

o MUSIC  city COUNSELOR

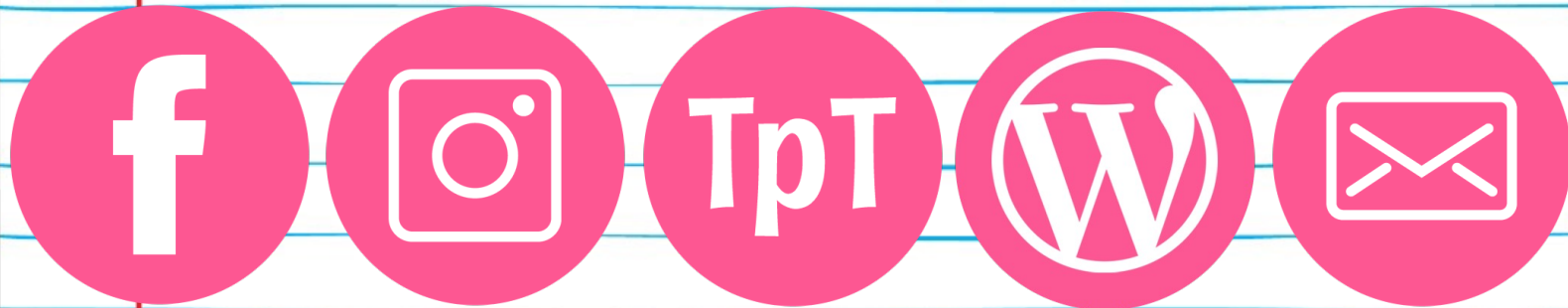
THANK YOU FOR YOUR PURCHASE!



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

♥ *laura oathout*

LET'S CONNECT!



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

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

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

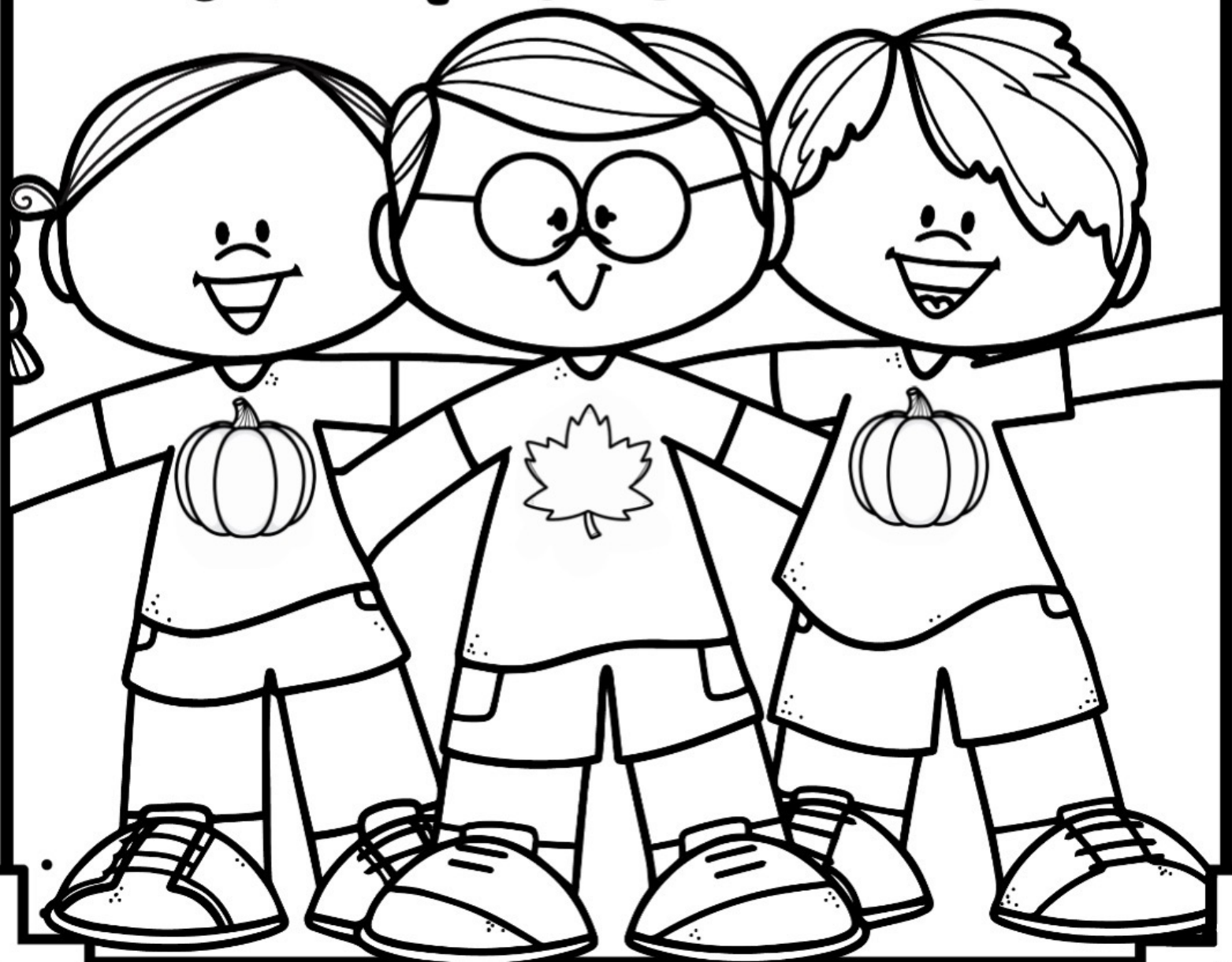
Name: _____

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MY FALL

Social-Emotional Learning

WORKBOOK



Name: _____

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MY FALL FEELINGS

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



Happy



Sad



Angry



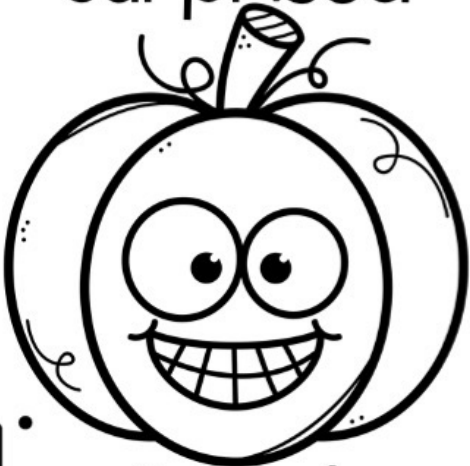
Surprised



Nervous



Scared



Proud



Frustrated



Excited

Name: _____

FALL INTO MY GOALS

Write about your goals for this fall on the lines.



A goal I have for this fall:



One thing I'll try this fall even if it's hard:



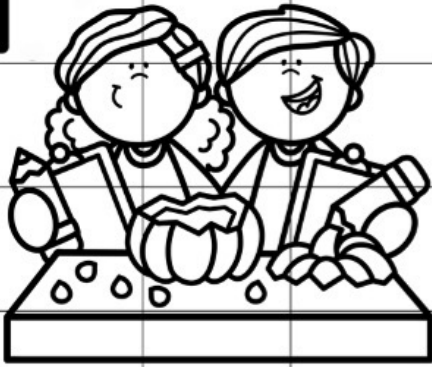
One way I'll cope with my feelings:



Name: _____

COPING SKILLS PUZZLE

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



Talk it out

Write in a journal

Ask for a hug

Take deep breaths

Spend time in nature

Be mindful

Use fidget tools

Go for a walk

Take a break

Draw a picture

Count to 10

Imagine a happy place

Name: _____

WALK IN THEIR SNEAKERS

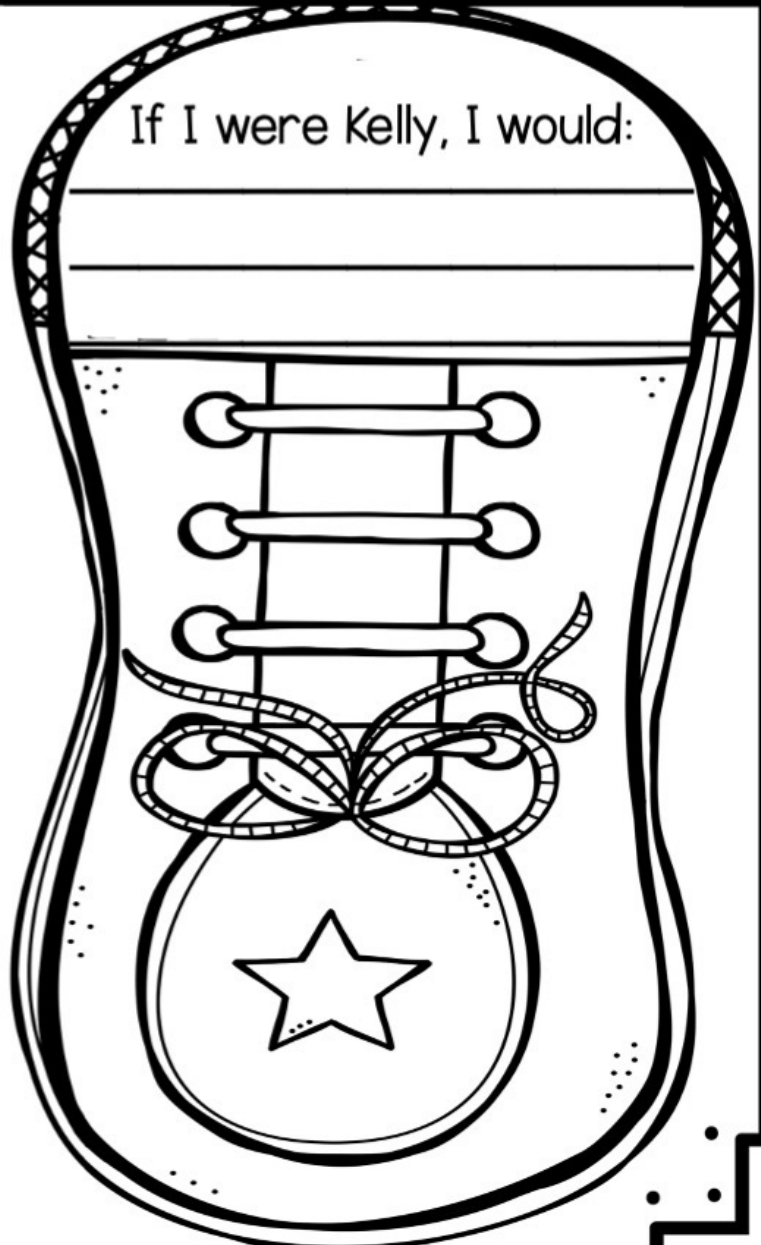
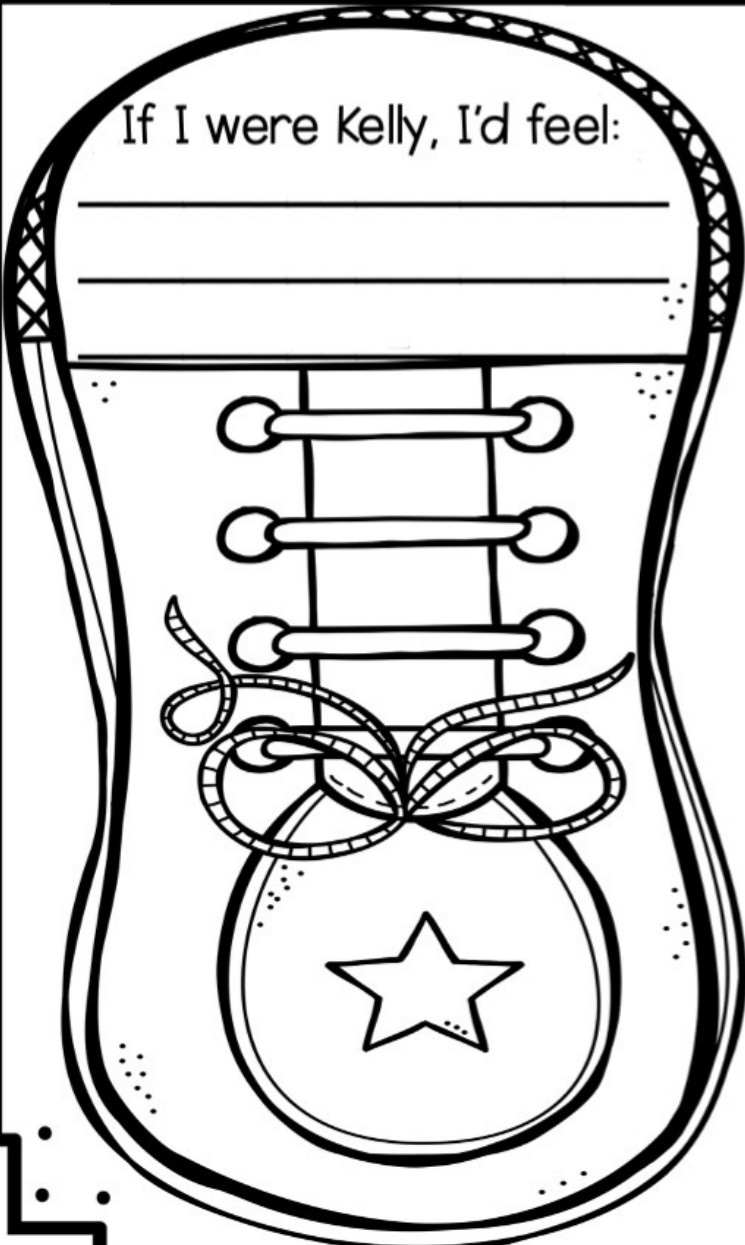
Write how you would feel and what you would do in this situation on the sneakers.



Kelly got lost in the corn maze at the pumpkin patch.

