. I feel upset, bothered, and like I wish things were different.

So I can...

take slow, deep breaths and count to 10 until my body feels calm. I can go for a walk to get some fresh air and exercise. I can talk to a grown-up I trust about my feelings and try to find a solution to what is bothering me. I can write, journal, or draw about my feelings to let them out.



SURPRISED

In my body I feel...

my mouth open wide and my hand covering my mouth. My eyebrows are raised and I am gasping.

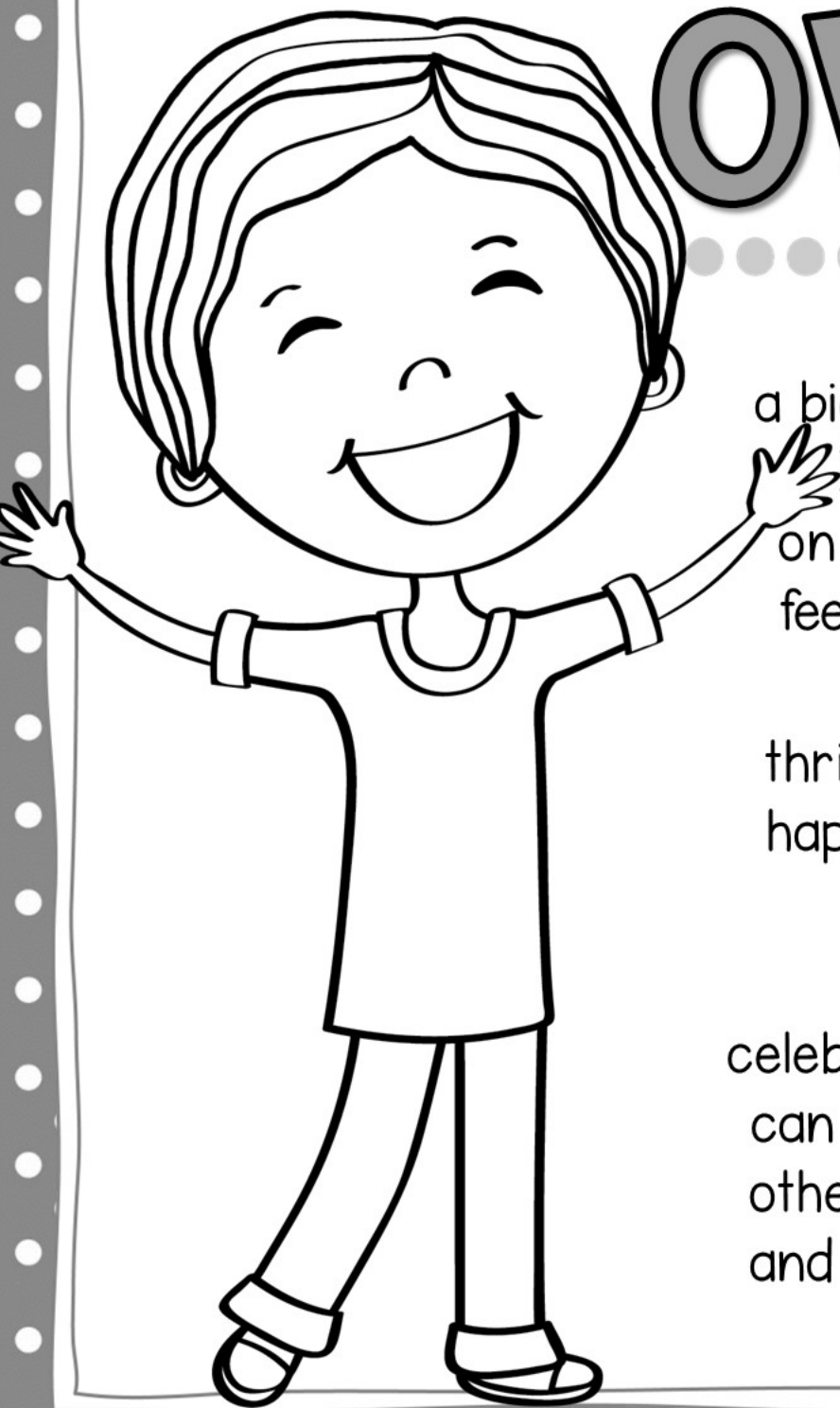
In my mind I feel...

shocked and startled because something unexpected happened. If it's a happy surprise, I may feel joyful, happy, and thrilled. If it's a sad or scary surprise, I may feel angry, unhappy, disappointed, or fearful.

So I can...

if it's a happy surprise...celebrate, laugh, and enjoy this present moment.

If it's a sad or scary surprise...take deep breaths and count to 10 to calm down. I can imagine a happy, safe place that makes me feel at peace. I can find a comforting person or stuffed animal to hug.



OVERJOYED

In my body I feel...

