

o MUSIC  city COUNSELOR

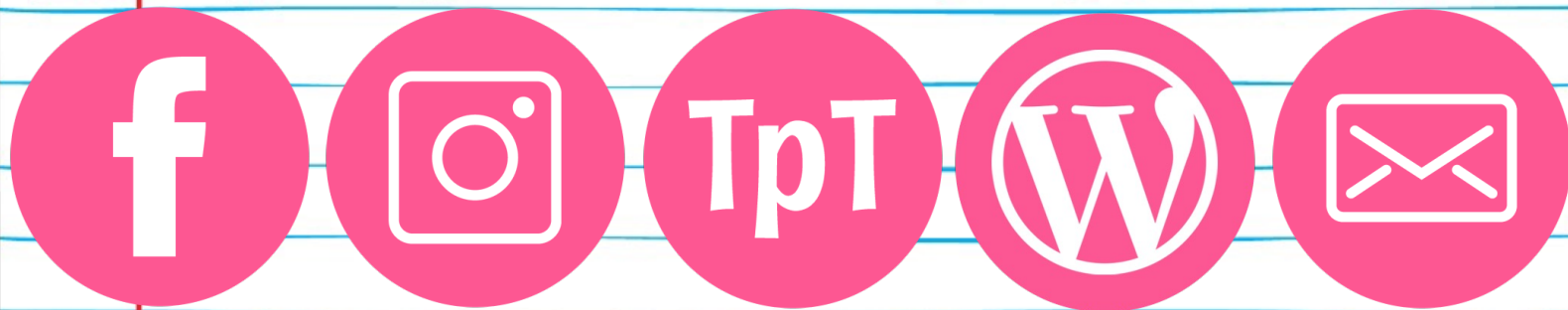
THANK YOU FOR YOUR PURCHASE!



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

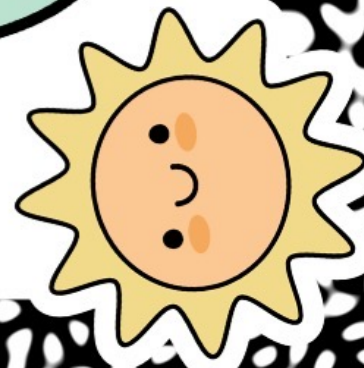
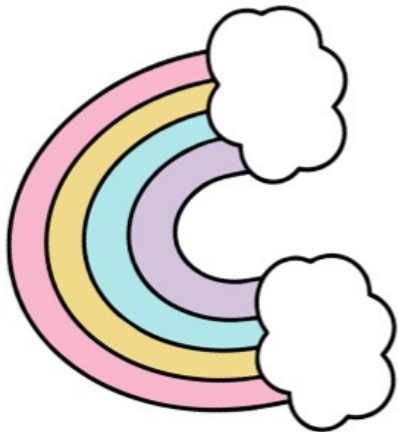
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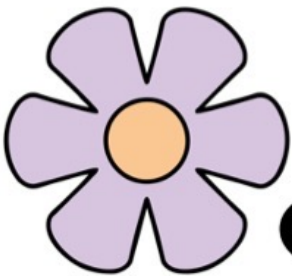
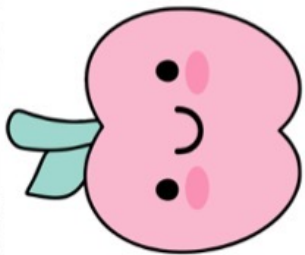
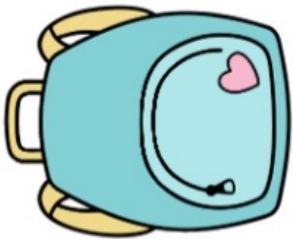
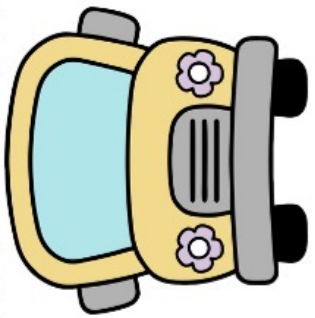
SAMPLE