If I were Kelly, I'd feel:

If I were Kelly, I would:



Name: _____

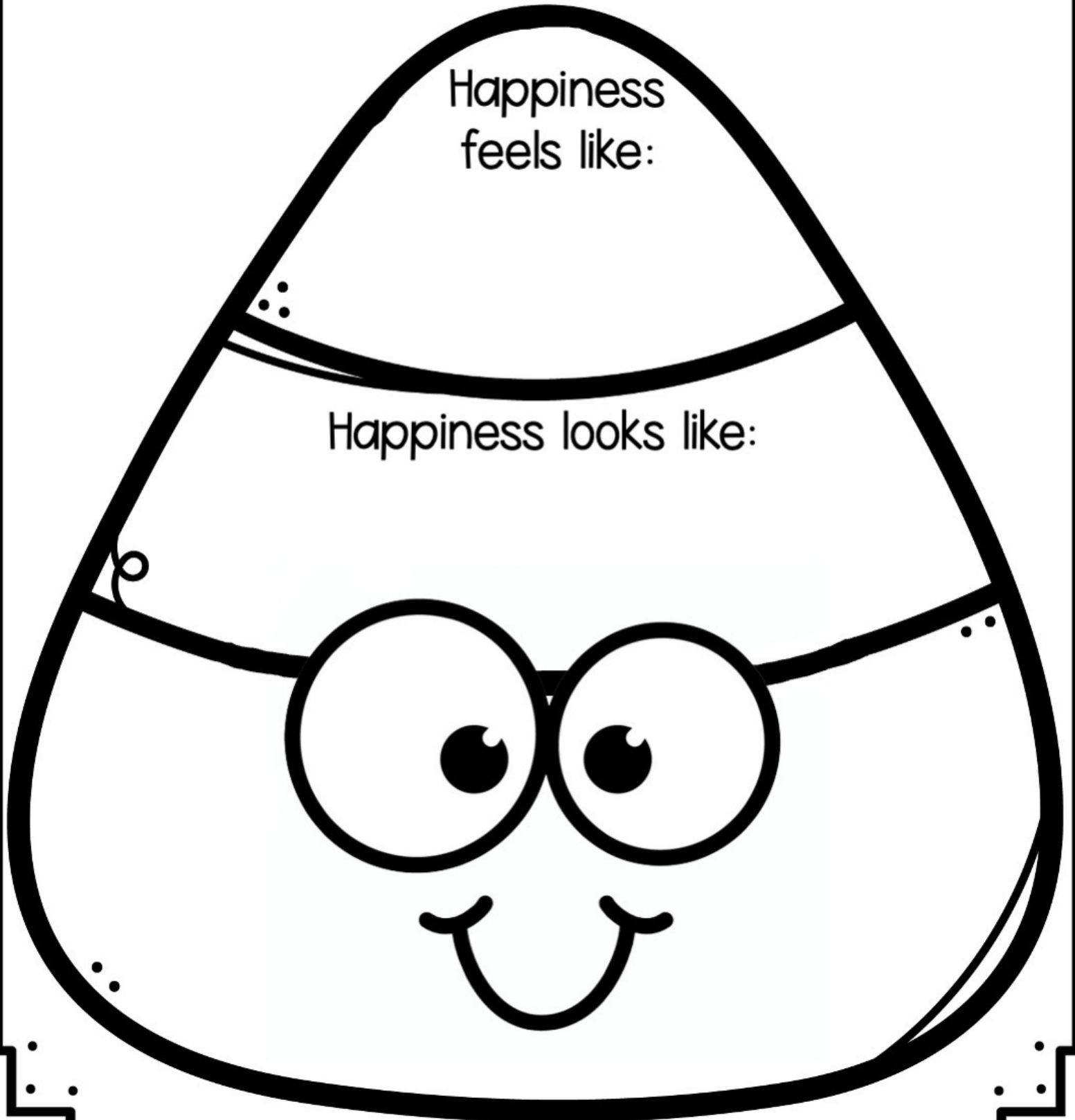
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HAPPY CANDY CORN

Write about the feeling on the candy corn.

Happiness
feels like:

Happiness looks like:



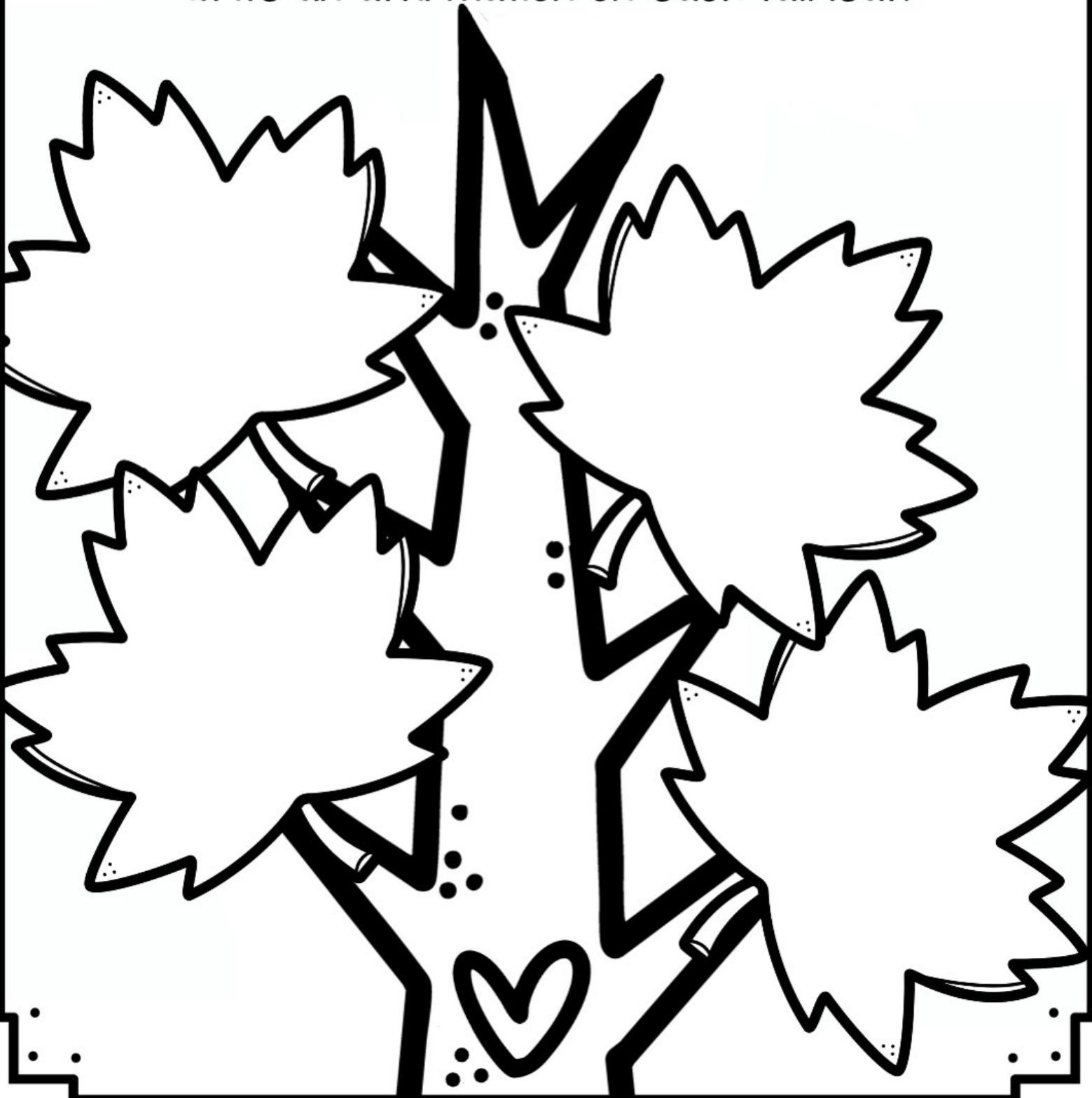
Name: _____

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FALL LEAF AFFIRMATIONS

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

Write an affirmation on each fall leaf.

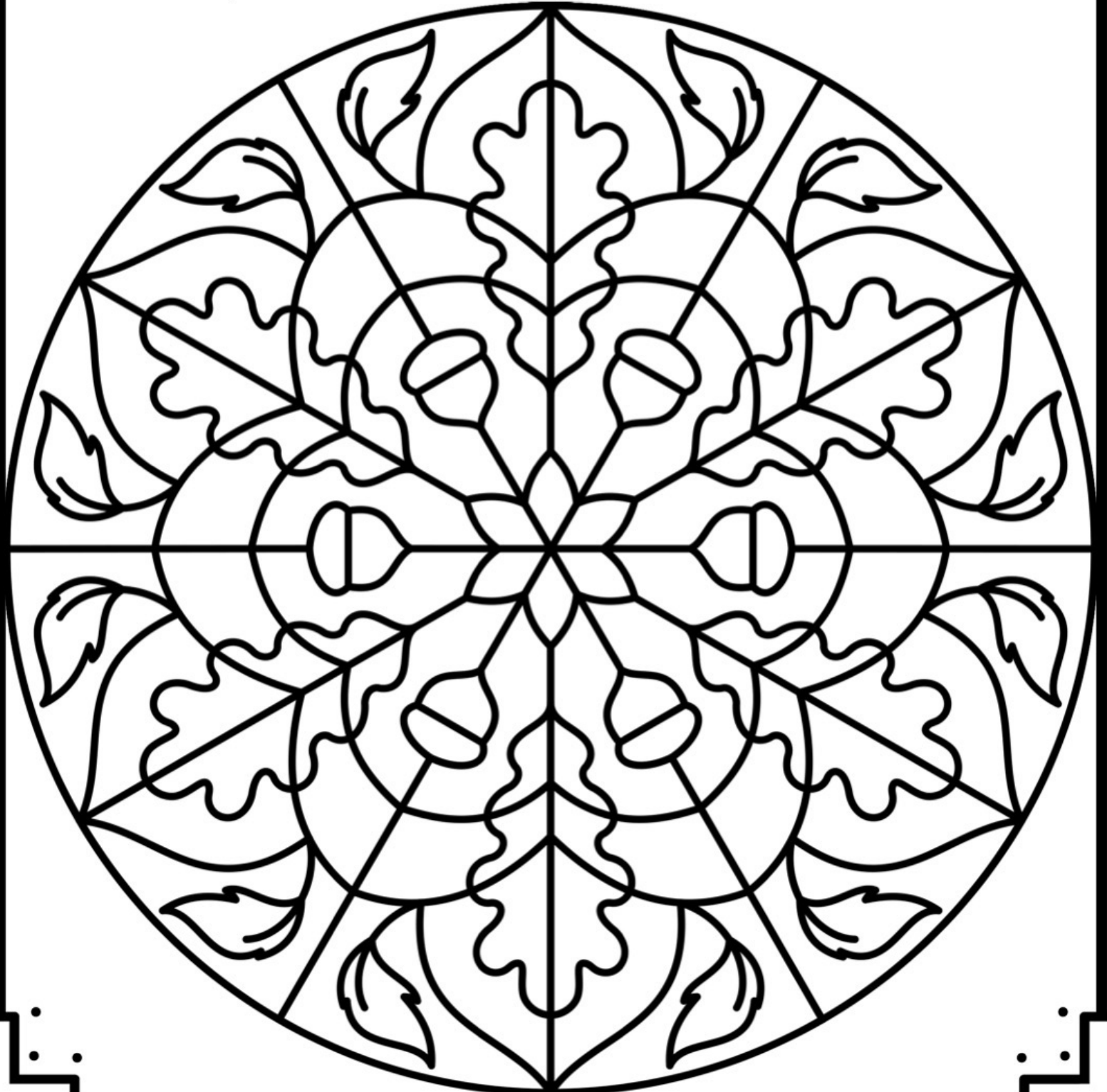


Name: _____

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FALL MINDFUL COLORING

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



Name: _____

PUMPKIN I-MESSAGES

Solve the small problem below using an I-Message.



Jay'Quan didn't invite you to his Halloween party.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



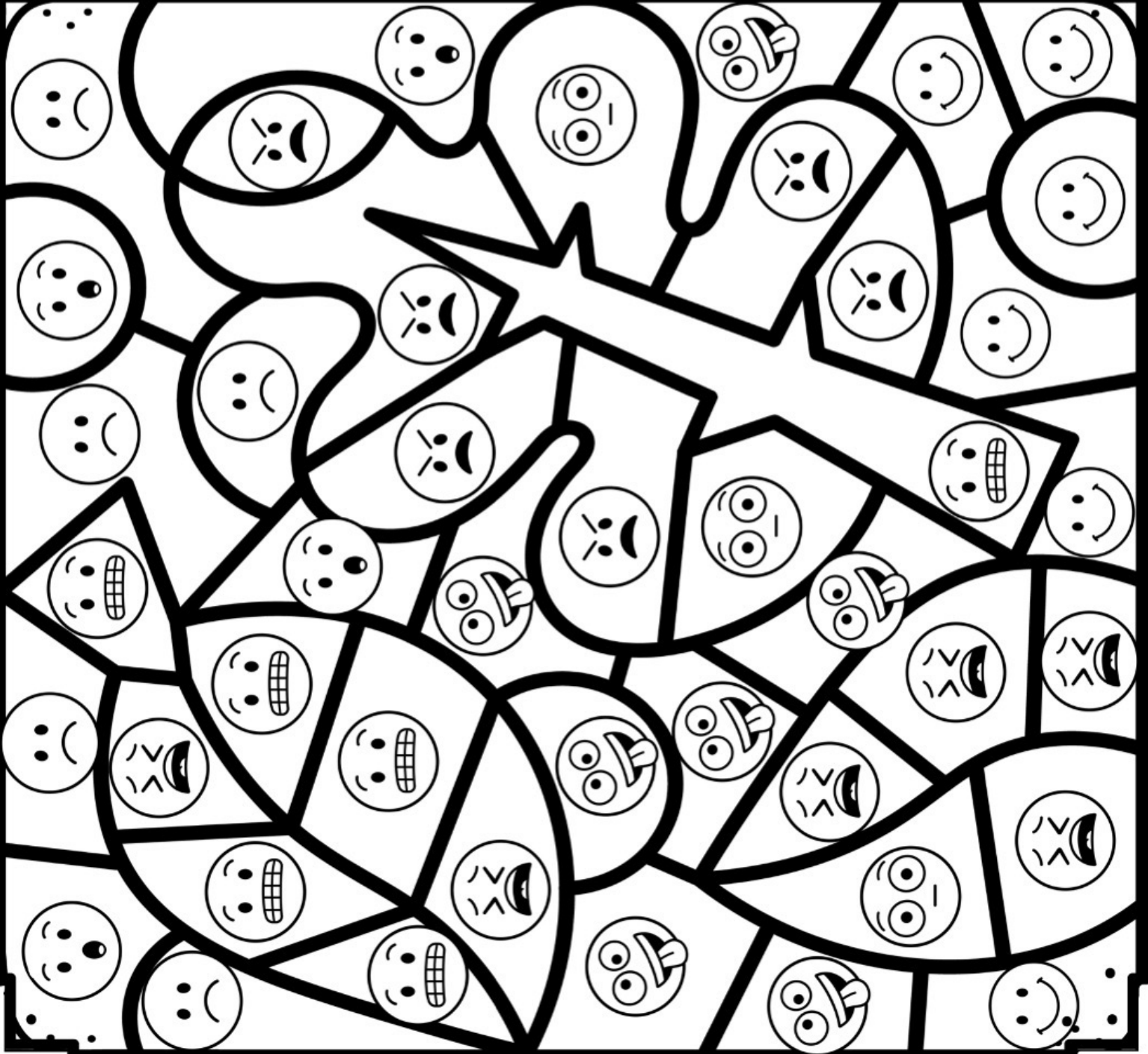
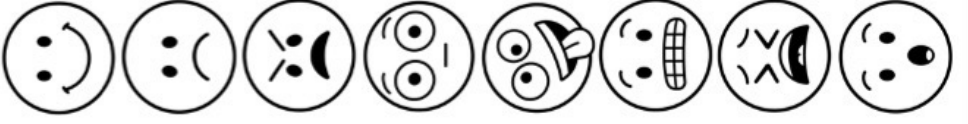
STEP 3: Share what you need.