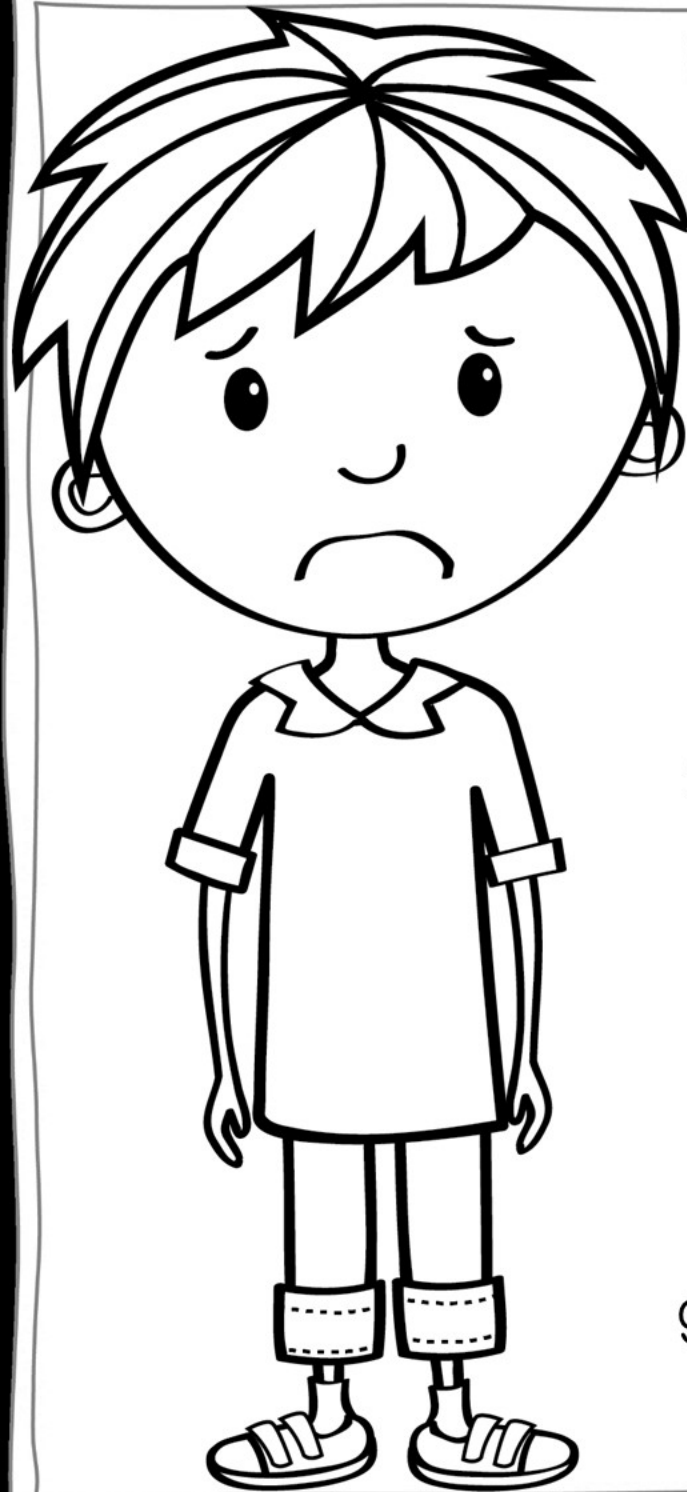
a big smile on my face and my hands in the air. I feel light as a feather and ready to take on the world. I am full of positive energy and feel like I could jump up and down with glee!

In my mind I feel...

thrilled, delighted, excited, and positive. I am so happy that I could cheer, "Yay!" I wish that this moment could last forever!

So I can...

celebrate, enjoy, and be present in this moment. I can spread my happiness, light, and positivity to others. I can express gratitude for the blessings and joy in my life. I can remember these happy moments when times get tough.



DISAPPOINTED

.....

In my body I feel...

my shoulders hunched and my eyebrows low. I am looking down and frowning. My body feels heavy and tired.

In my mind I feel...

let down, sad, and like I want to be alone. Something didn't turn out like I hoped it would and I wish things were different.

So I can...

use an I-Statement to express how I am feeling and what I need. I can talk out my feelings with a grown-up that I trust and try to find a solution to what is bothering me. I can try to look for the good even in tough situations. I can remember that this feeling won't last forever and happy times are ahead!



SCARED

In my body I feel...

sweaty or cold and clammy. I feel goosebumps on my skin and butterflies in my stomach. My eyes are open wide and my mouth is open. My hands feel shaky and are raised in the air. My heart is racing and the hairs on my arms are sticking up.

In my mind I feel...

unsafe, uncomfortable, shaken, and startled. I feel like I want to run away and hide. I want this moment to be over so that I can feel safe again.

So I can...

find a comforting person or stuffed animal and ask for a hug. I can try to get away from what is scaring me. I can imagine myself in a safe and happy place. I can take deep breaths and count to 10. I can use positive self-talk and remember that I am brave and strong.