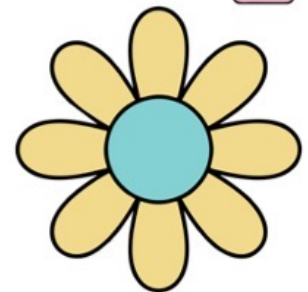
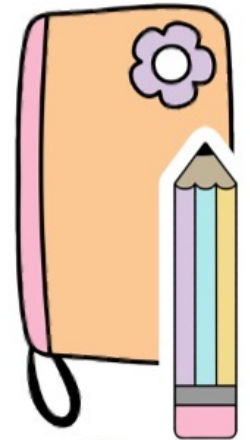
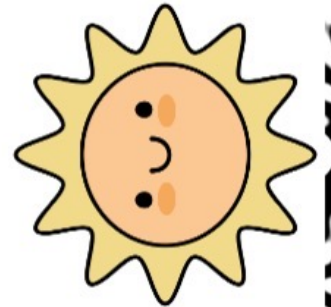
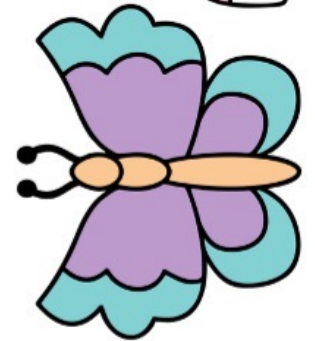
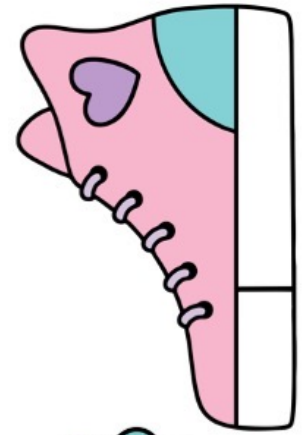
we welcome to the

CALMER CORNER





This is a
SAFE SPACE!

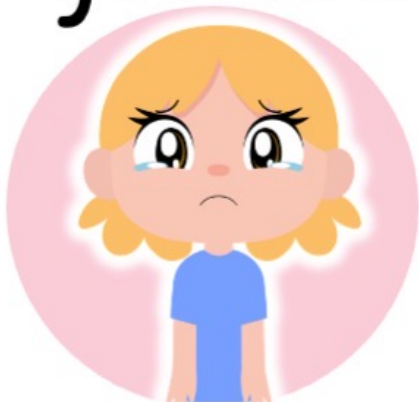


EMOTIONS

How do you feel today?



Happy



Sad



Nervous



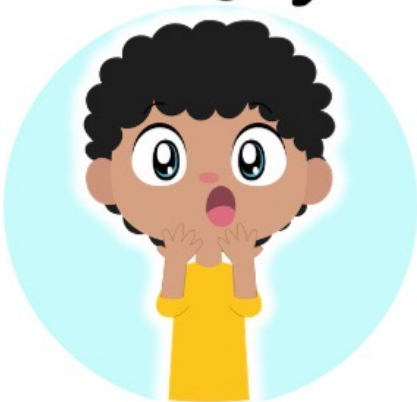
Angry



Frustrated



Confused



Surprised



Calm



Scared



COPING SKILLS

Help me control BIG feelings.



Go for a walk



Breathe



Journal



Hug a plushie



Practice mindfulness



Read a book



Imagine a happy place



Count to 10



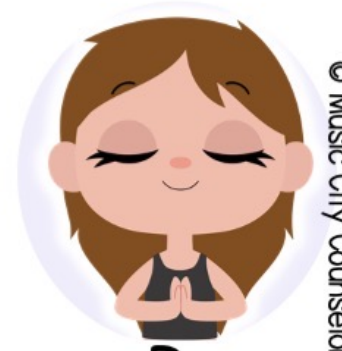
Listen to music



Use tools



Draw or color



Do yoga





GROUNDDING

Breathe deep. Then, look for

5 Things you can see.

4 Things you can feel.

3 Things you can hear.

2 Things you can touch.

1 Thing you can smell.





My Circle of CONTROL

I CAN'T CONTROL

Other people's words

Other people's choices

Other people's attitudes

Other people's likes and dislikes

I CAN CONTROL

How I treat others My effort
My choices My boundaries
My attitude My words
My goals My ideas

How others treat me

Other people's ideas

How others think of me

Other people's feelings

Other people's effort





AFFIRMATIONS

I am KIND and LOVING.