Can you please _____



Name: _____

FALL COLOR BY CODE FEELINGS

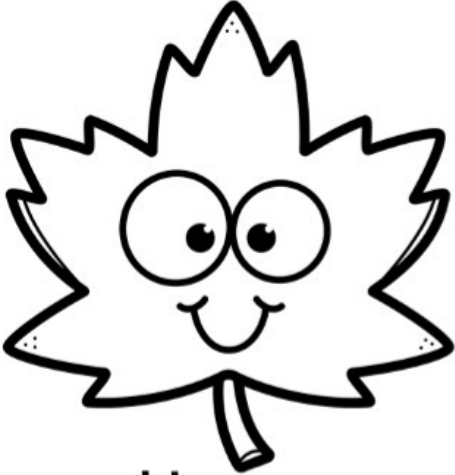


Name: _____

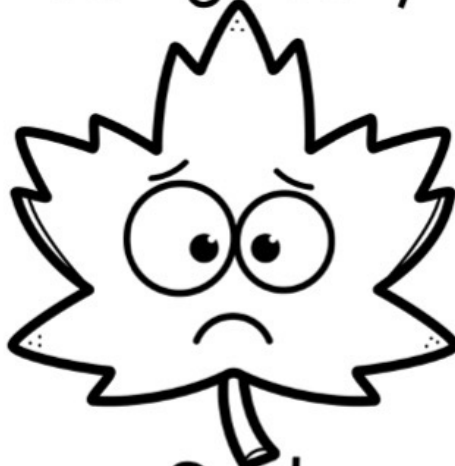
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MY FALL FEELINGS

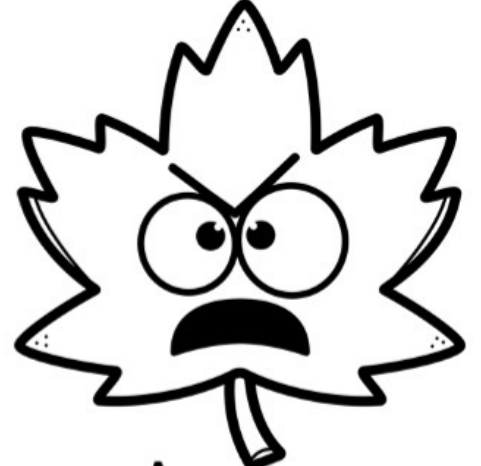
Color the leaves that show how you're feeling today.



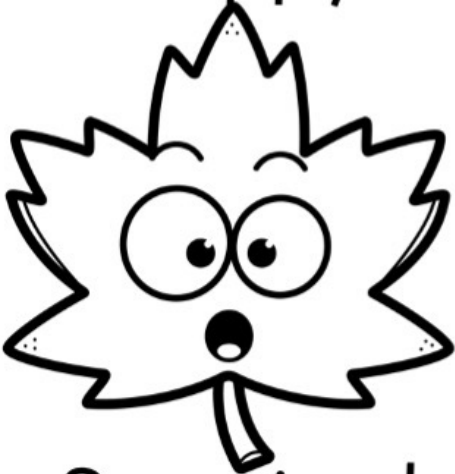
Happy



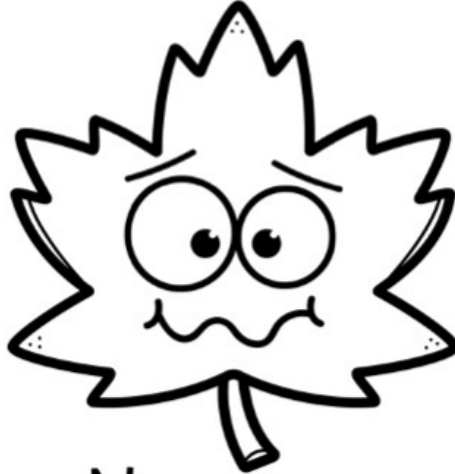
Sad



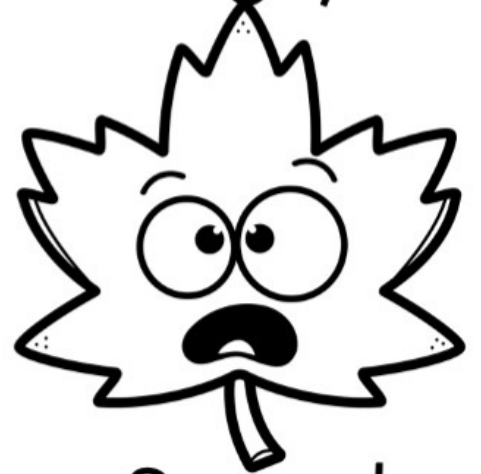
Angry



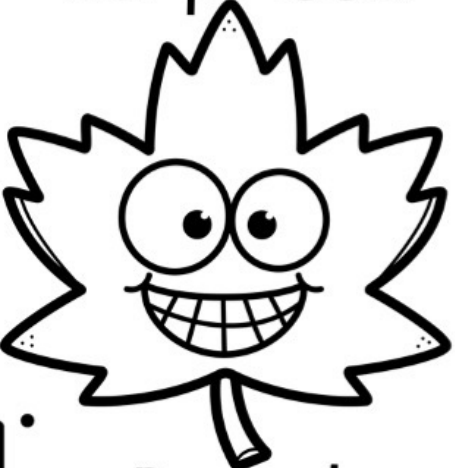
Surprised



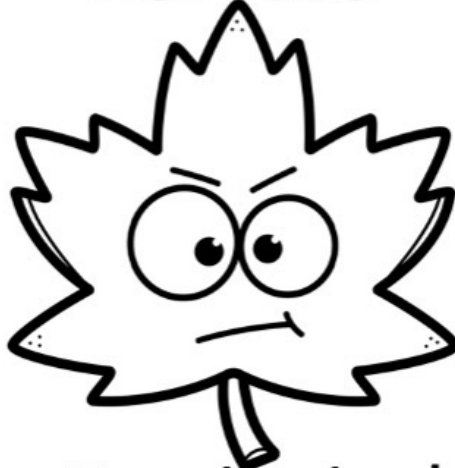
Nervous



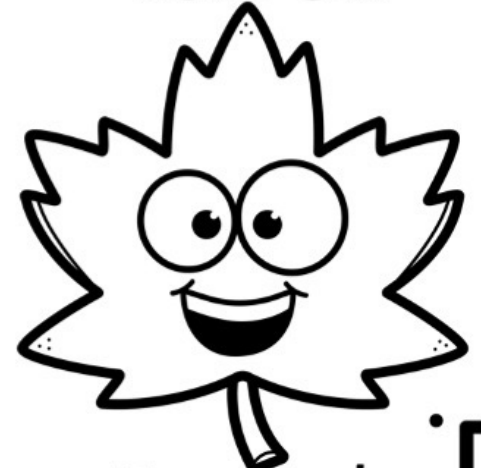
Scared



Proud



Frustrated



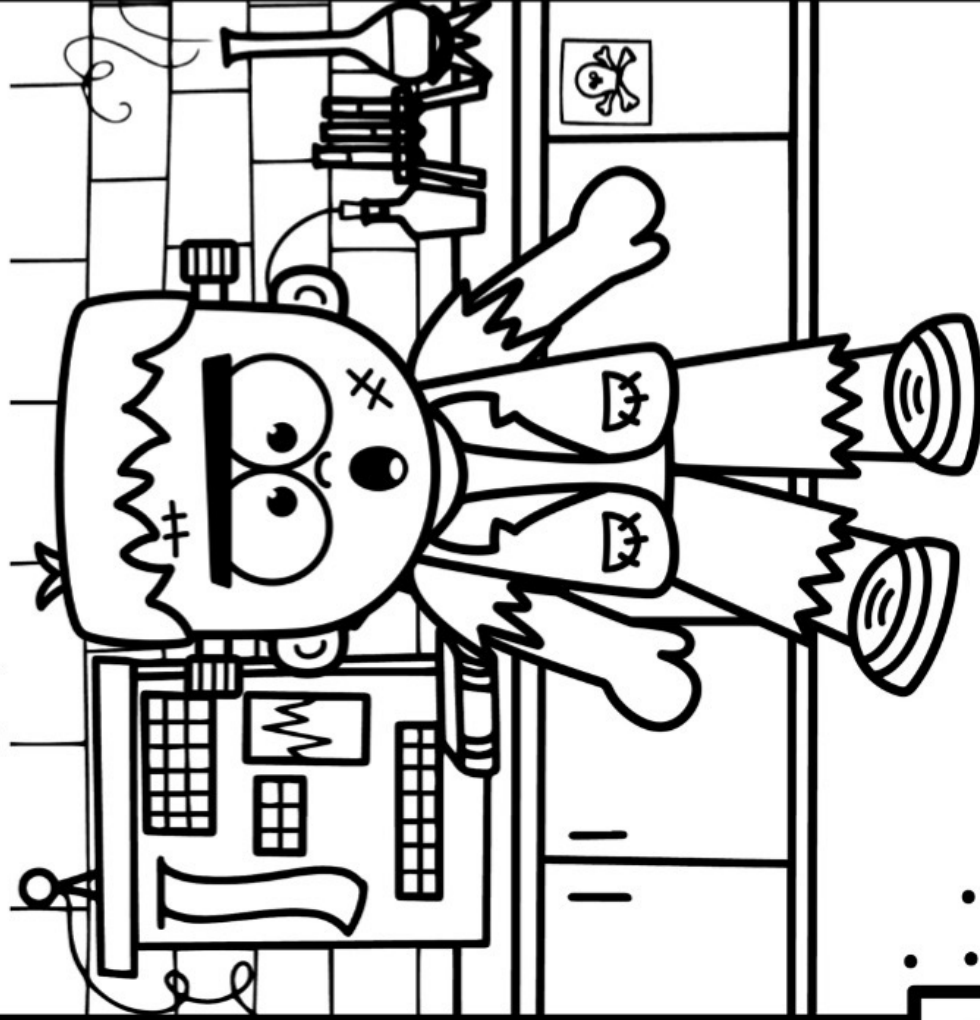
Excited

Name: _____

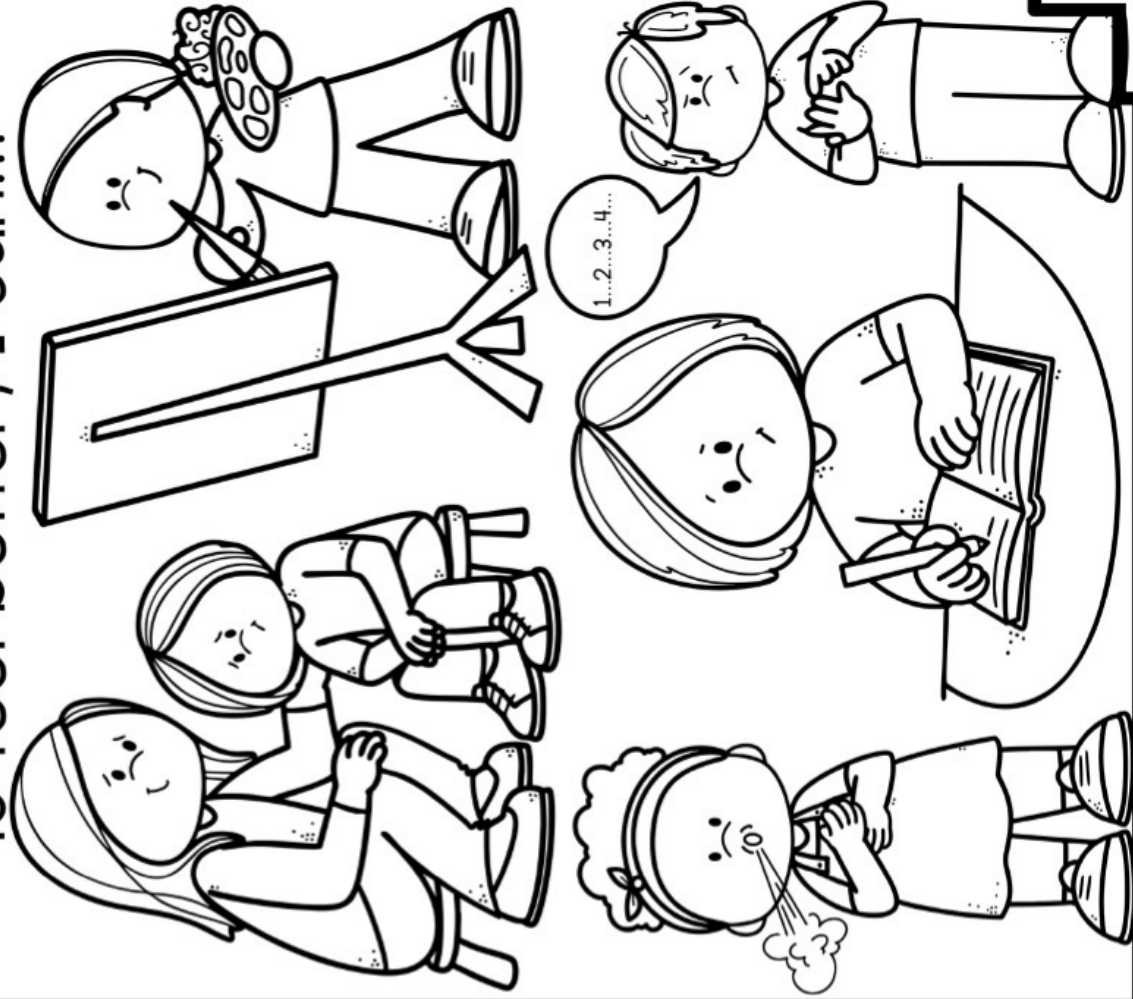
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WHEN I FEEL CRANKY

Sometimes I feel sad,
angry, and nervous.



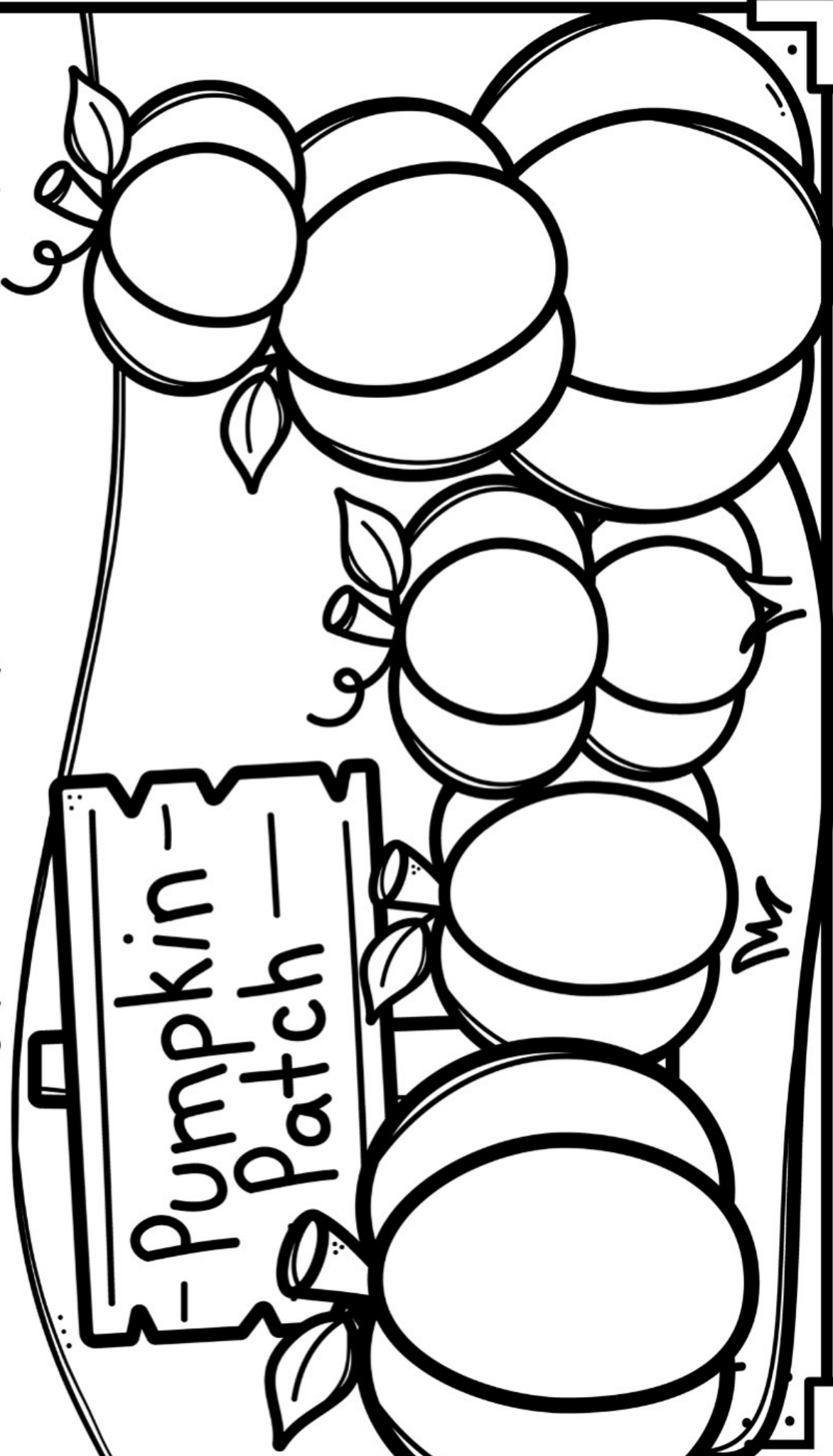
To feel better, I can...



