

MUSIC city COUNSELOR

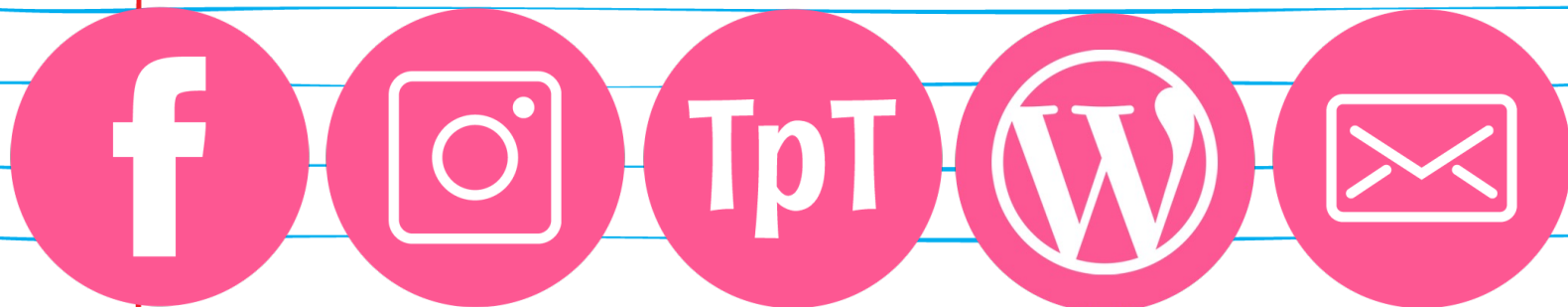
THANK YOU FOR YOUR PURCHASE!



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!

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

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

ASCA MINDSETS & BEHAVIORS:

Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SMS 7: Effective coping skills
- B-SMS 10: Ability to manage transitions and adapt to change
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS:

This activity works best with individual students and small groups, but it can be adapted for use with whole group as well! It helps students explore, practice, and identify their favorite coping skills.

Materials Needed:

- Printed materials
- Scissors
- If using the color version: hook-and-loop fastener dots
- If using the black/white version: glue stick and crayons


Directions:

1. Both full color and black/white versions of this activity are included.
2. Please cut out the coping skills cards and the "Not my fav," "Like it," and "Love it!" labels.
3. Please review the definition of coping skills with students.
4. Please explain that there are many different coping skills, and some people prefer some over others. We all have favorite strategies that help us a lot, and other strategies that we don't like as much/aren't as helpful for us.
5. Please review the coping skills poster with students.
6. Please review the 24 coping skills cards with students. Please model and practice each one (to the best of your ability) with students. As you do so, please talk about whether students like the strategy, love it, or don't like it.
7. Please put the "Not my fav," "Like it," and "Love it!" labels in separate areas on the table. Please put all of the coping skills cards in a pile.
8. Please ask students to choose a coping skills card from the pile and rate it: decide whether it's "not their fav," they "like it," or they "love it!" Then, students place the card on the blank square on the label that corresponds with their preferences. Students should end up having little piles of cards on each of the 3 labels.
9. Once students have sorted all of the cards into the 3 piles on the labels, they can choose 6 cards from the "love it!" pile (or the "like it" pile if they don't have 6 on the "love it!" pile). Please ask them to choose the 6 coping skills cards that they love the most/are most helpful to them. Students can take these 6 cards and glue them onto the "My Top Six" Coping Skills page. Or, if you are using the full color version, you may choose to laminate the materials and have students stick the cards on with hook and loop fastener dots so the activity is reusable.

SAMPLE:



NOT MY FAV

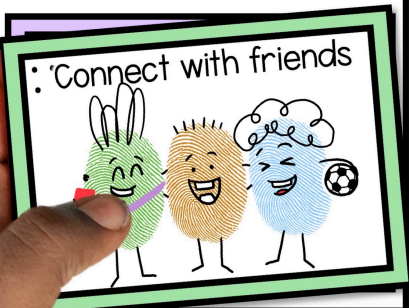


Paint

A hand-drawn illustration of a pink fingerprint character with glasses painting a picture on an easel.



LIKE IT



Connect with friends

A hand-drawn illustration of three fingerprint characters (green, orange, and blue) interacting with each other.



LOVE



Listen to music

A hand-drawn illustration of a green fingerprint character wearing headphones and listening to music.