I am PROUD of who I am.

I can do GREAT THINGS.

I am SPECIAL and UNIQUE.

I am a CREATIVE thinker.

I am BRAVE and STRONG.

I am INTELLIGENT.



BREATHING

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SNAKE BREATH

Pretend you are a snake. Take a deep breath in and hold it for 5 seconds. Then, as you breathe out slowly, make a hissing sound.



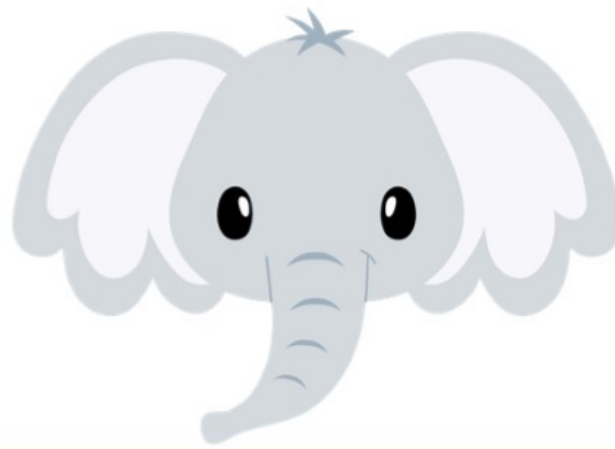
MONKEY BREATH

Pretend you are a monkey. Take a deep breath in and hold it for 5 seconds. Then, as you breathe out slowly, make a "ooo ooo, ah ah" sound.



LION BREATH

When you're feeling angry, pretend you are a lion. Take a few deep breaths in and out. Then, roar as loud as you can to let your big feelings out!



ELEPHANT BREATH

Dangle your arms in front of you like a trunk. Breathe in and lift your "trunk" up to the sky. Then, as you breathe out, lower your "trunk" back down.