SHY

.....

In my body I feel...

my cheeks blushing, my eyes looking down at my feet, and my hands shaking. I feel breathless and speechless.

In my mind I feel...

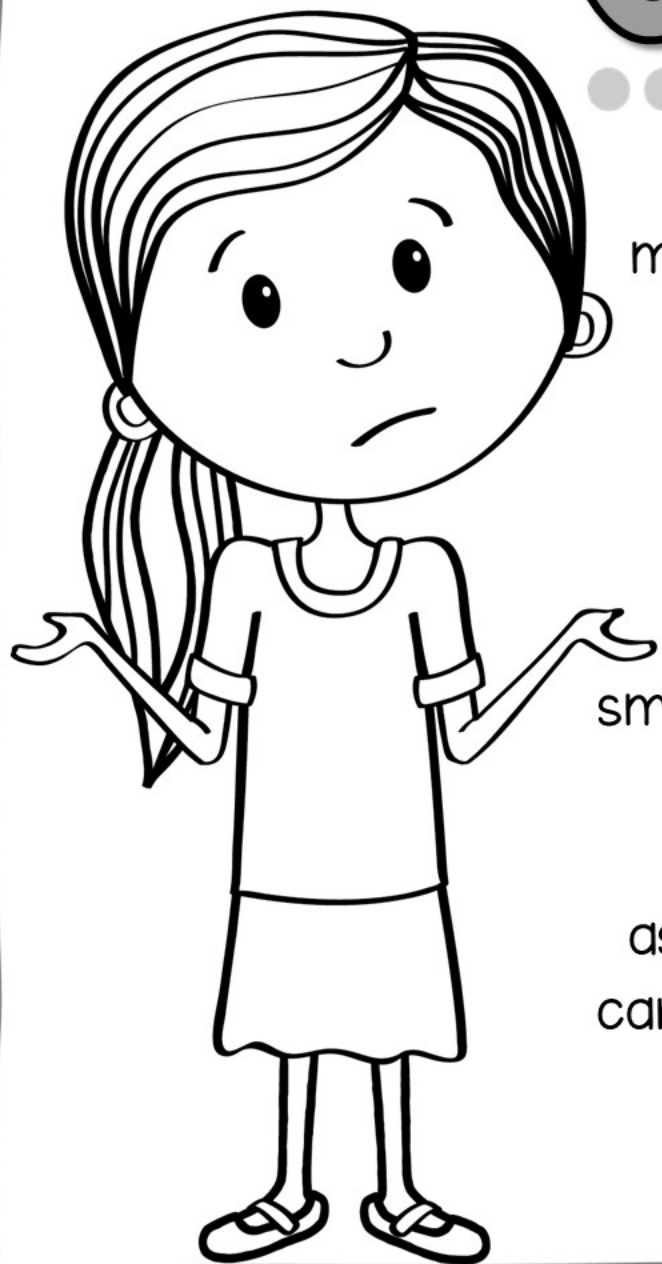
bashful, unsure, awkward, and nervous. I feel uncomfortable and not ready to open up to others. I feel like I need some time and space to warm up.

So I can...

take it slow, be patient with myself, and give myself time to feel more comfortable. I can build my confidence by taking things one baby step at a time. I can put myself out there when I am ready. I can embrace my shyness and remember that we all feel shy sometimes.

???

CONFUSED



In my body I feel...