Name: _____

I'M THE PICK OF THE PATCH!

Write one thing you love about yourself on each pumpkin.



Name: _____

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SAD CANDY CORN

Write about the feeling on the candy corn.

Sadness
feels like:

To cope I can:



Name: _____

WALK IN THEIR SNEAKERS

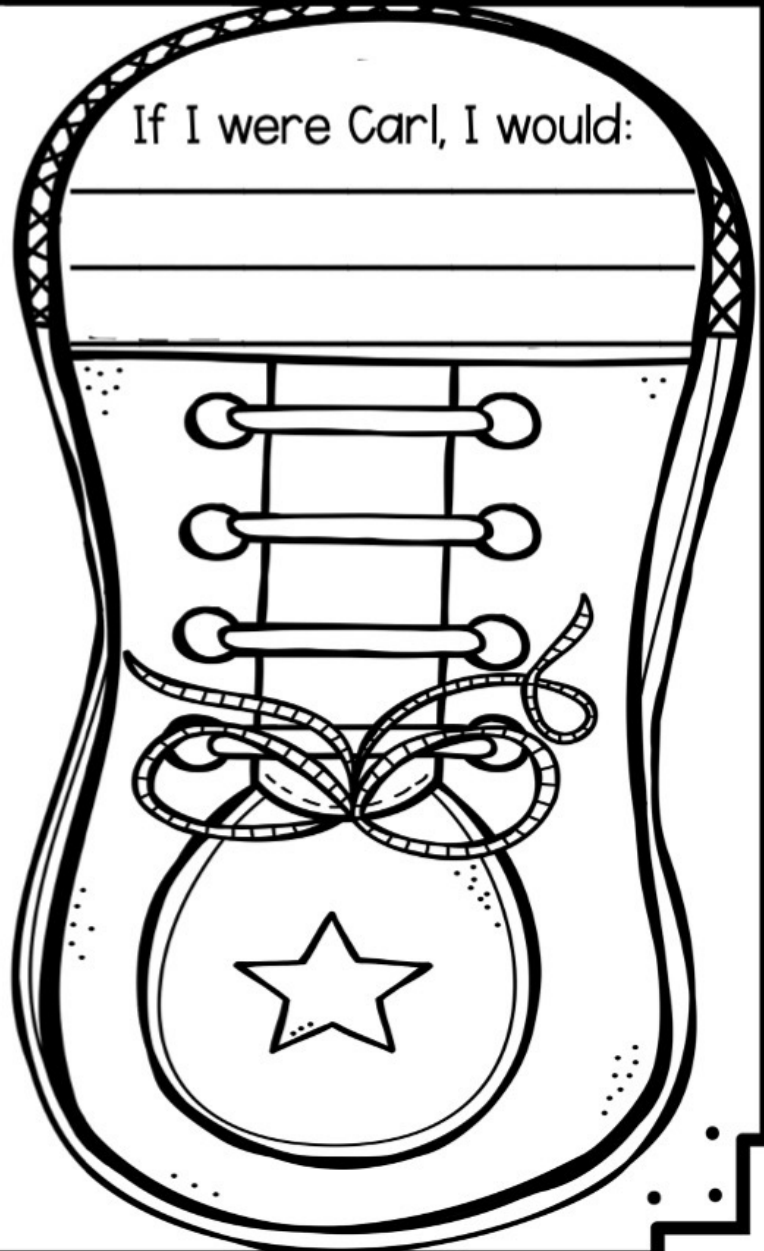
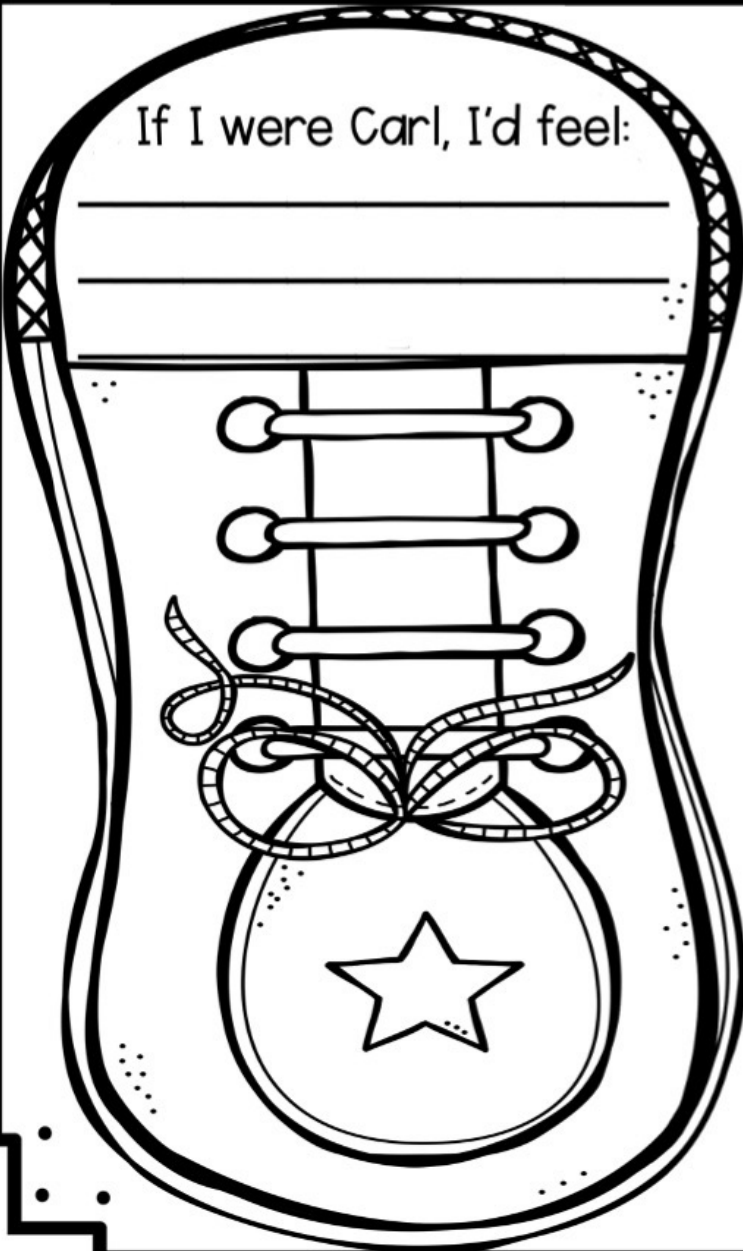
Write how you would feel and what you would do in this situation on the sneakers.



Carl's dad didn't get home in time to carve pumpkins with him.

If I were Carl, I'd feel:

If I were Carl, I would:



Name: _____

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COPING SKILLS PUZZLE

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



Ask for
a hug

Take
a break

Count
to 10

Talk it
out

Take deep
breaths

Write in
a journal

Be
mindful

Spend time
in nature

Imagine
a happy
place

Go for
a walk

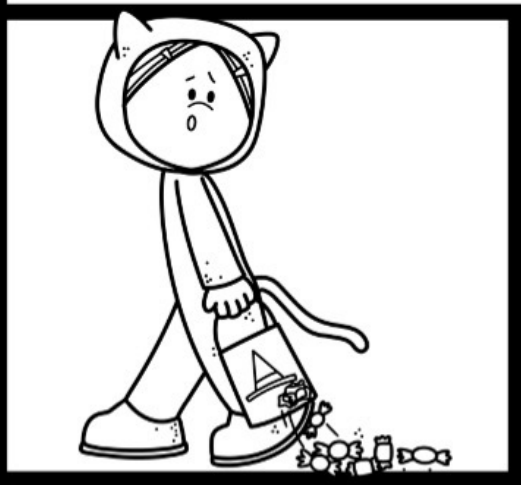
Use
fidget
tools

Draw a picture

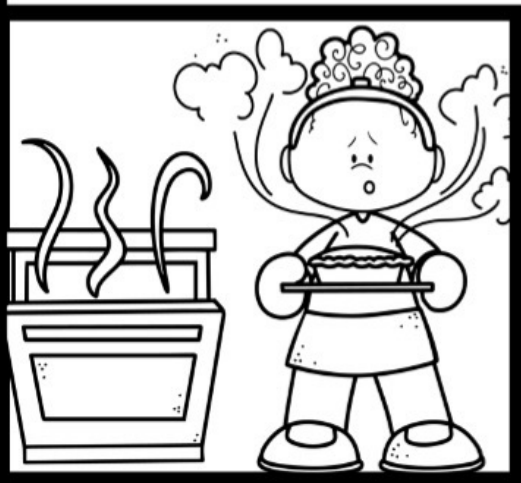
Name: _____

MY FALL FEELINGS

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



Mikey's candy spilled out of his trick-or-treat bucket.



Amani burned the pumpkin pie.

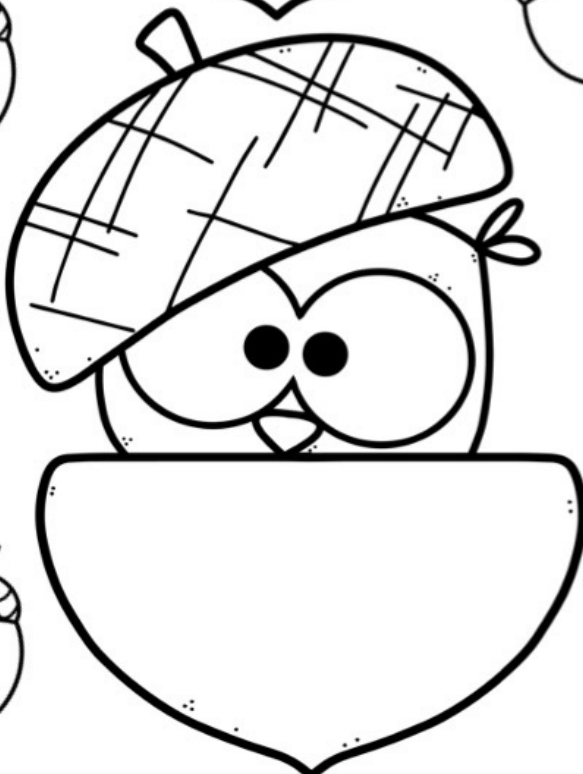


Maya's mummy costume started to unravel.

Name: _____

ACORN THOUGHTS

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

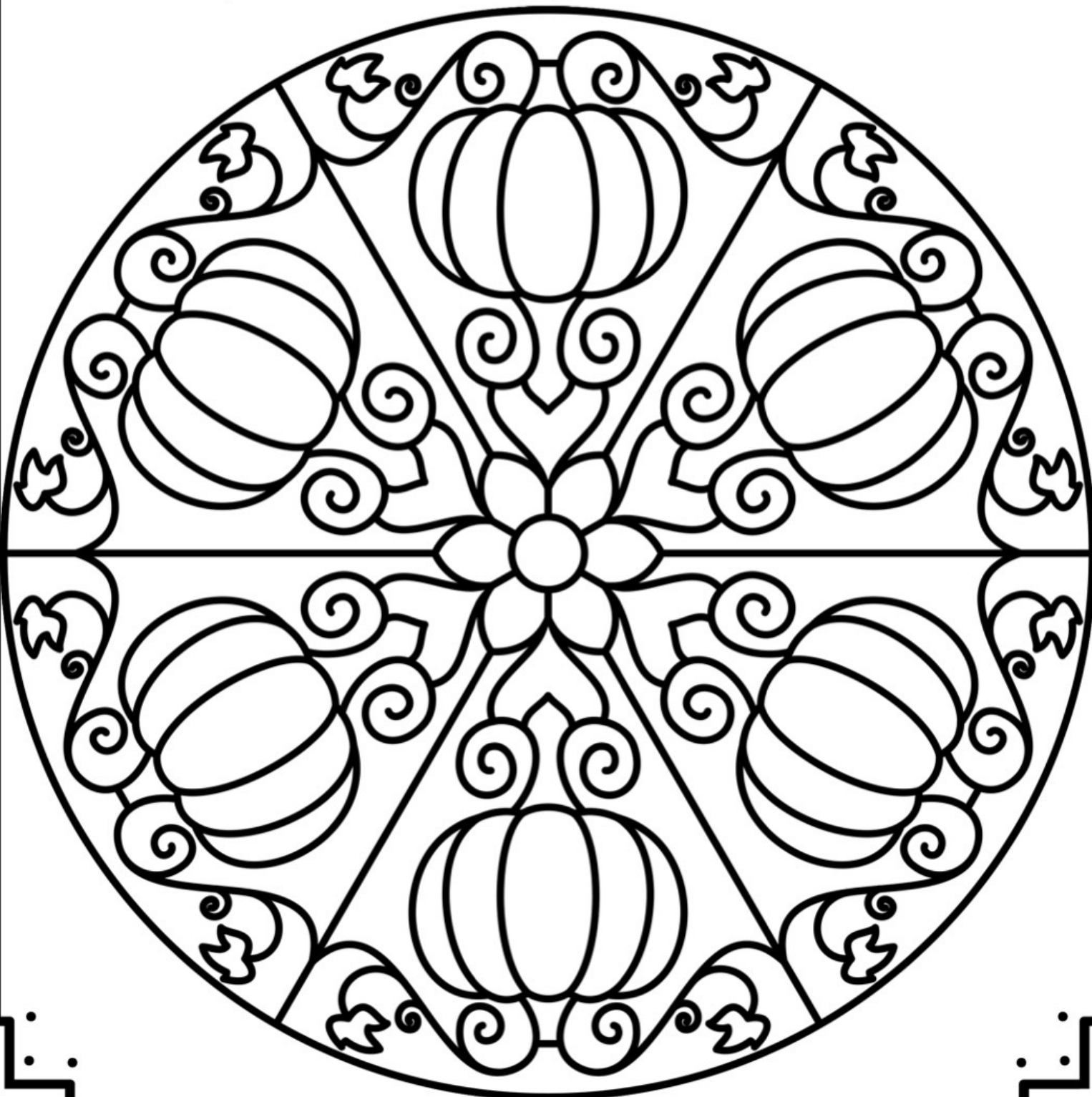


Name: _____

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FALL MINDFUL COLORING

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



Name: _____

PUMPKIN I-MESSAGES

Solve the small problem below using an I-Message.