ANGER SCALE



CALM

1

ANNOYED

2

FRUSTRATED

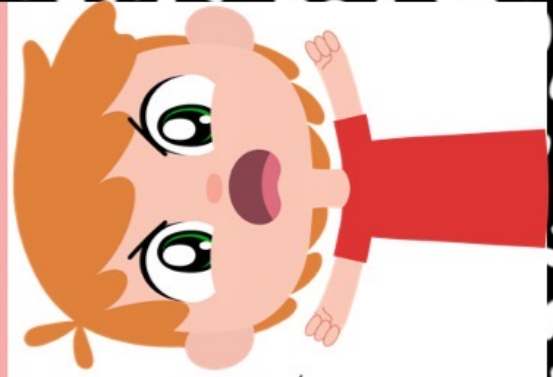
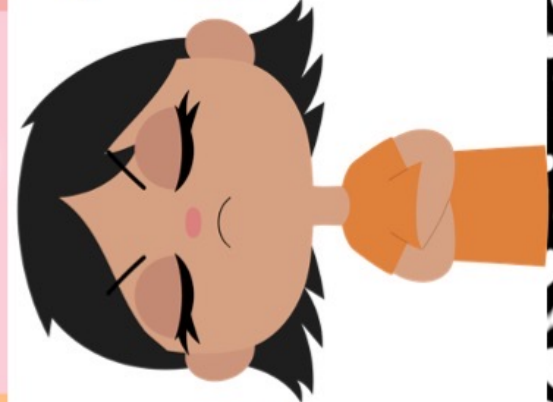
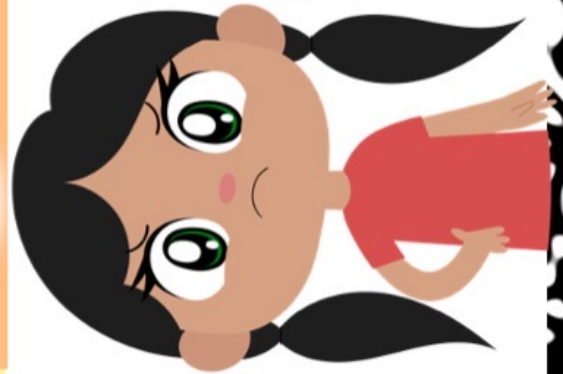
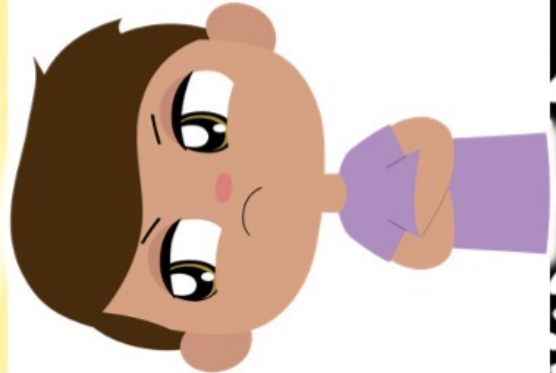
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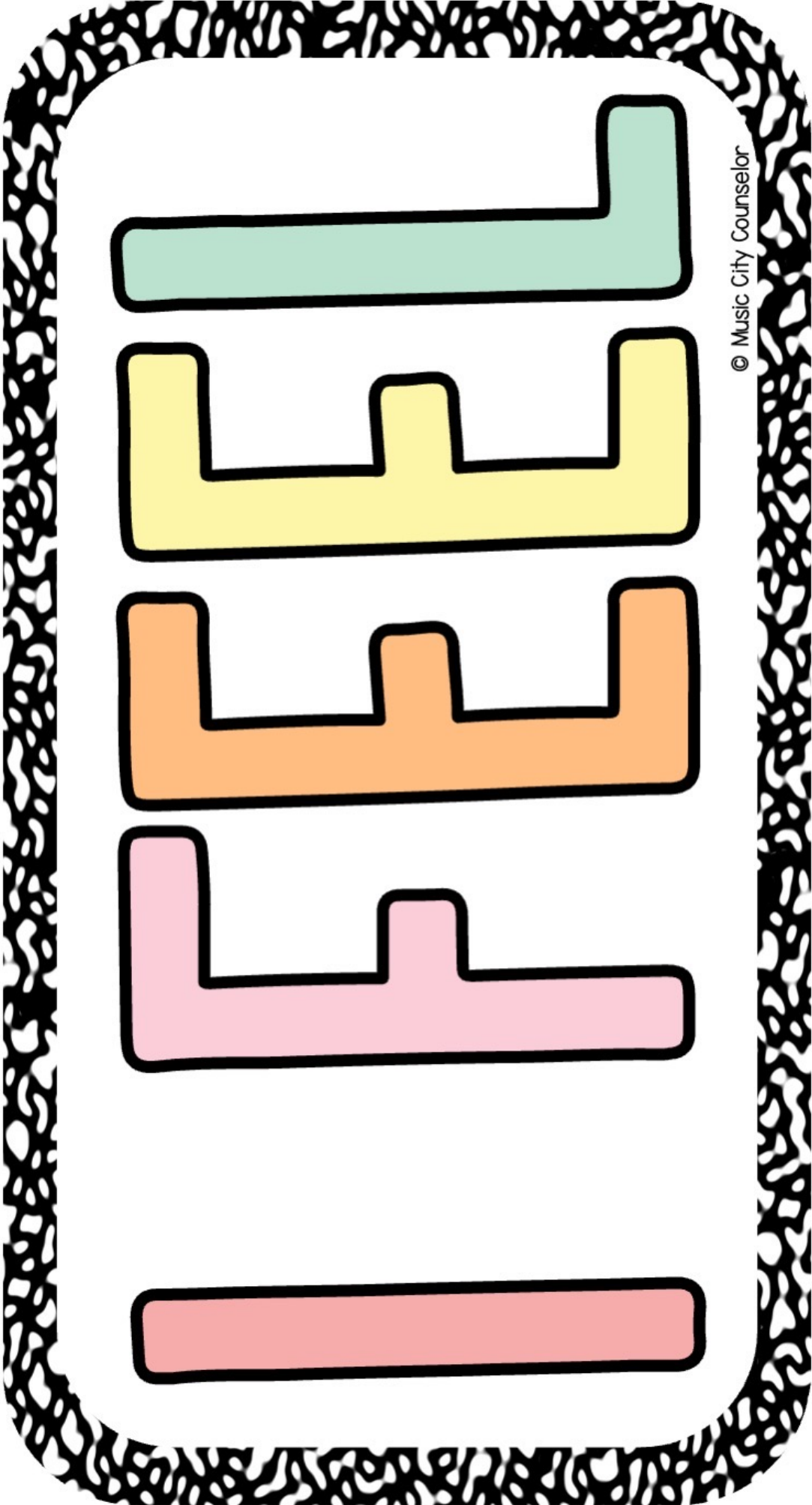
ANGRY