SAMPLE:



FULL

COLOR

COPING SKILLS

Strategies and techniques to control BIG feelings. Ways to calm my body and mind.



COPING SKILLS



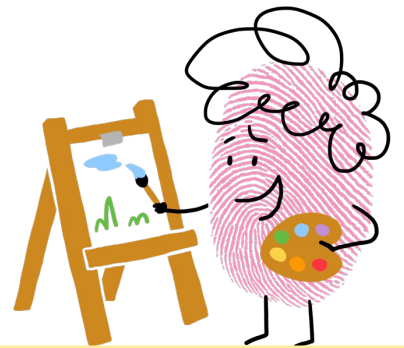
Count to 10



Breathe



Read



Paint



Be mindful



Exercise



Listen to music



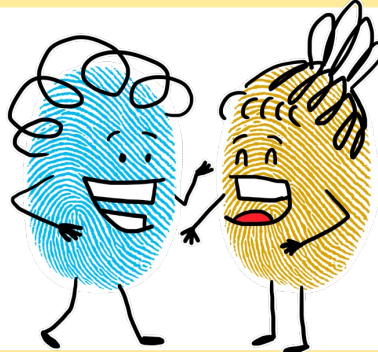
Bounce



Hug



Take a break



Talk it out



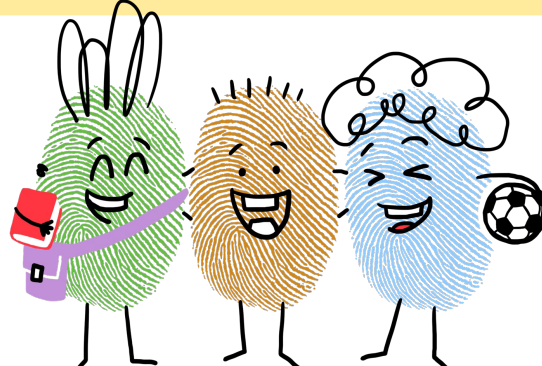
Play



Use tools



Take a walk



Connect with others



Write

My Top Six

COPING SKILLS

A rectangular box with a purple border and a white interior. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.

A rectangular box with a pink border and a white interior. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.

A rectangular box with a green border and a white interior. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.

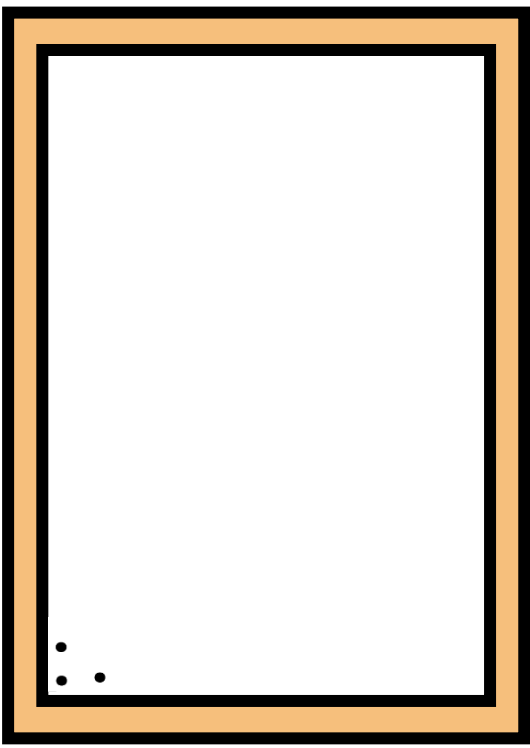
A rectangular box with an orange border and a white interior. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.

A rectangular box with a blue border and a white interior. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.

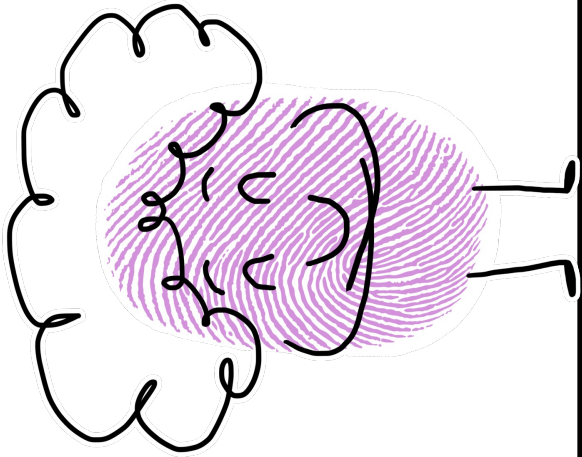
A rectangular box with a yellow border and a white interior. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.