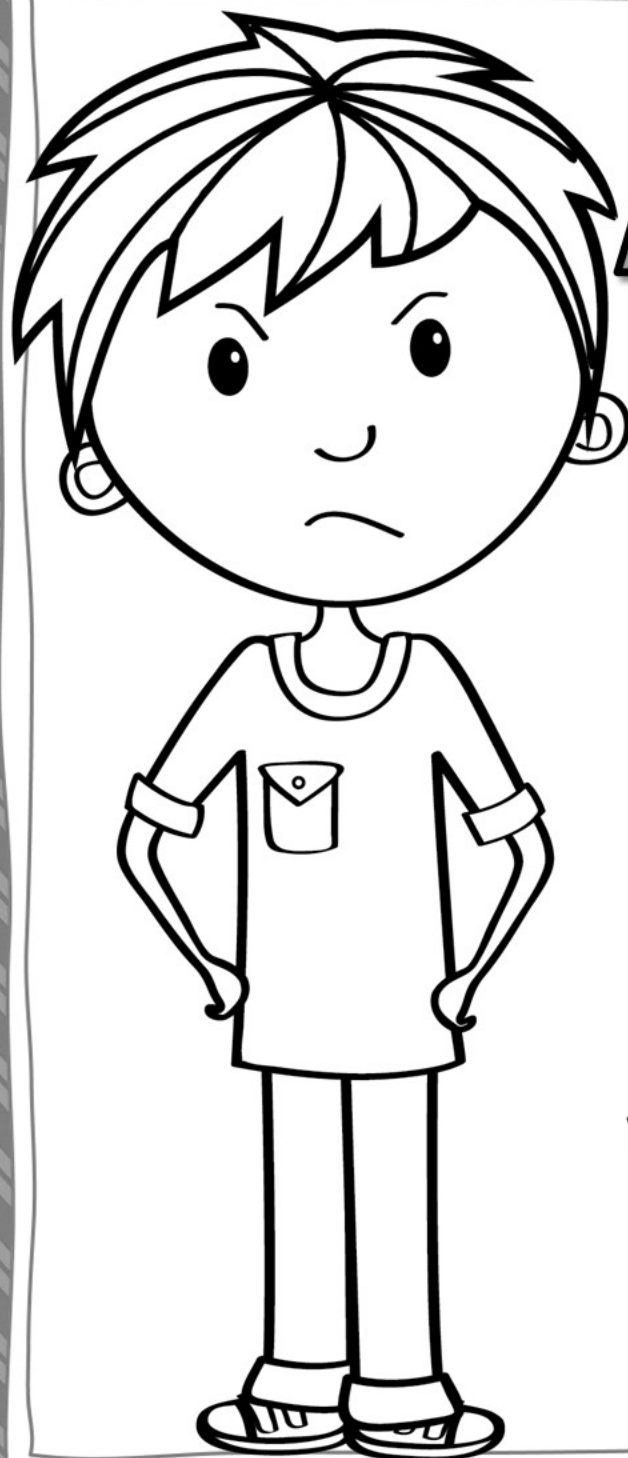
my hands to my sides, my cheeks flushed, and my eyebrows raised. I may have a difficult time speaking and expressing myself.

In my mind I feel...

unsure and like I don't understand. I may feel embarrassed, ashamed, and like I'm not as smart as others. I may feel frustrated and wish that I could get it.

So I can...

ask clarifying questions and ask for help so that I can understand. I can keep trying to learn and don't give up. I can remember that I am smart and capable, and that we all have strengths and weaknesses when it comes to our learning.



ANNOYED

In my body I feel...

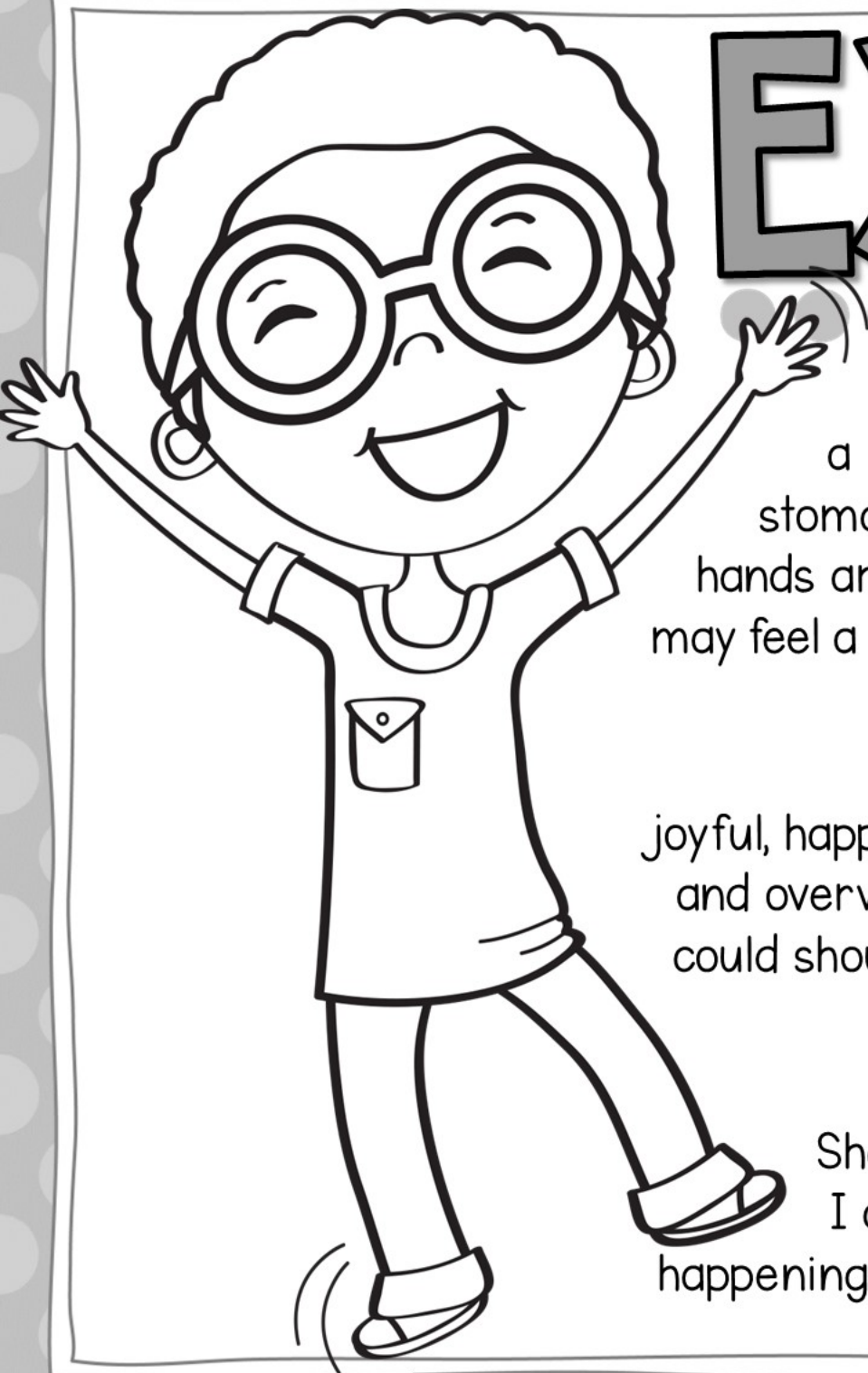
tense and tight. I have a frown on my face and my eyebrows are furrowed. I feel my eyes roll. My hands are on my hips and my teeth are clenched.