4

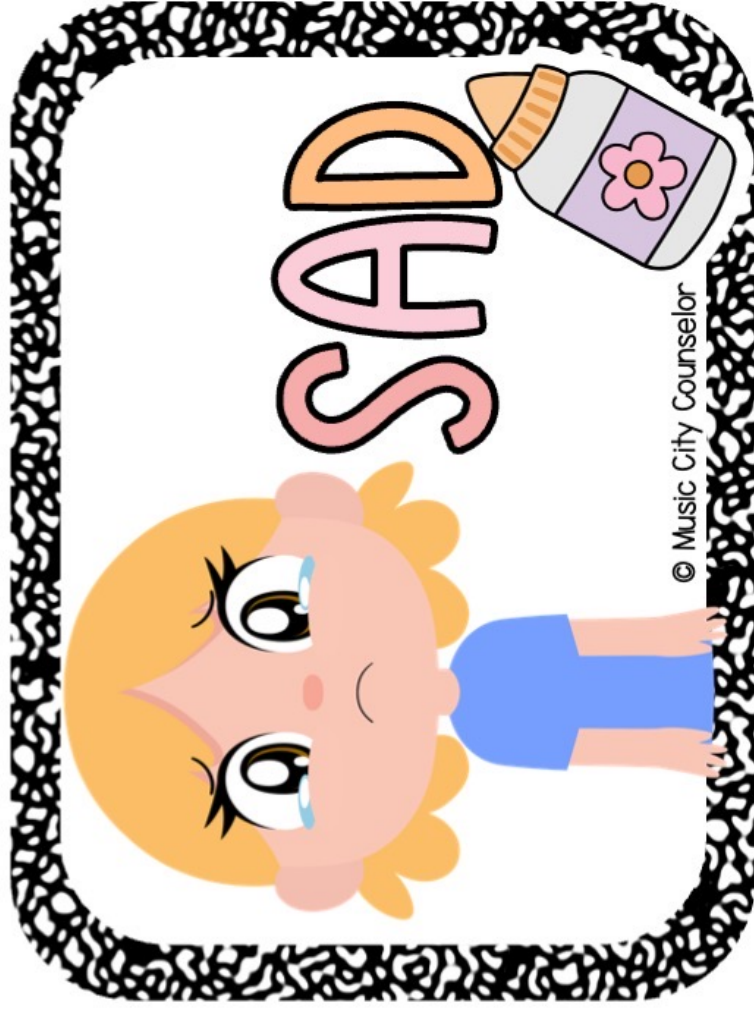
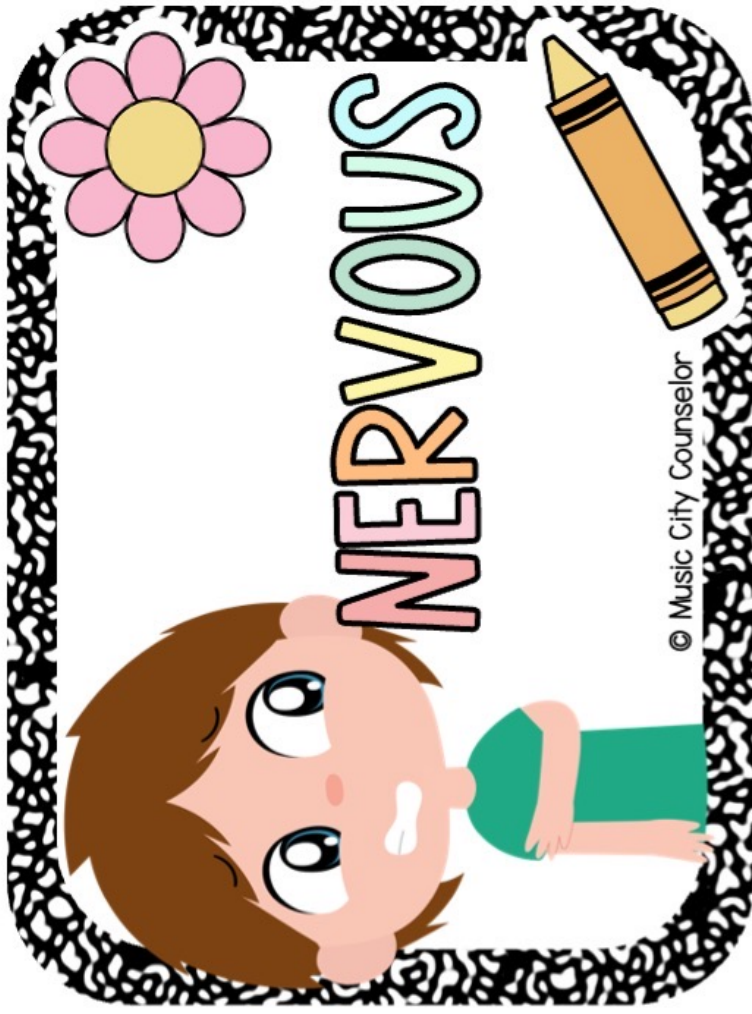
LOST CONTROL