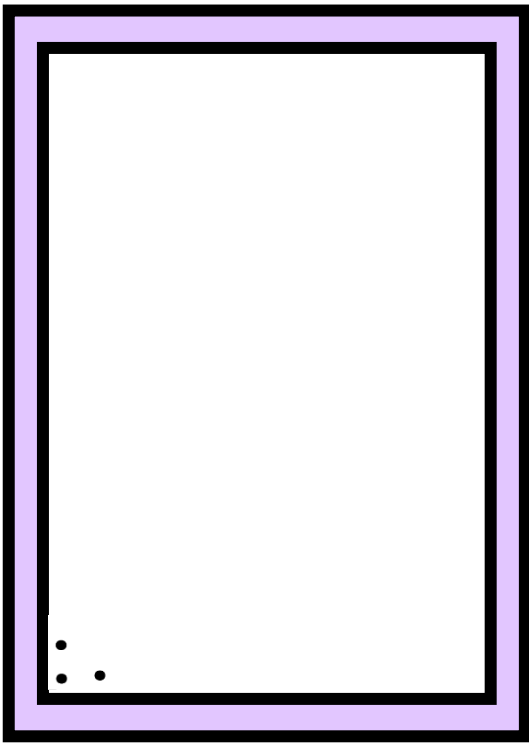
NOT MY FAV



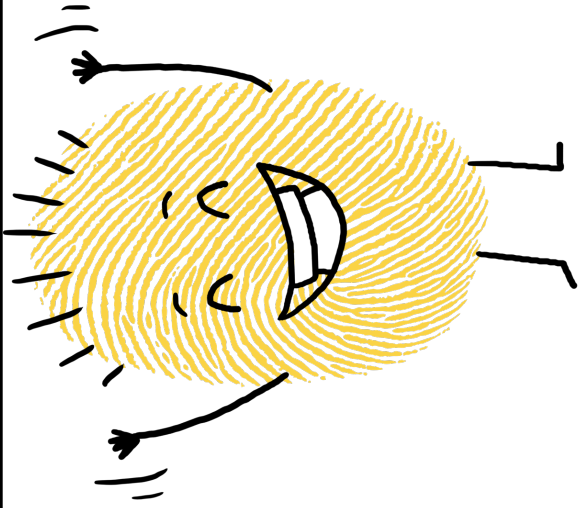
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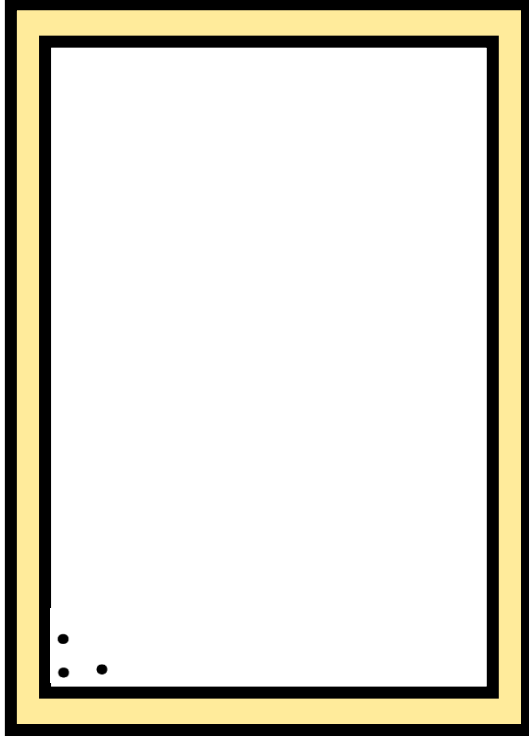
LIKE IT