In my mind I feel...

upset, frustrated, impatient, and misunderstood. I feel like something is bothering me and I want to make it go away. I don't quite feel angry, but feel close to it.

So I can...

use an I-Statement to express how I am feeling and what I need. I can talk to a grown-up I trust and try to find a solution to what is bothering me. I can write, draw, or journal about my feelings. I can take some time alone to relax and think. I can get some fresh air outside and take some deep breaths.



EXCITED

In my body I feel...

a burst of energy and butterflies in my stomach. I have a big smile on my face and my hands are in the air. My hands may feel sweaty and I may feel a little nervous. I feel light as a feather and like I could jump with joy!

In my mind I feel...

joyful, happy, and upbeat. My brain might feel a little fuzzy and overwhelmed because I feel so thrilled. I feel like I could shout, "Hooray!" and want everyone around me to feel as happy as I do!

So I can...

Share my joy and happiness with others. I can look forward to something special happening. I can feel grateful for this wonderful moment and be as present as I can.



EMBARRASSED

.....

In my body I feel...

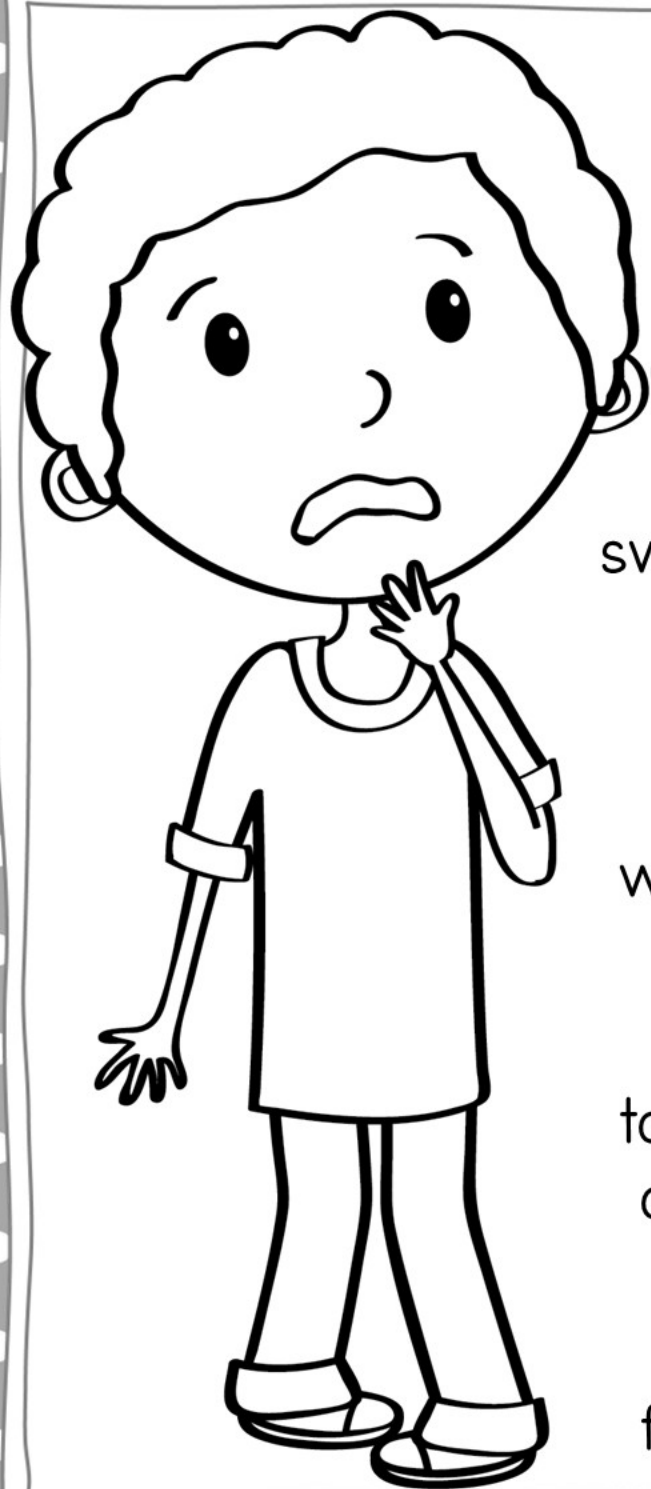
sweaty and hot. My cheeks are blushing and my eyes are looking away or down. I may hide my face with my hands.