5





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CALM



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CONFUSED



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FRUSTRATED



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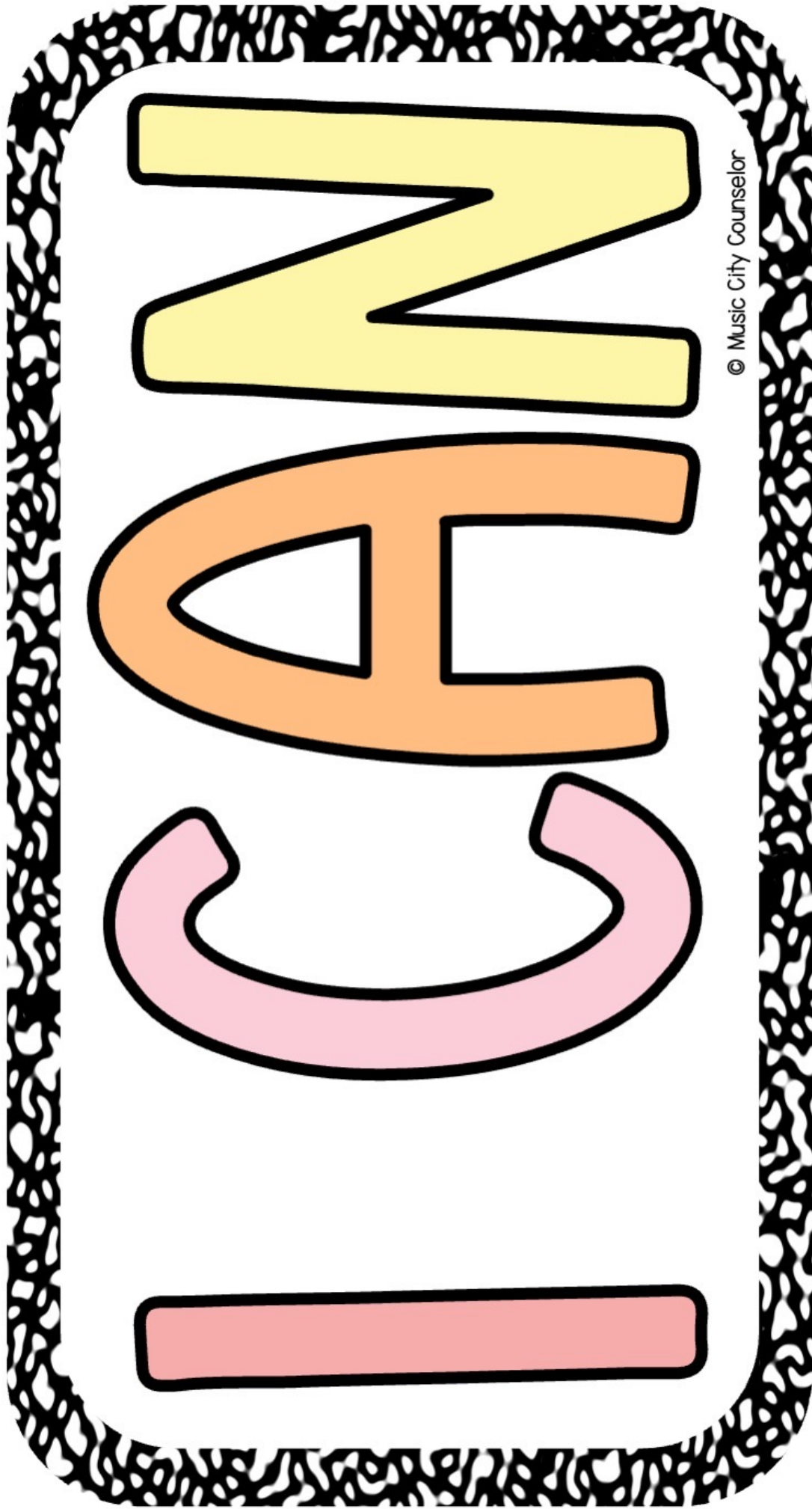
SURPRISED