Your little sister ate all of your Halloween candy.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



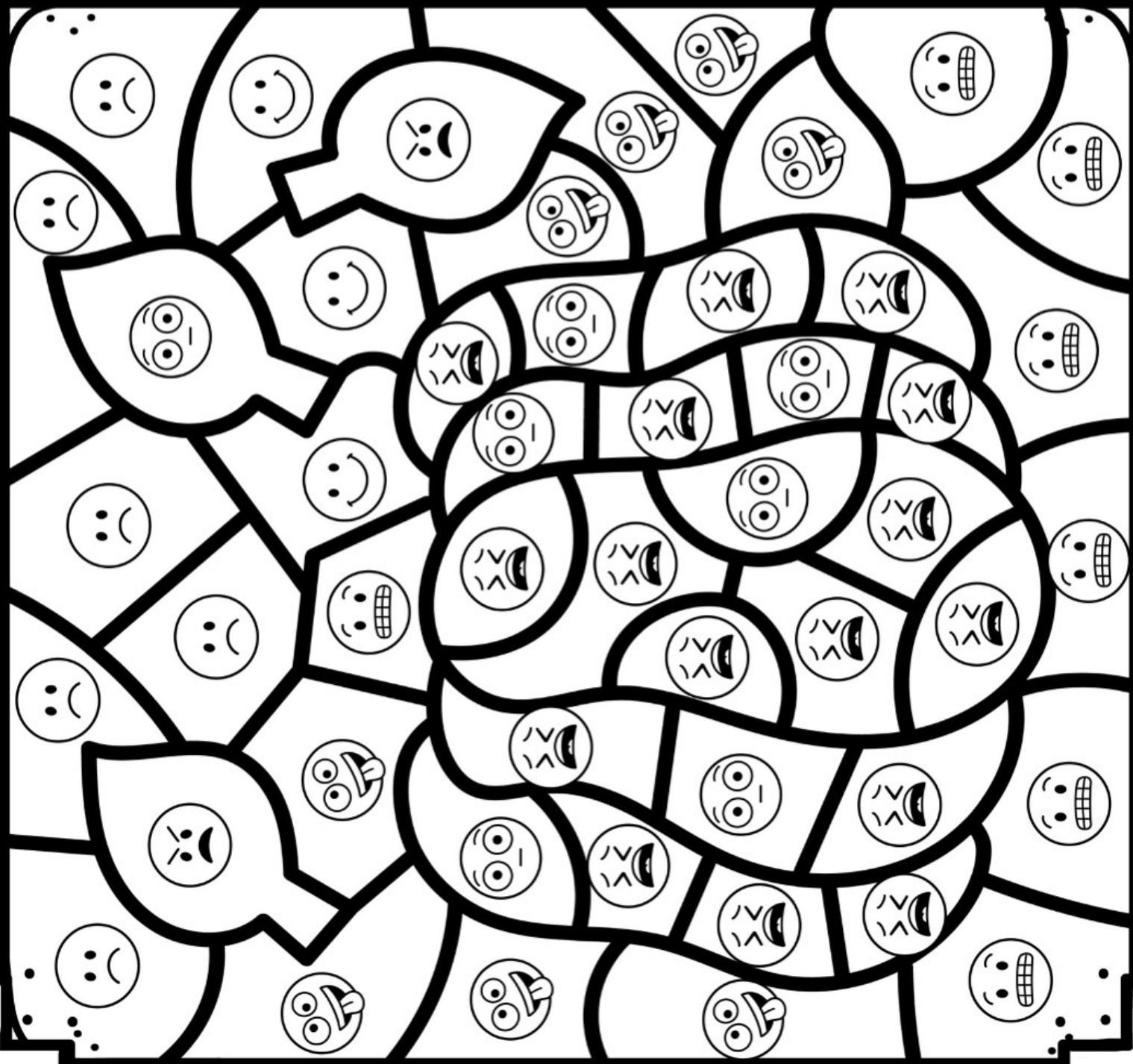
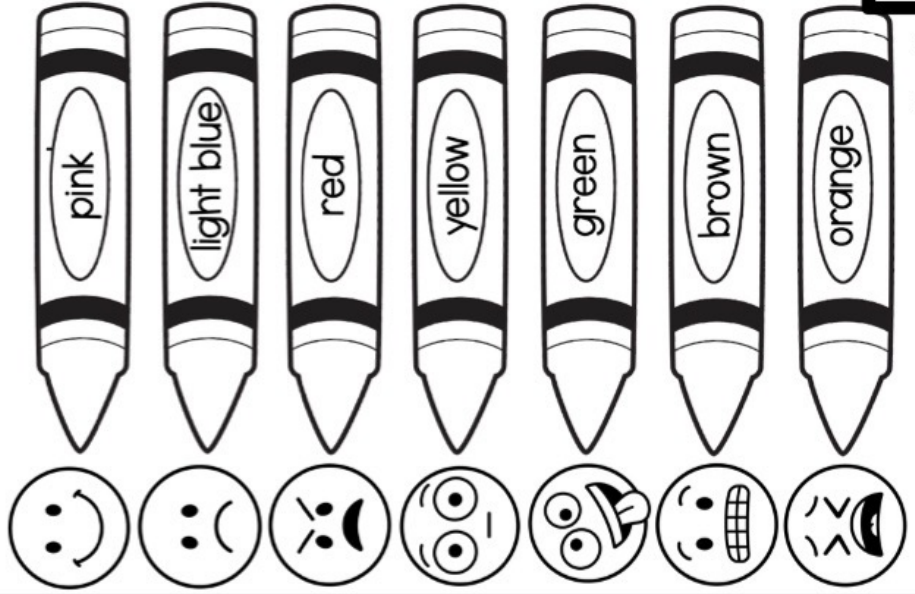
STEP 3: Share what you need.

Can you please _____



Name: _____

FALL COLOR BY CODE FEELINGS



Name: _____

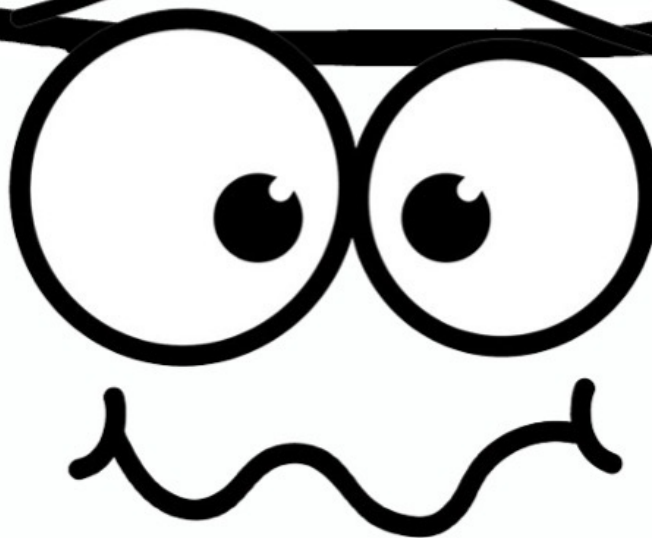
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ANXIOUS CANDY CORN

Write about the feeling on the candy corn.

Anxiety
looks like:

To cope I can:

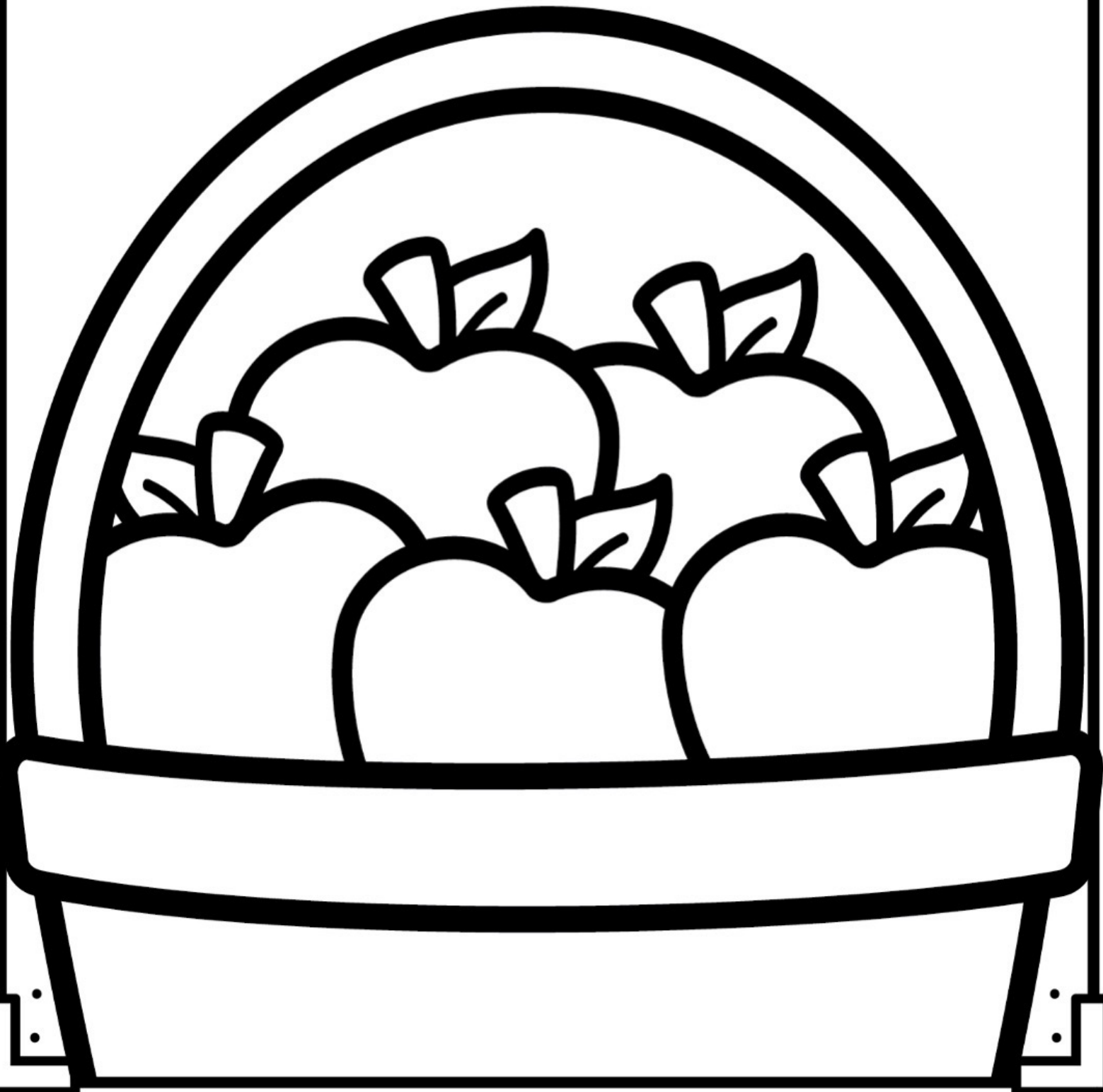


Name: _____

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APPLE AFFIRMATIONS

Positive affirmations are kind words you say to yourself that make you feel calm and confident. Write an affirmation on each apple in the basket.



Name: _____

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MY FALL FEELINGS

Color the pumpkin pies that show how you're feeling today.



Happy



Sad



Angry



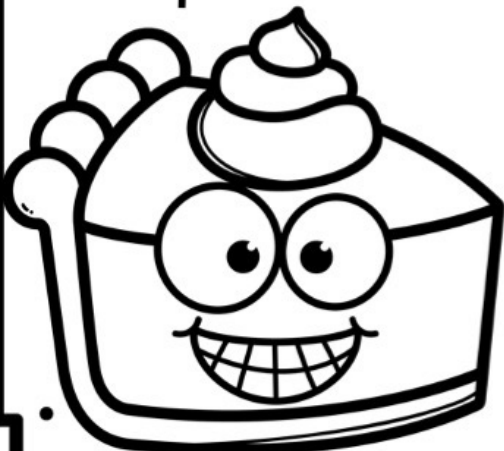
Surprised



Nervous



Scared



Proud



Frustrated



Excited

Name: _____

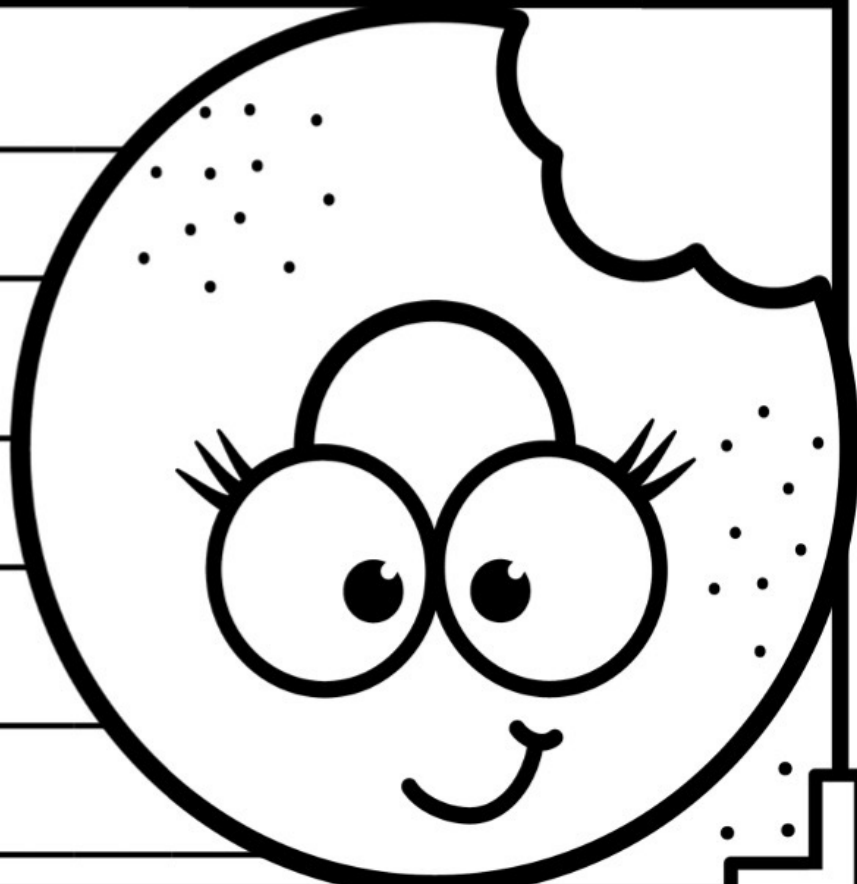
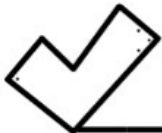
DONUT WORRY, BE HAPPY!