In my mind I feel...

awkward, ashamed, uncomfortable, silly, and foolish. I may regret a choice I made. I may wish that I could disappear and just be alone.

So I can...

understand that making mistakes is how I learn and grow. I can keep in mind that no one is perfect and everyone has embarrassing moments. I can remember that I am capable and strong and will learn from this experience.



NERVOUS

In my body I feel...

sweaty or cold and clammy. I feel my hands shaking and my heart racing. I have butterflies in my stomach and am taking shallow, quick breaths.

In my mind I feel...

worried, scared, unsure, and uncomfortable. I may feel like I want to escape and just be alone.

So I can...

take deep breaths and count to 10 to help me calm down. I can imagine myself in a safe, happy, and calm place. I can take a break and relax in a comfortable spot. I can practice grounding and focus on my five senses in this present moment.

SILLY

In my body I feel...

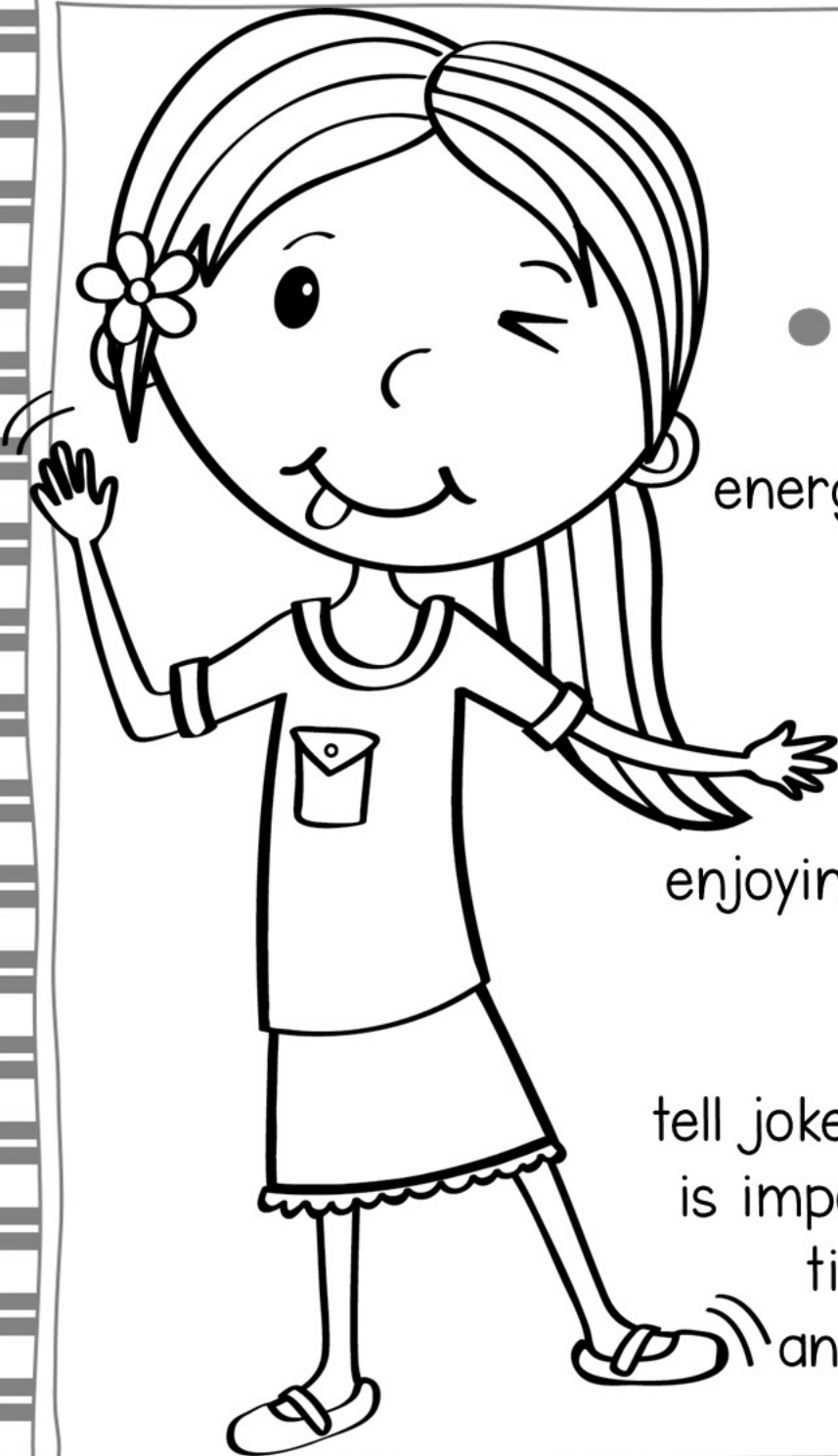
energetic, wild, light, and free. I am making a funny face and laughing to myself.