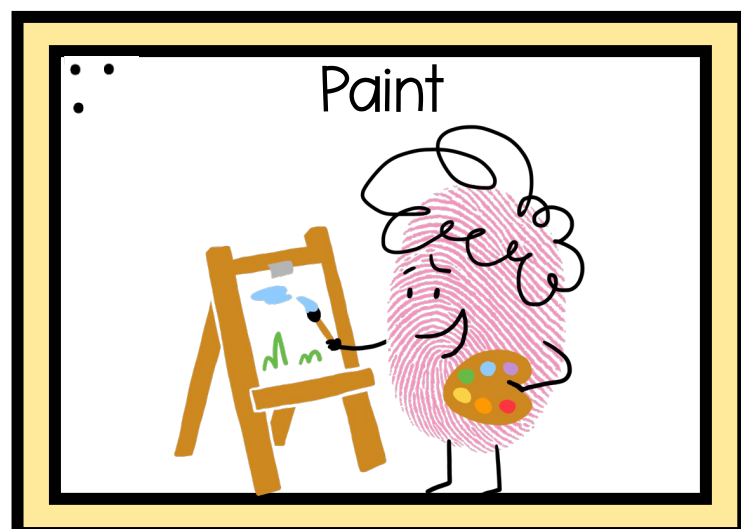
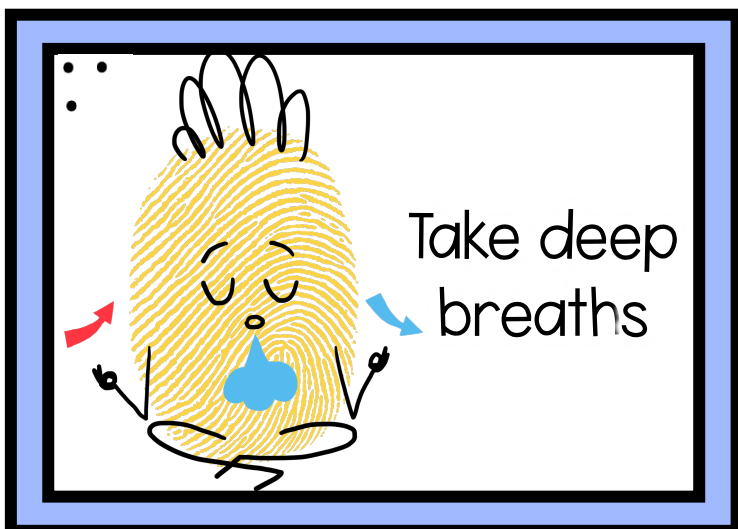
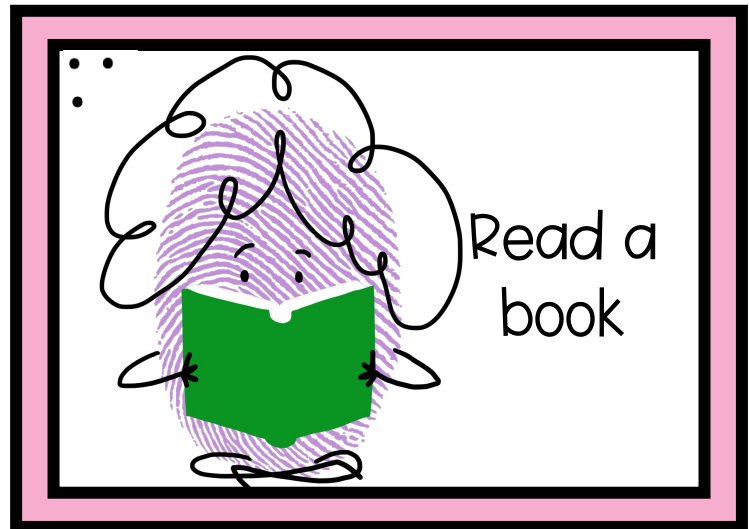
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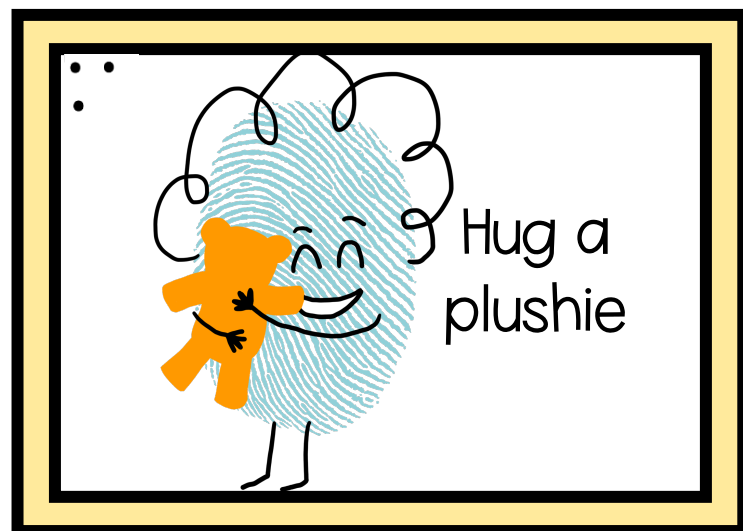