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

THINGS I WORRY ABOUT:



THINGS THAT CALM MY WORRIES:

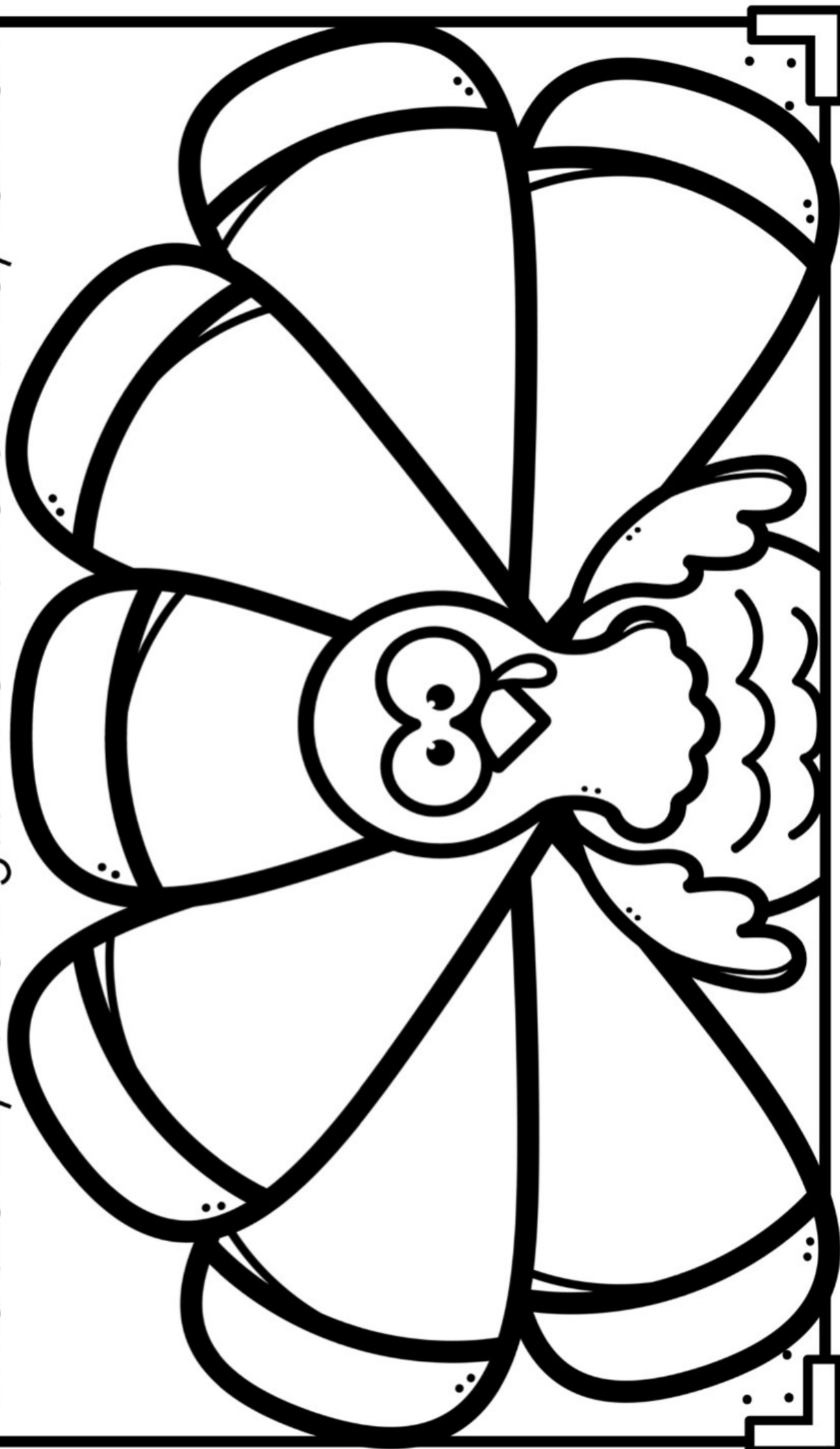


Name: _____

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BUILD A TURKEY FRIEND

Write one way to be a good friend on each turkey feather.

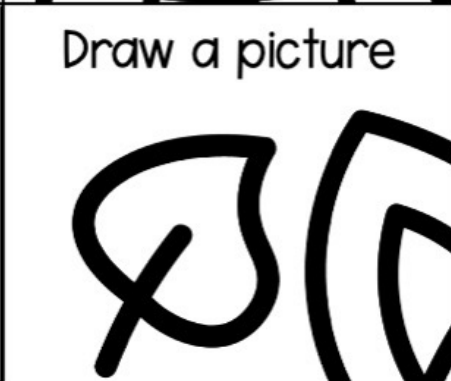
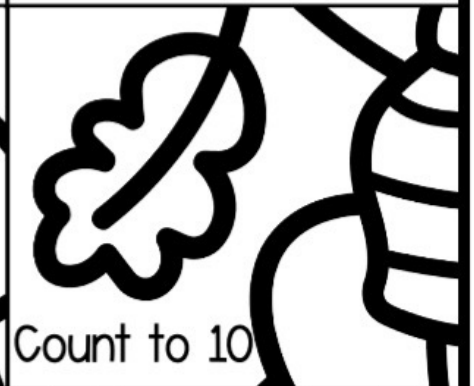
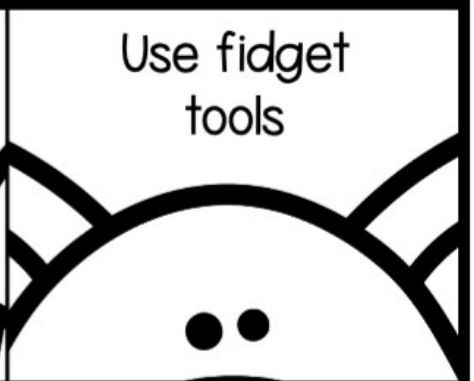
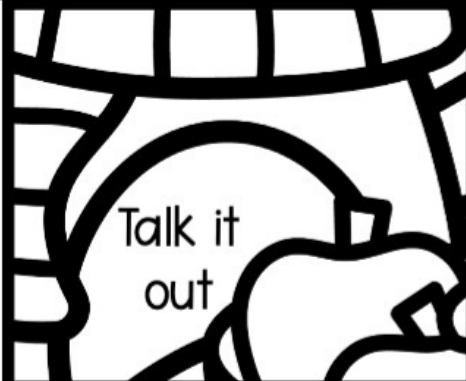


Name: _____

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COPING SKILLS PUZZLE

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

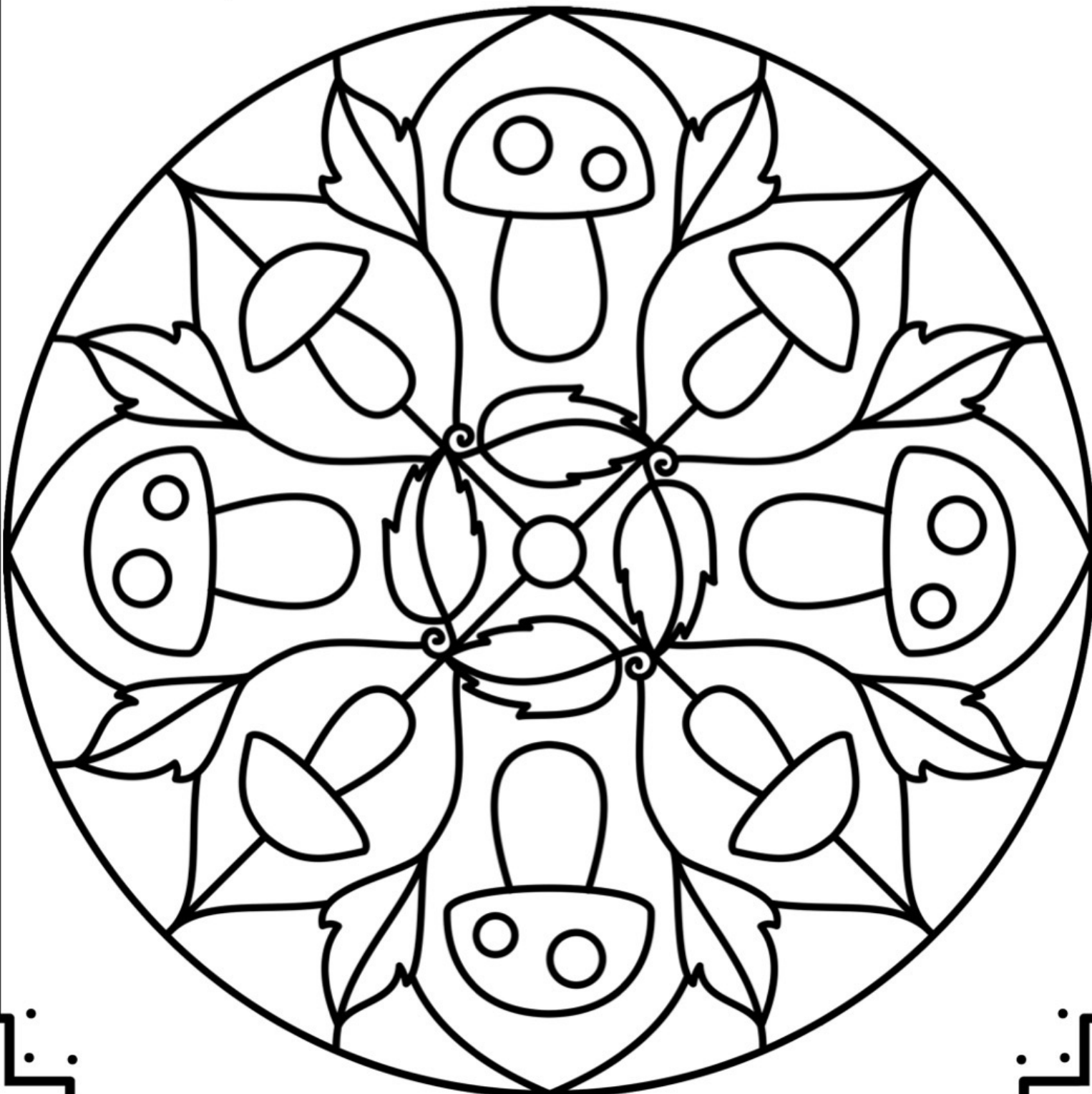


Name: _____

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FALL MINDFUL COLORING

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



Name: _____

PUMPKIN I-MESSAGES

Solve the small problem below using an I-Message.



Tommy laughed
when you tripped in
your ghost costume.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



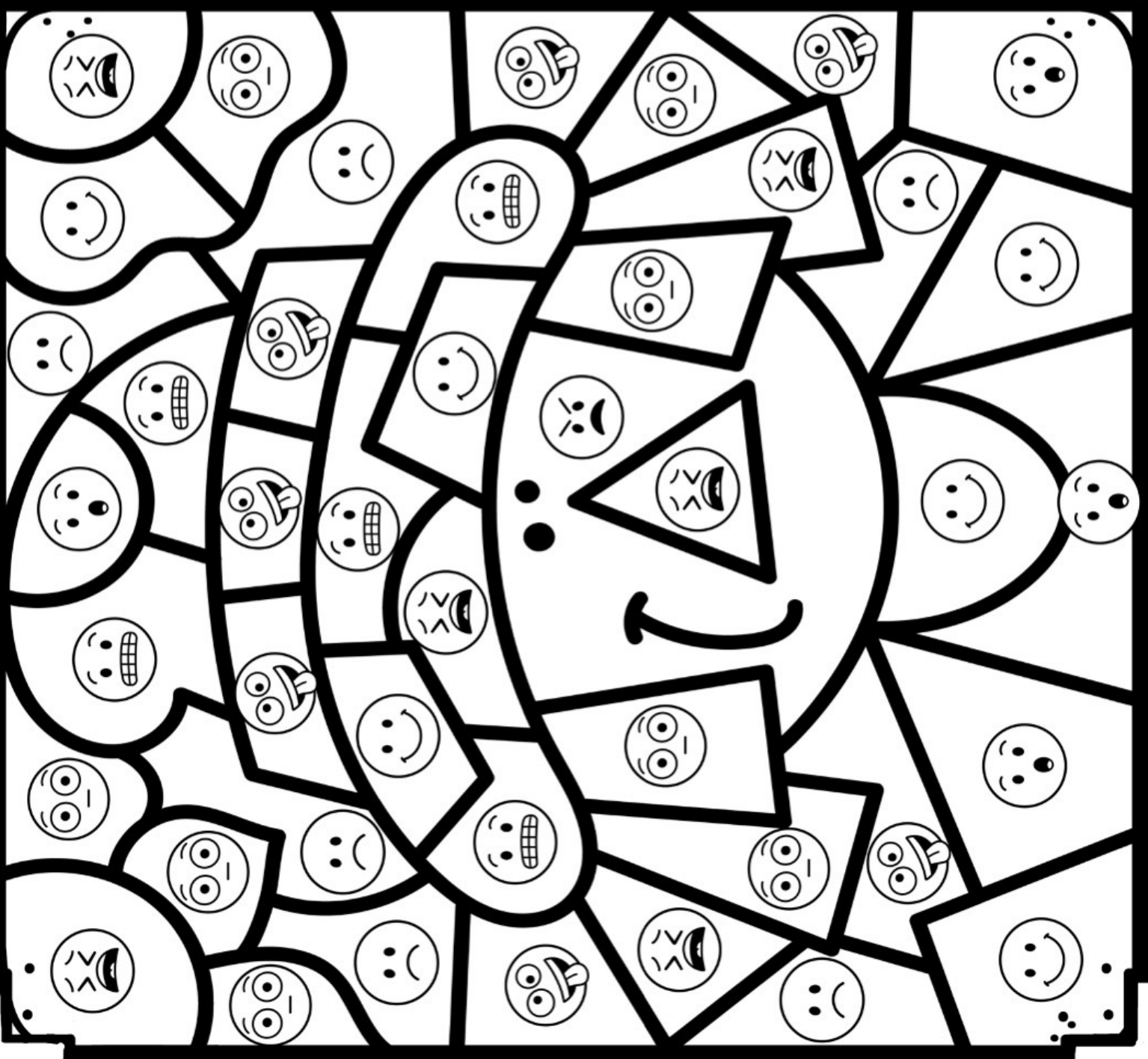
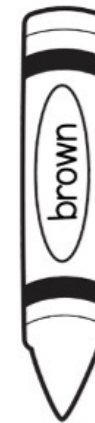
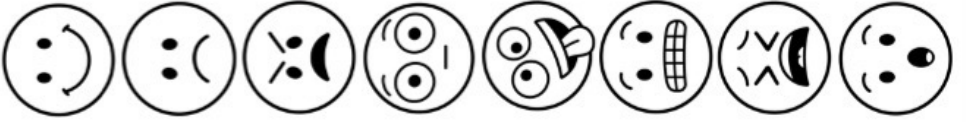
STEP 3: Share what you need.