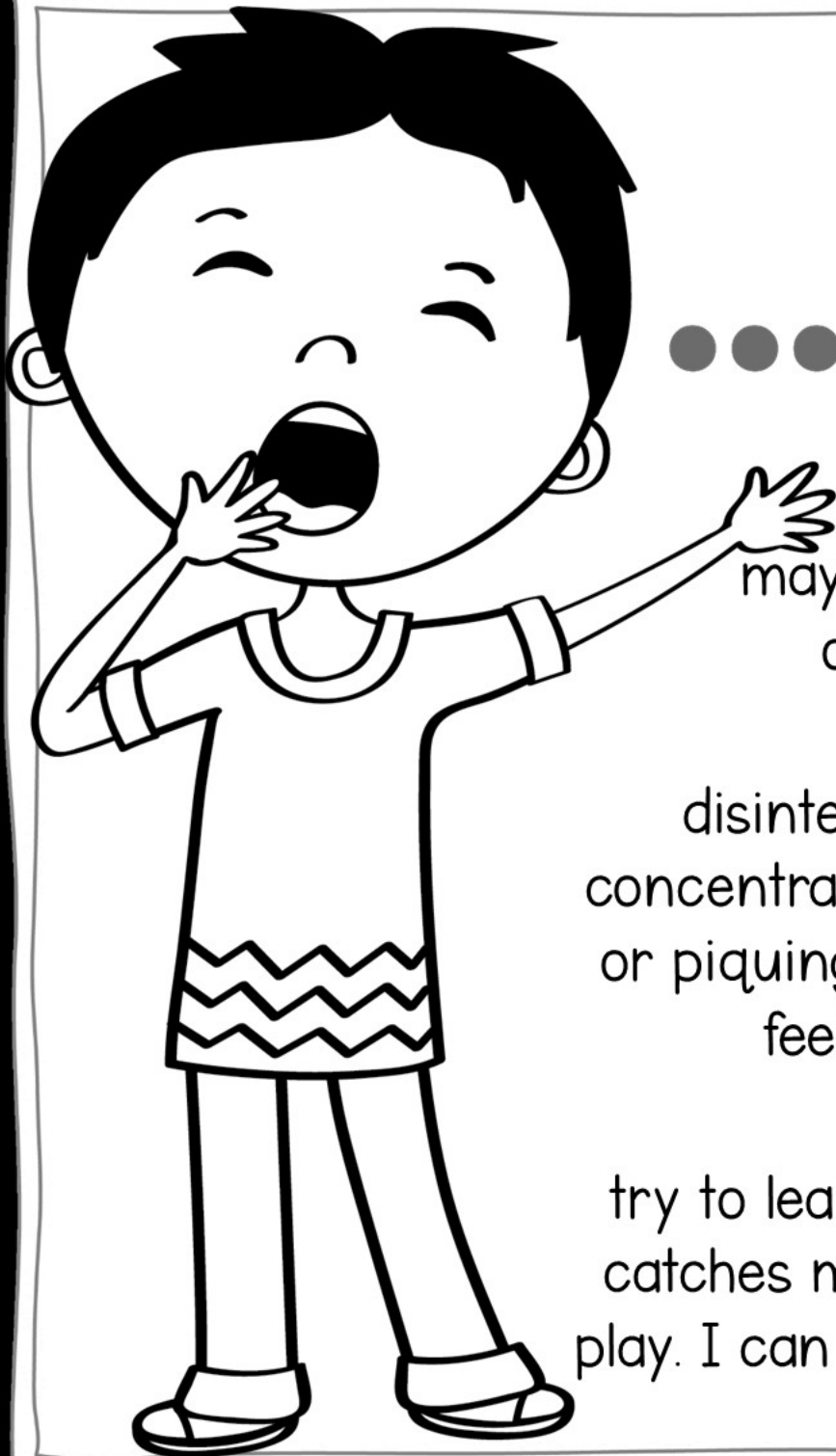
In my mind I feel...

like I want to have fun, goof off, and make people laugh. I am enjoying this moment and the feeling of bringing joy and laughter to others.

