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

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

♥  
Ashley

# GOOGLE SLIDES

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

1 Click here  [Coping Cart](#)

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 \(youtube video\)](#)



# COPING CART

## Session Objective:

\*Students will identify coping skills.

## Materials:

\*Handouts, scissors.

## Guiding Questions:

- \*What are ways to cope with stress?
- \*How can using coping skills help us to reduce stress?

## ASCA Standards Alignment:

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

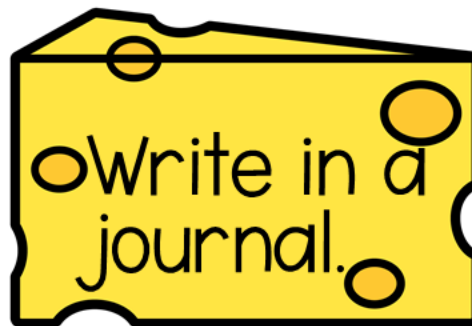
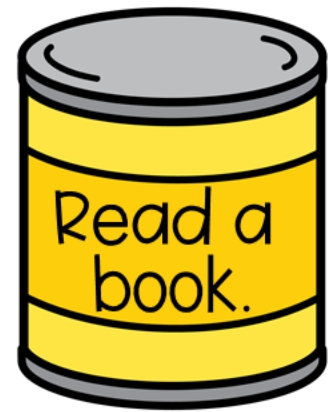
\*Say "Today we are going to be learning about how to cope with stress using coping skills. There are many different coping skills and some of them may help you or may not. It's important to identify which coping skills work best for you, that way you know what to do when you feel stress coming on. We are going to shop for the best coping skills for us." Show students the coping skills list handout. "Let's look at the variety of coping skills available to shop for/use". Give each student their own Coping Shopping Cart and place the cut-out food items (coping skills) around the table so they all can reach them. They can write their names above where it says "coping cart". "This is your coping cart, think about all of the coping skills we just reviewed and which ones you might use or have used successfully before to calm yourself when stressed. I am going to read some stress scenarios and each of you will add a coping skill to your cart based on which ones you would use when faced with that situation. You can add more than one to your cart if needed. There are no wrong answers, it is simply what you feel would help you best. For each coping skill selected, please provide an explanation of how you would use it being as specific as possible. Think of the coping cart as your stress toolbox and you are deciding what to use to help cope with stress.



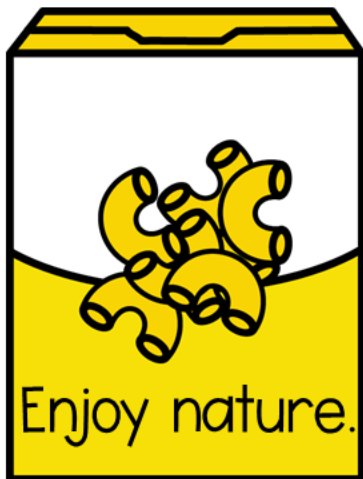
**COPING CART**

# COPING SKILLS

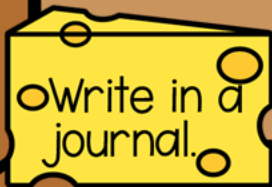
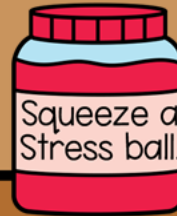
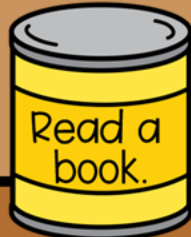








# COPING SKILLS



# Stress Management

## Scenarios



You are not the best at math and you have a math test coming up.



You are playing in the big football game for your school and you want to win and play well.



You overhear an argument between your parents.



You promised your parents you would clean your room, you need to finish your homework and you told your friend you would call them within the hour.



You cannot stop thinking about an argument you had with a friend.



You have too many things due than you have time to complete.



You have a test tomorrow that you have not studied for and you are really worried about it.

# Stress Management

## Scenarios



You are in 2 clubs and 2 sports teams. Your schedule is jam packed every day.



You have a lot built up within you and need to get it out.



You forgot to do something you were supposed to do for your friend.



Someone said something mean to you and your entire body is tense.



You have been studying for a week straight for an important test.



You have to present a project in front of the class tomorrow and you are not good at public speaking.



You said the wrong line during your school play and you feel like you messed up the whole play.

# Stress Management

## Scenarios



You are worried about something scary you saw on TV last night.



You are asked to lead a project for a club you are in but you have a lot on your plate already.



You are upset and are breathing quickly and starting to panic.



You have been practicing for your gymnastics competition all month and have had very little free time.



You spilled milk all over the cafeteria table.