Can you please _____



Name: _____

FALL COLOR BY CODE feelings

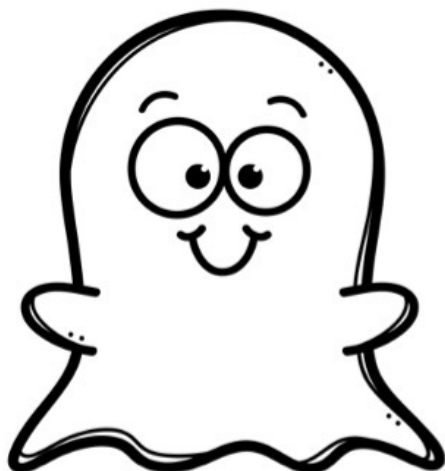


Name: _____

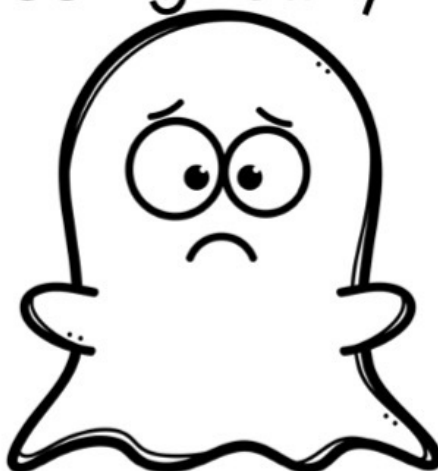
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MY FALL FEELINGS

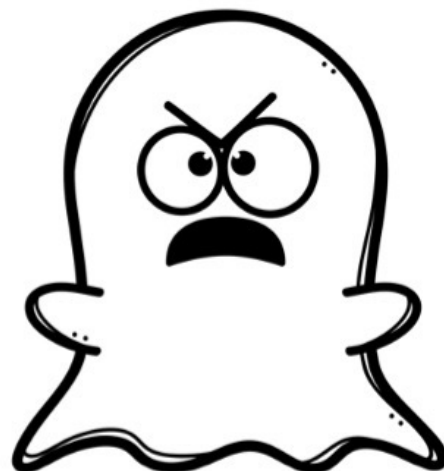
Color the ghosts that show how you're feeling today.



Happy



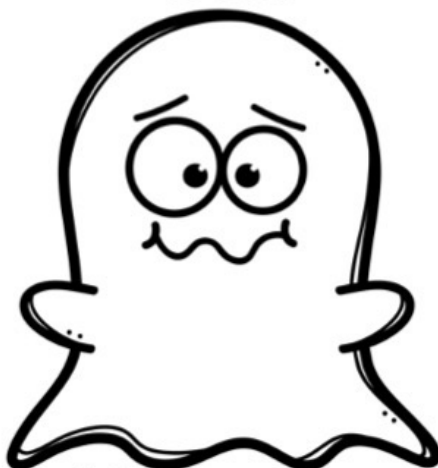
Sad



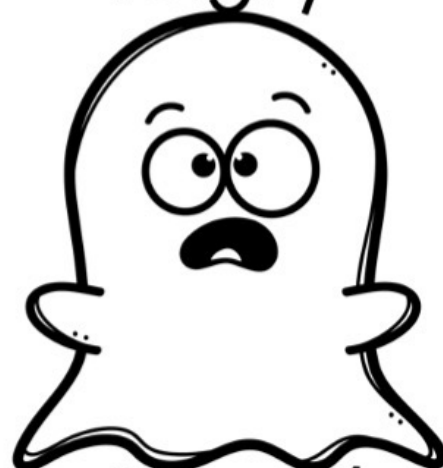
Angry



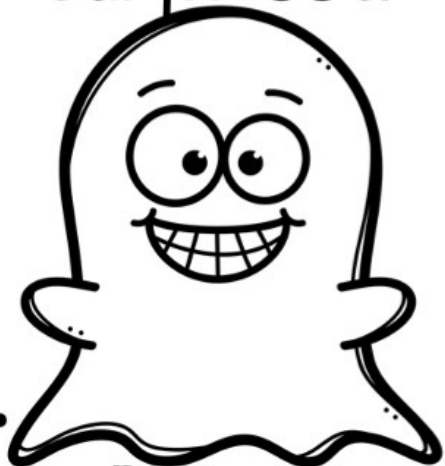
Surprised



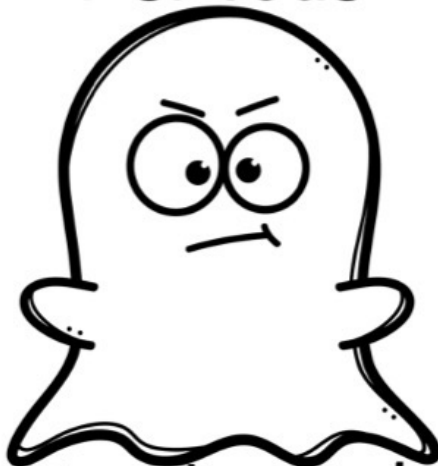
Nervous



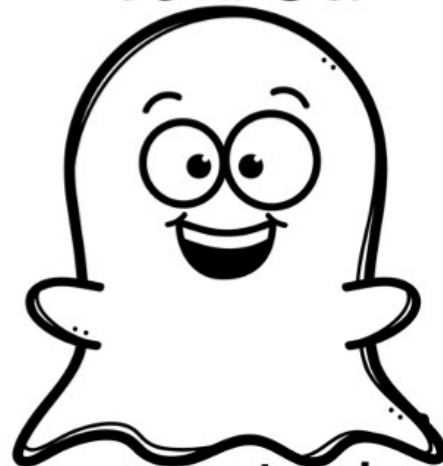
Scared



Proud



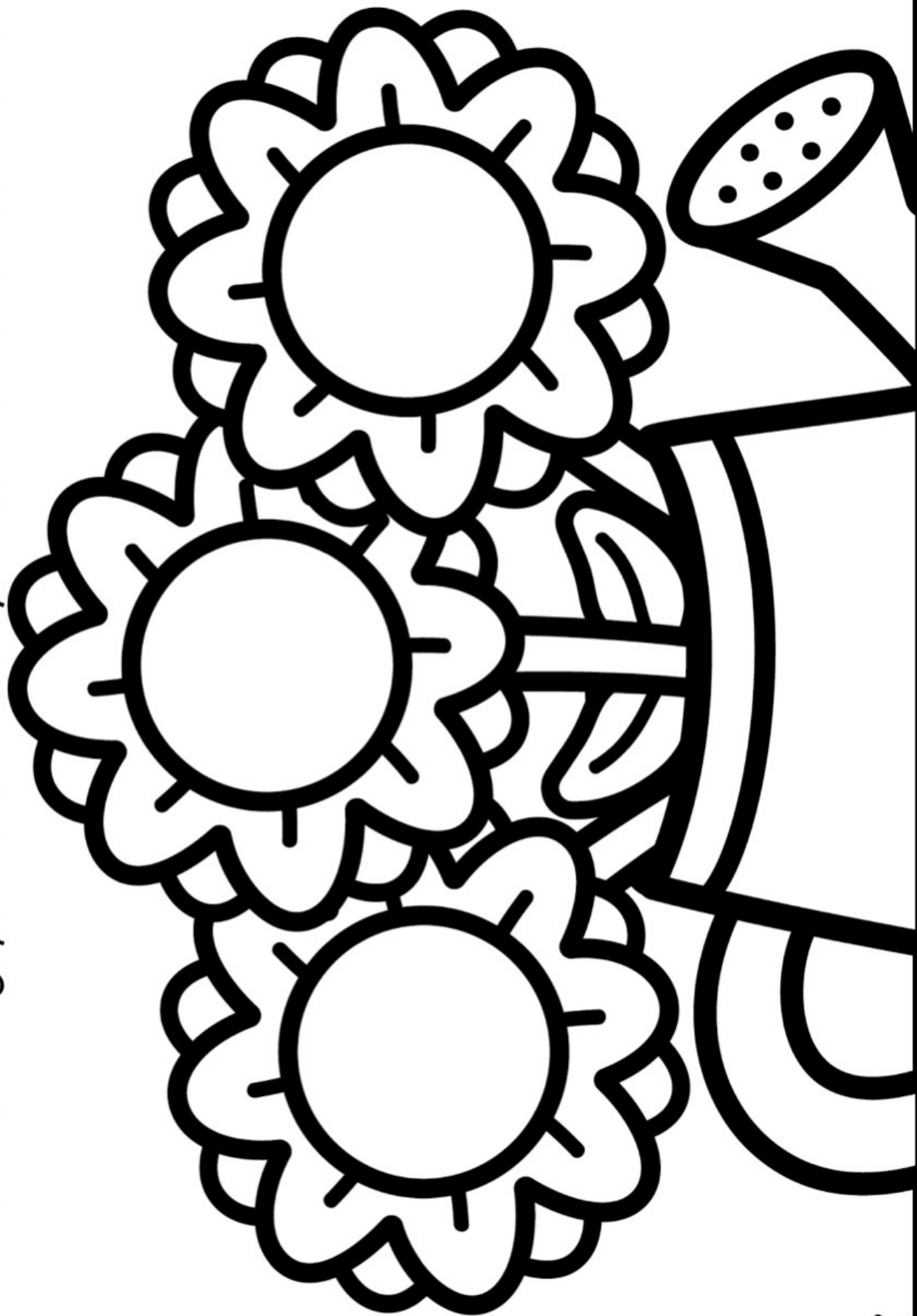
Frustrated



Excited

BLOOM WITH CONFIDENCE!

Write one thing you love about yourself on each sunflower.

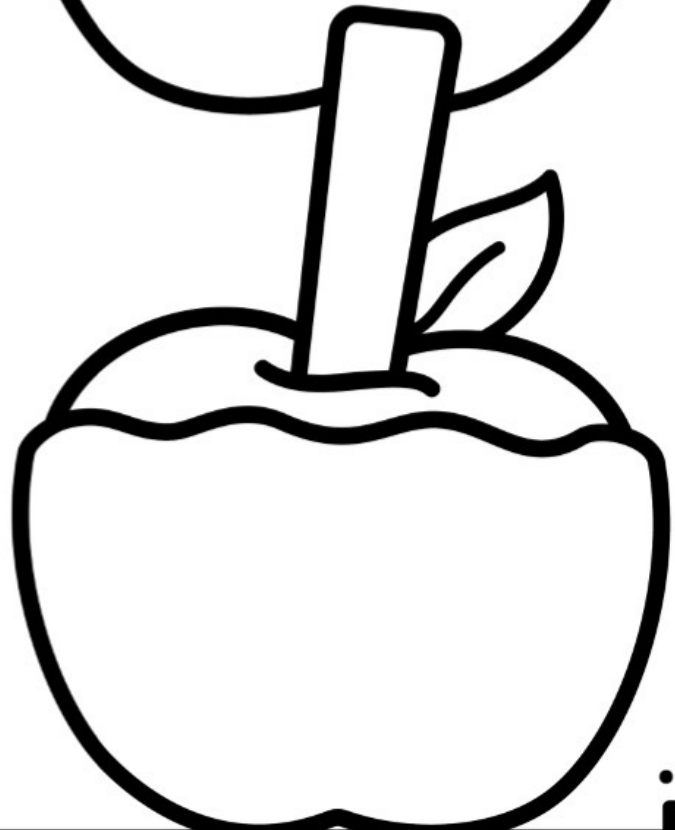
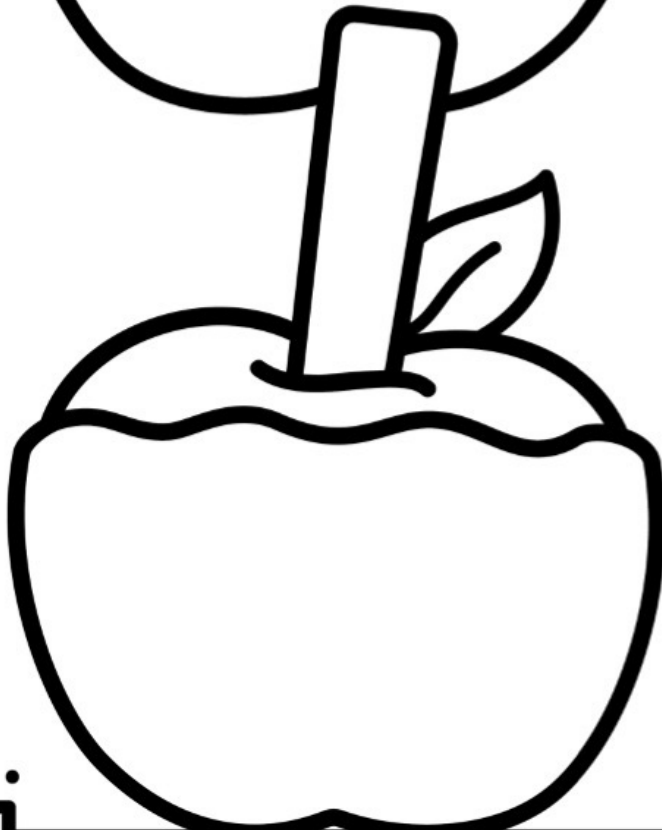
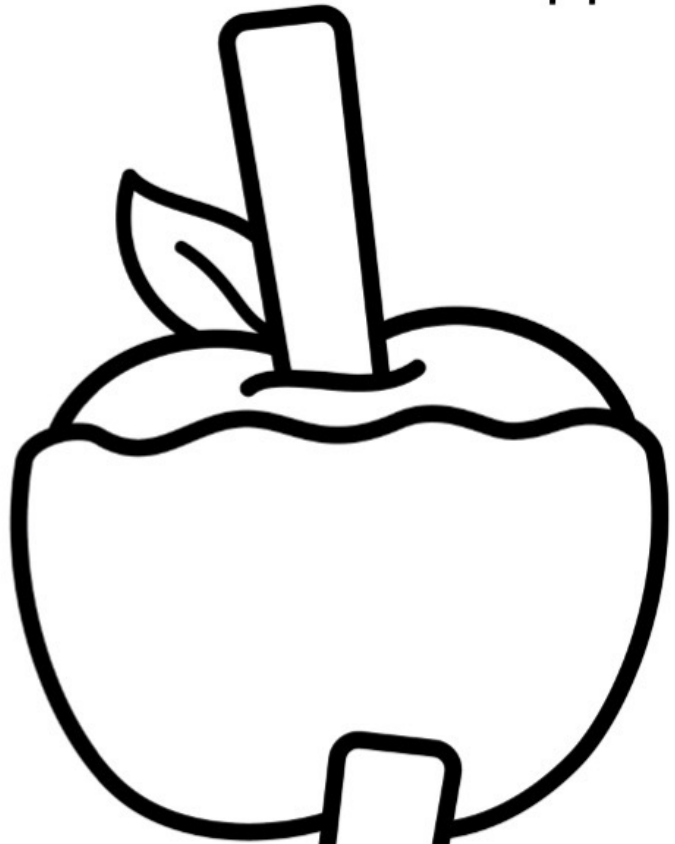
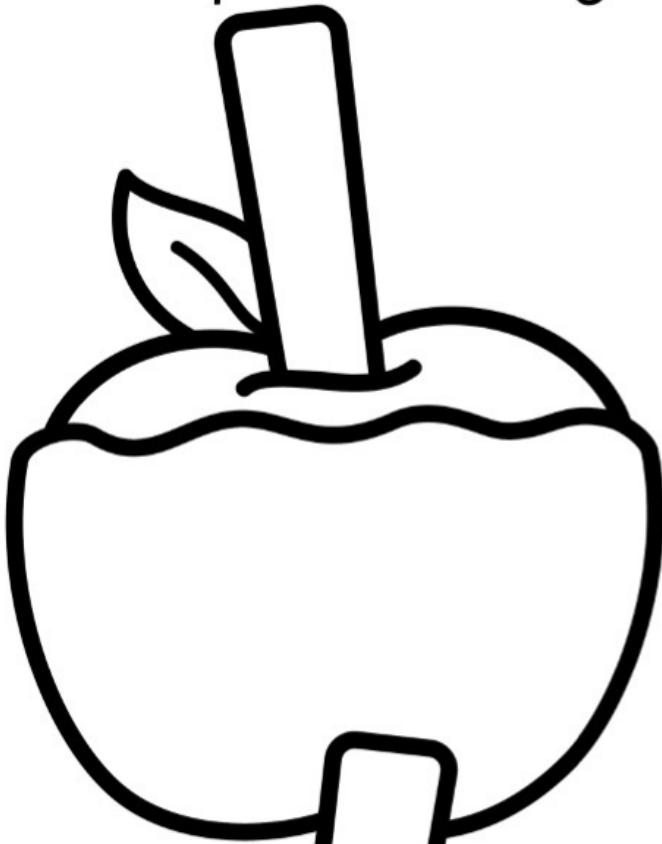


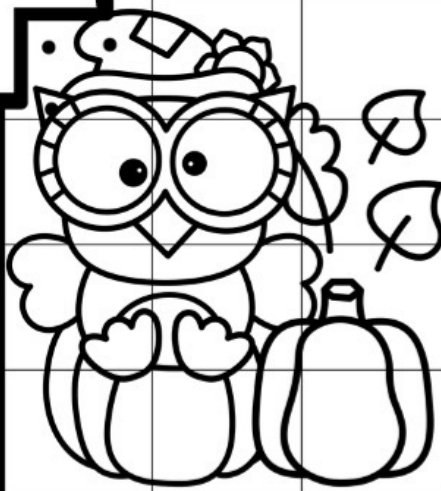
Name: _____

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CARAMEL APPLE THOUGHTS

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





Name: _____

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COPING SKILLS PUZZLE

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

Write in a journal

Talk it out

Use fidget tools

Be mindful

Spend time in nature

Take deep breaths

Ask for a hug

Take a break

Go for a walk

Draw a picture

Imagine a happy place

Count to 10

Name: _____

© Music City Counselor

FRIENDSHIP APPLE PIE

Write on each line an "ingredient" of a good friend to make Friendship Apple Pie.