So I can...

tell jokes and be funny to help cheer up others. It is important for me to remember that there are times and places to be silly and times and places not to be silly. I can exercise to let my energy out.





BORED

.....
In my body I feel...

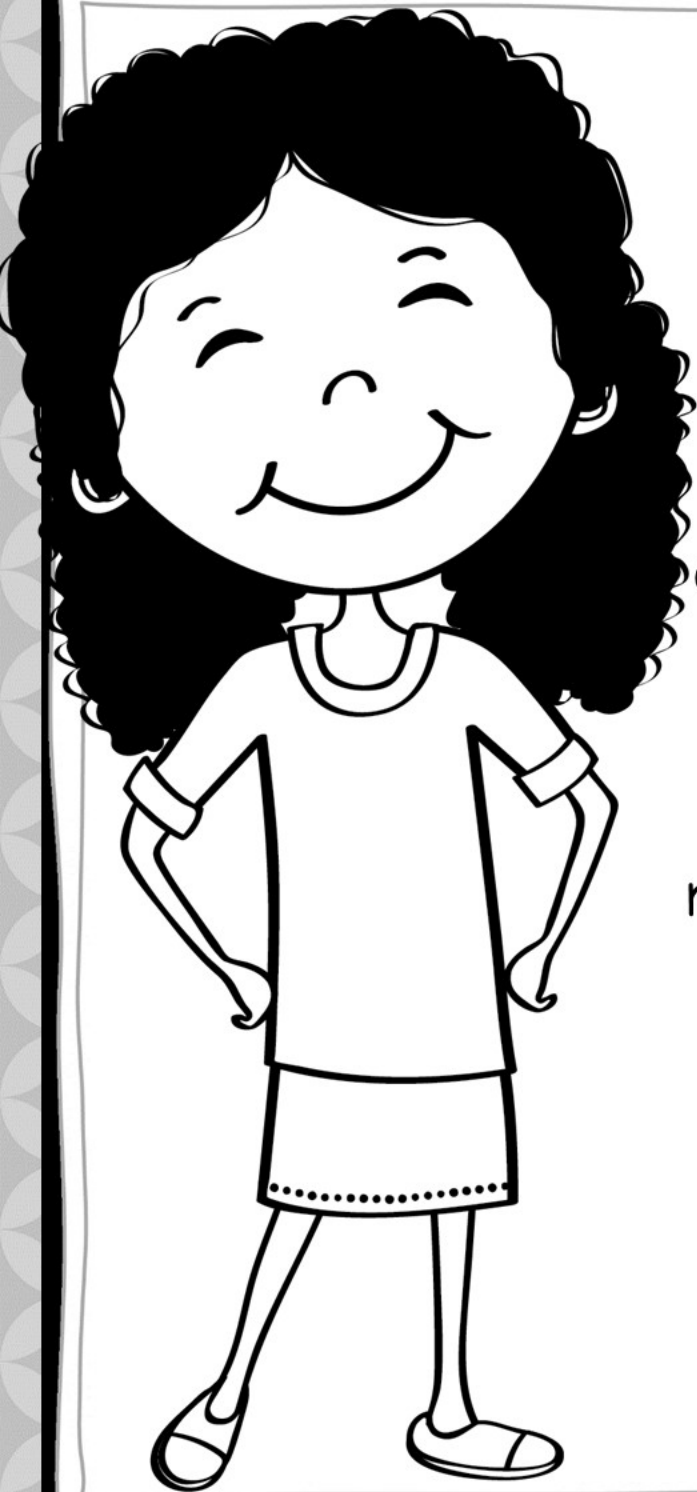
sleepy, empty, flat, and heavy. I may yawn, put my head down, and zone out. I might feel jittery and shaky.

In my mind I feel...

disinterested and distracted. I feel like I can't concentrate or focus because nothing is exciting me or piquing my interest. I may feel frustrated by this feeling and want to do something else.

So I can...

try to learn something new or find something that catches my interest. I can ask a friend or sibling to play. I can get active and moving to help energize my brain and body.



PROUD

In my body I feel...

my head held high, my hands on my hips, and a warm smile on my face. I can give myself a pat on the back.

In my mind I feel...

confident, strong, worthy, and capable. I feel like my hard work and effort have paid off. I feel like I can accomplish anything I set my mind to.

So I can...

continue to set goals and work hard to achieve them. I can inspire and be a role model for others. I can keep trying new things so I can learn and grow. I can remember that a little progress each day adds up.



TERMS OF USE:



YOU MAY...

make copies for the purchaser's classroom AND share copies with other educators in your school building; reference (without distribution) this product in blog posts, seminars, PD, workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation; share this resource with teachers and parents at your school via email, hard copy, or on a protected website such as Google Classroom or Seesaw

YOU MAY NOT...

claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright; share this product with educators outside of your school building; repackage, sell, or give away this product for others.