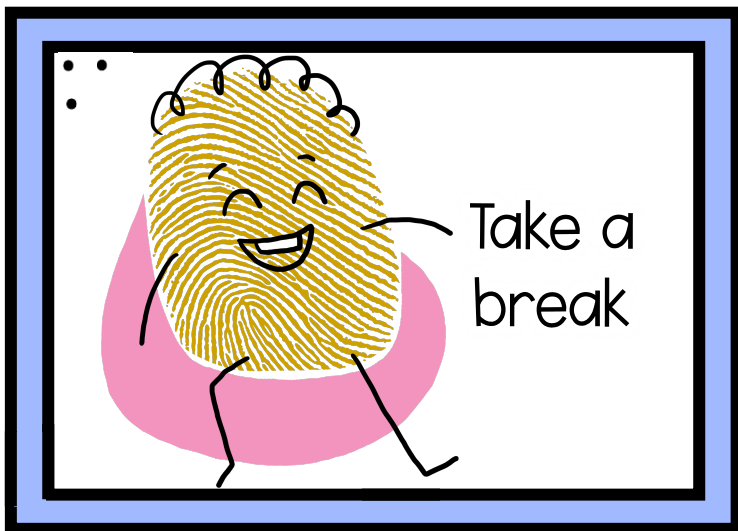
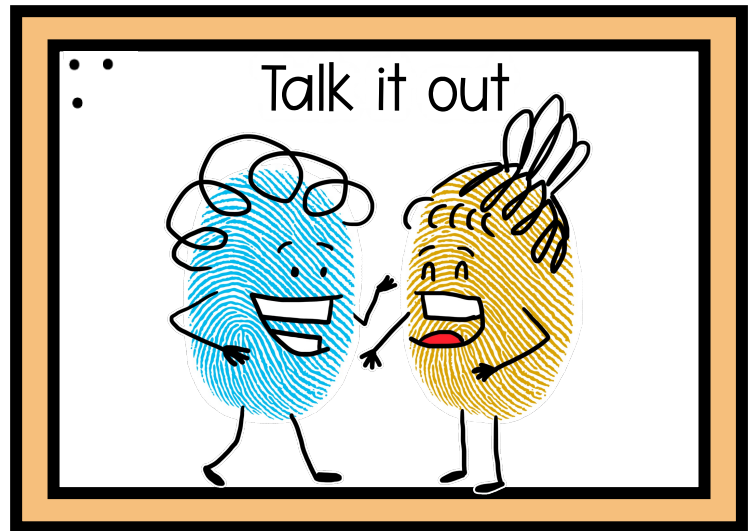
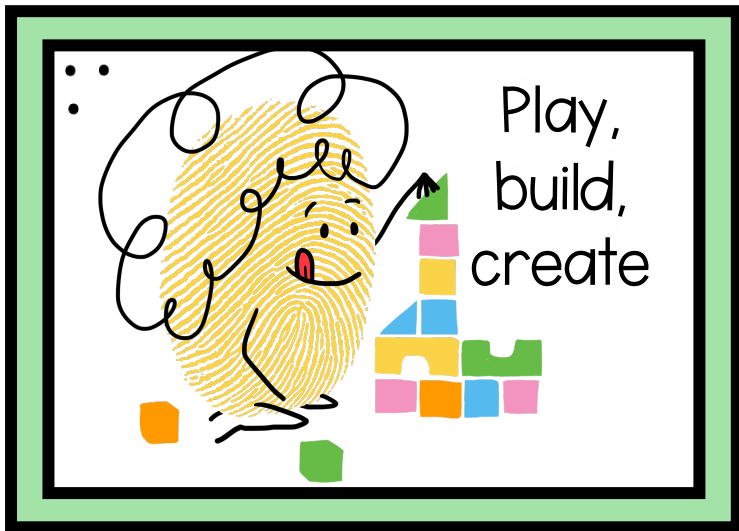
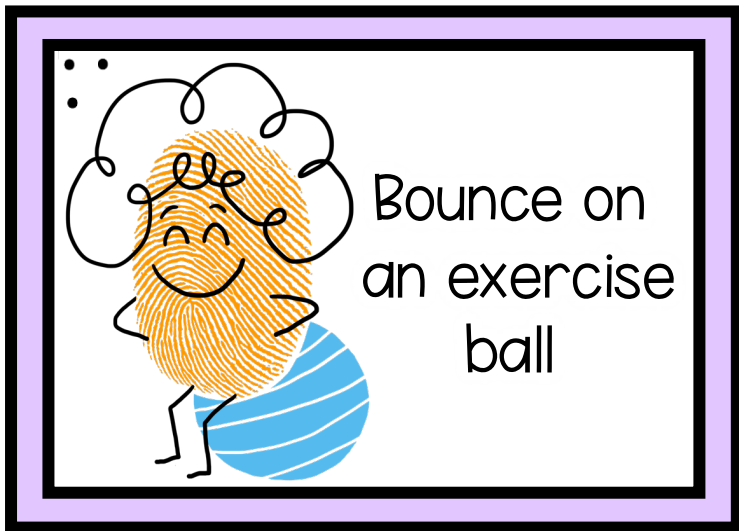
LOVE IT!