1

Peel and slice 5-6 apples.
Sprinkle kindness
on them.



2

Mix the apples with sugar,
cinnamon, flour, and
_____.



3

Place a pie crust in the
bottom of the pan. Add in a
pinch of _____.



4

Pour in the apple mix, then
cover with the top crust
and _____.



5

Bake the pie in the oven for
40-45 minutes. Enjoy with
a friend!



Name: _____

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PUMPKIN I-MESSAGES

Solve the small problem below using an I-Message.



Your neighbors didn't invite you to trick-or-treat with them.



STEP 1: Explain how you feel.

I felt _____



STEP 2: Describe what happened.

when _____



STEP 3: Share what you need.

Can you please _____



Name: _____

WALK IN THEIR SNEAKERS

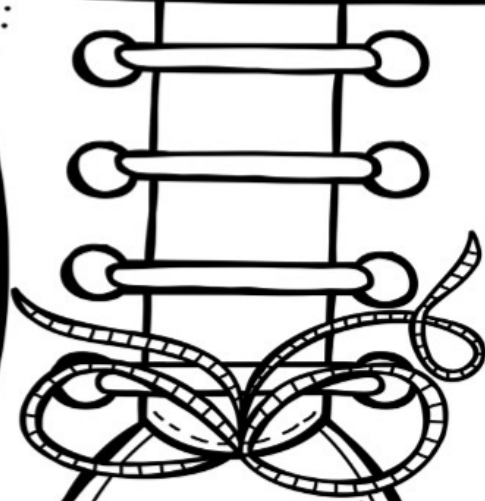
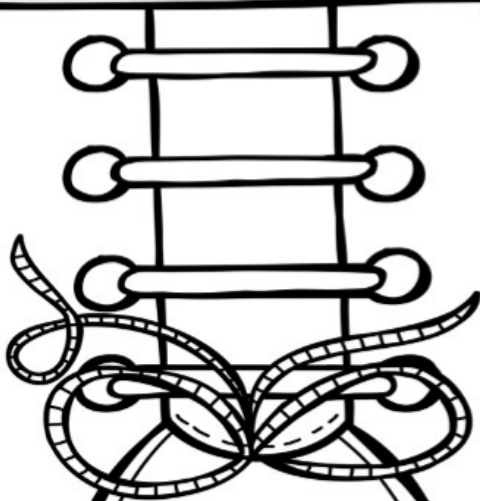
Write how you would feel and what you would do in this situation on the sneakers.



Frankie laughed at Ken's costume.

If I were Ken, I'd feel:

If I were Ken, I would:



Name: _____

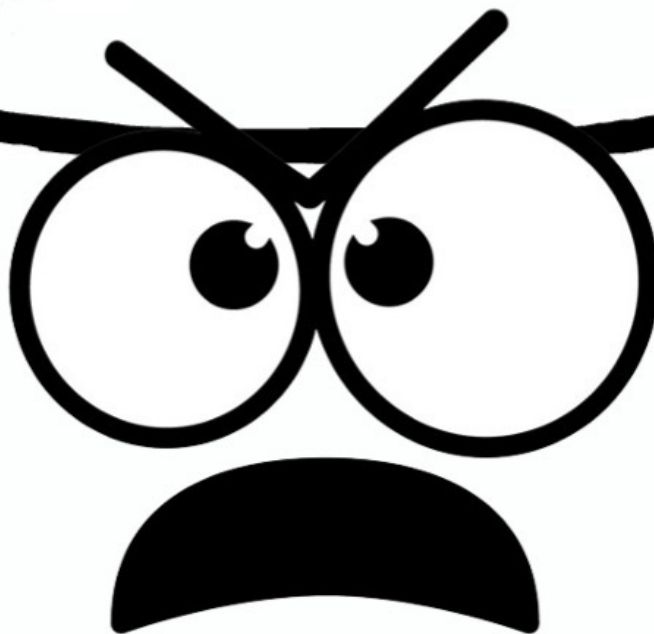
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ANGRY CANDY CORN

Write about the feeling on the candy corn.

Anger
looks like:

To cope I can:

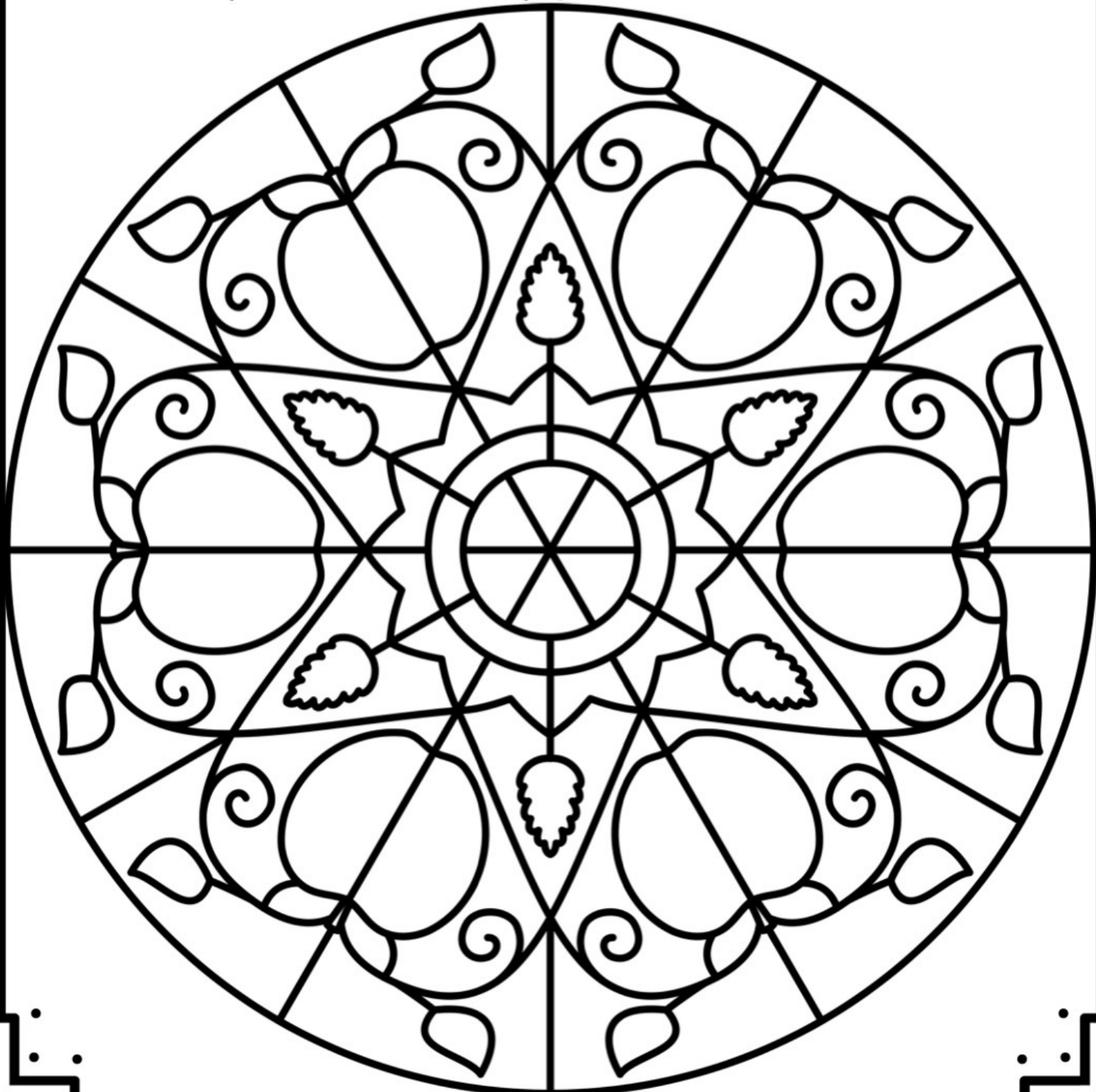


Name: _____

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FALL MINDFUL COLORING

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



Name: _____

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UNIQUE UNICORNS

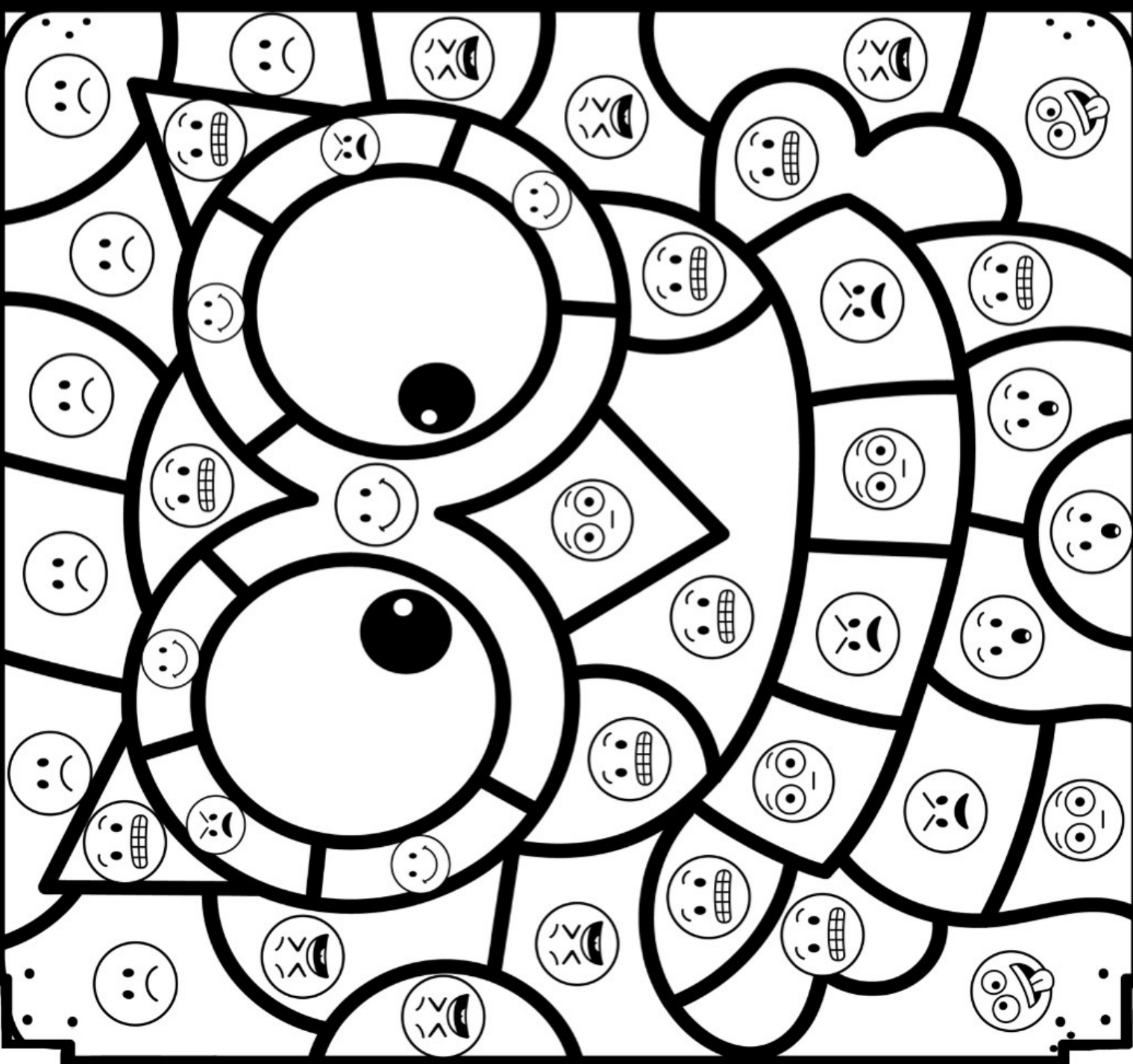
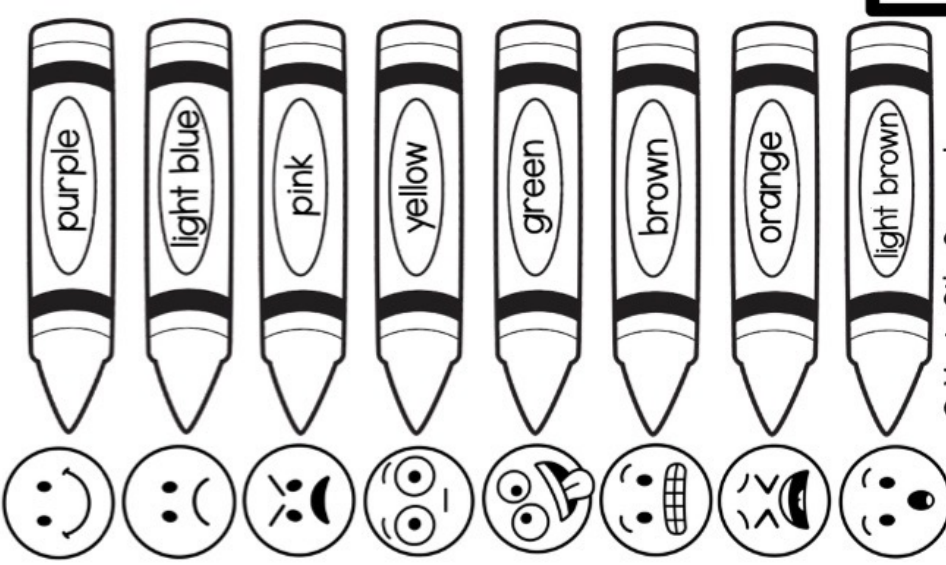
Write on the lines what makes you unique.



i AM unique!

Name: _____

FALL COLOR BY CODE feelings



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

♥ *laura oathout*

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