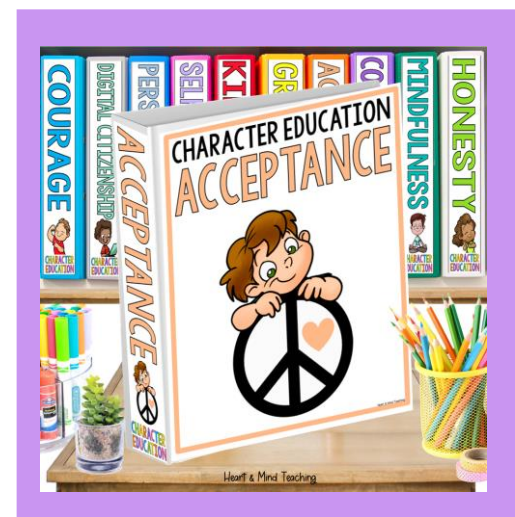
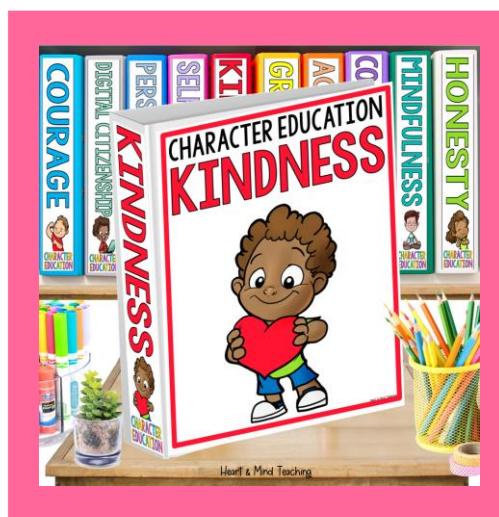
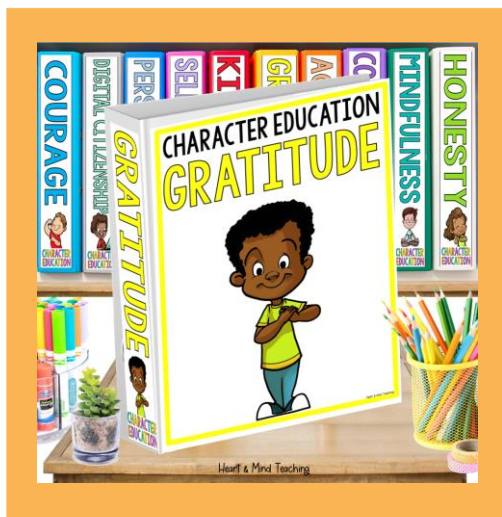
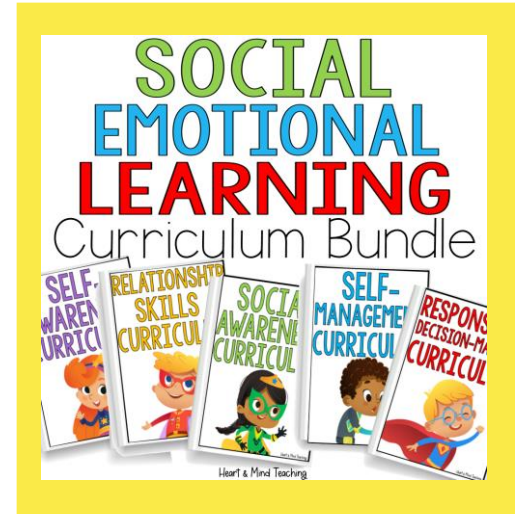
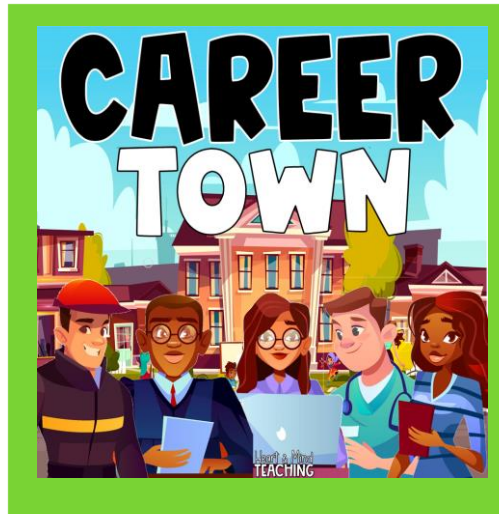
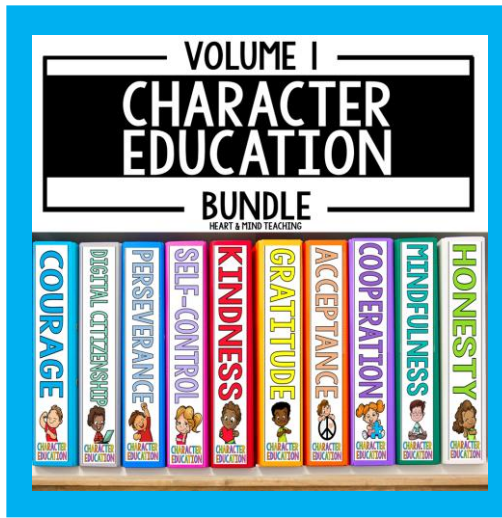
You are trying to fit in but feel like you never will.



You feel like crying and screaming at the same time and you do not know why.

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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



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

**CLICK TO COLLAB**

## MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART + MIND  
TEACHING



# 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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# CREDITS