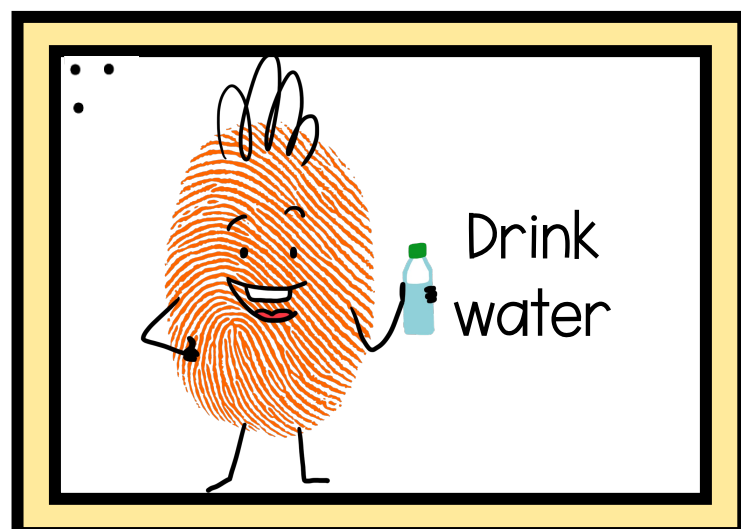
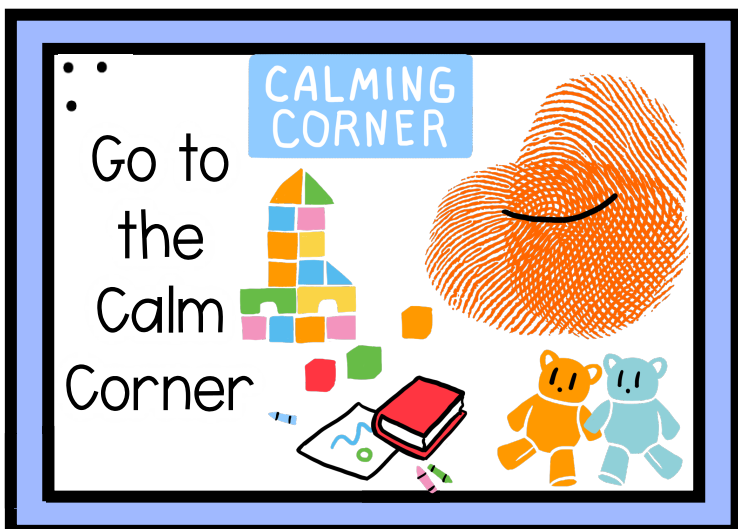
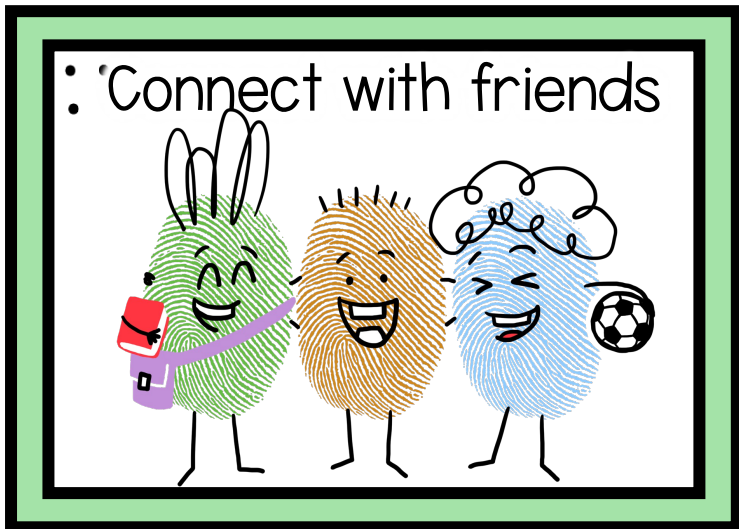
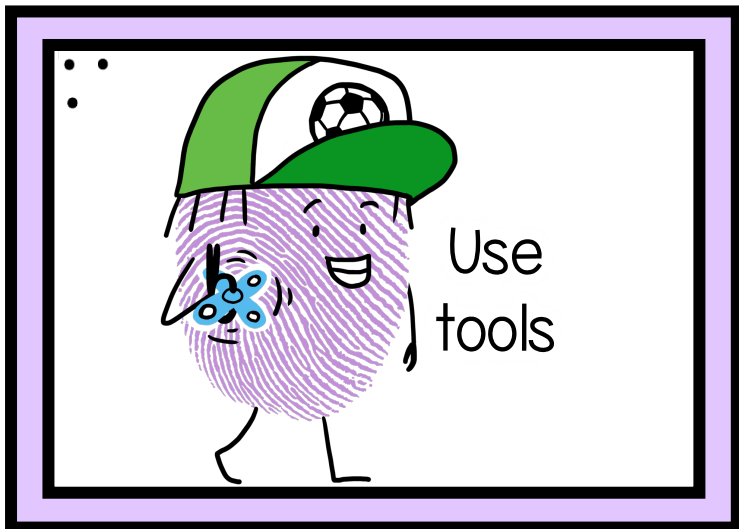
Please cut out these coping skills.