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BREATHE
deeply

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Write in a
JOURNAL

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Hug a
PLUSHIE

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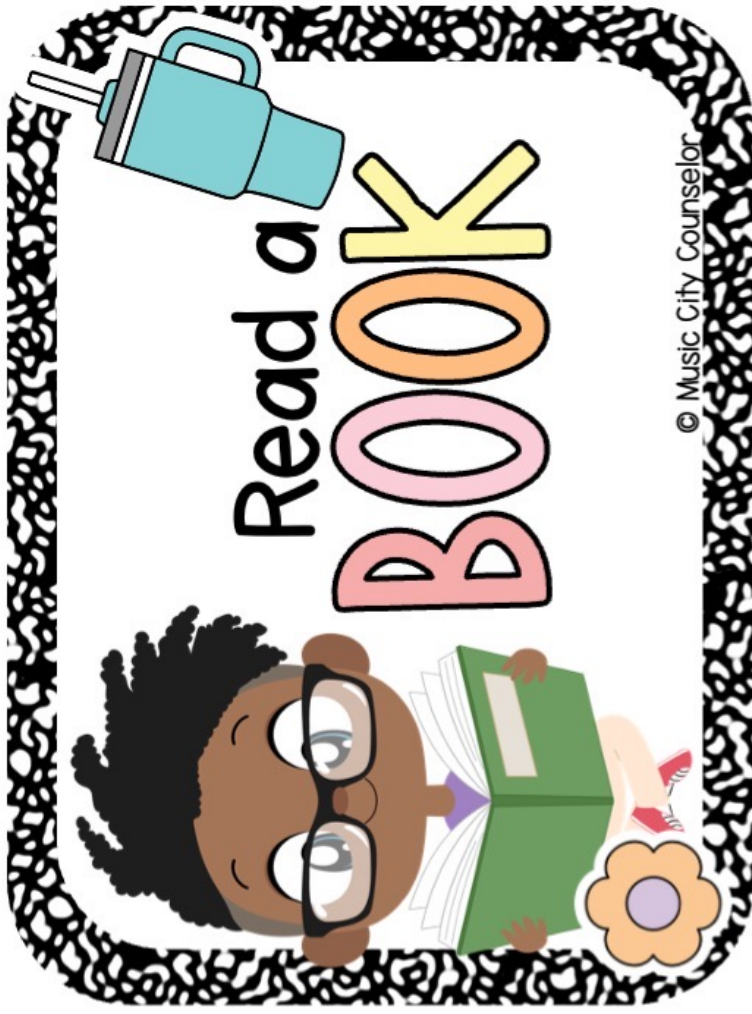
Go for a
WALK

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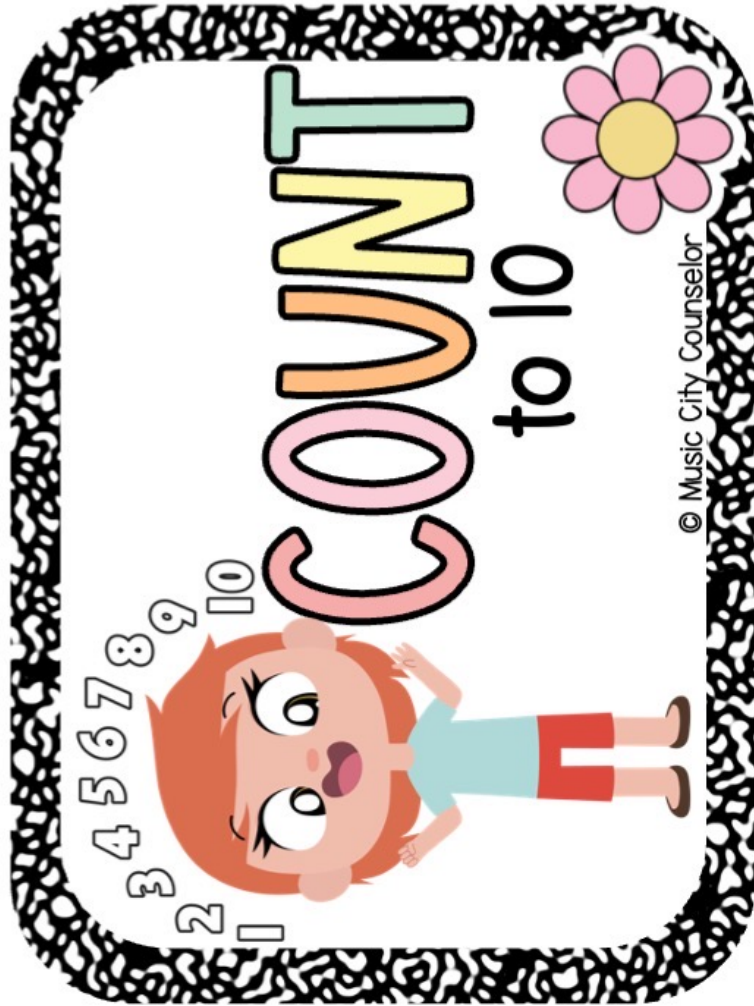
Be
MINDFUL

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Read a
BOOK

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1 2 3 4 5 6 7 8 9 10
COUNT
to 10

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IMAGINE
a happy place

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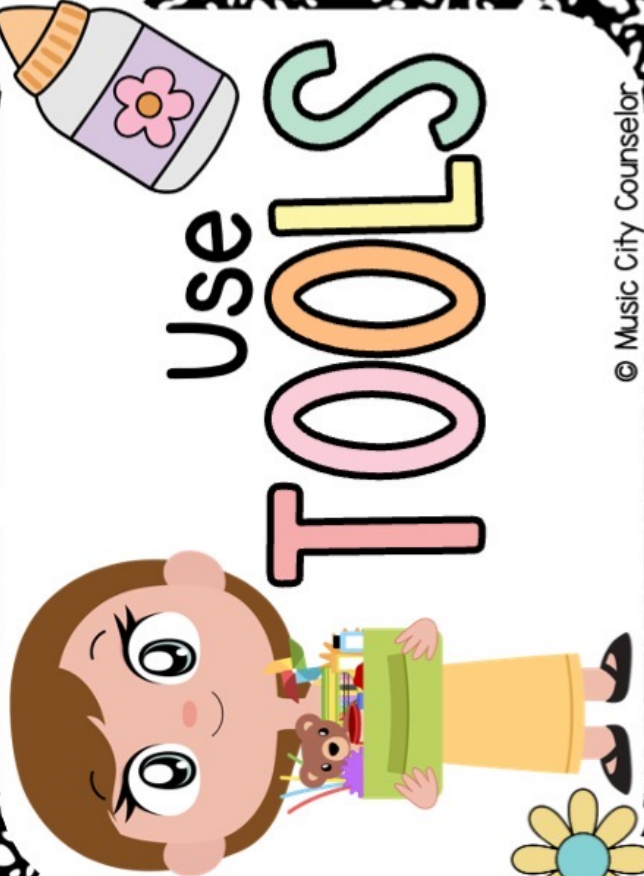
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COLOR



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Practice YOGA



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Use TOOLS



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Listen to MUSIC

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

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