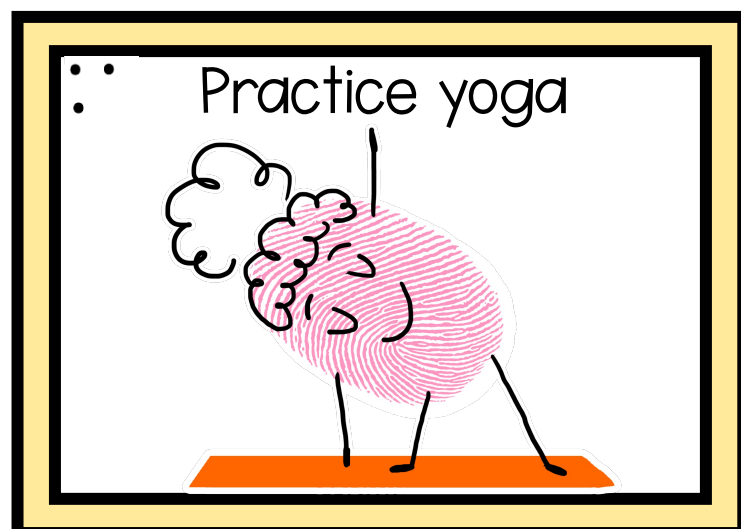
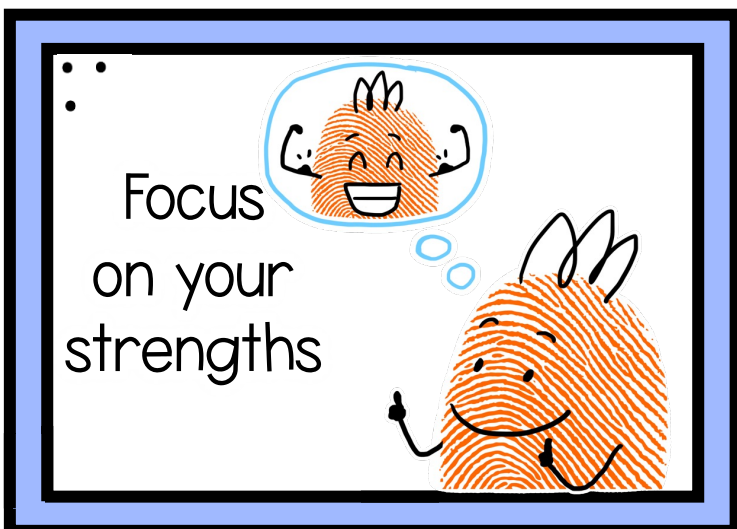
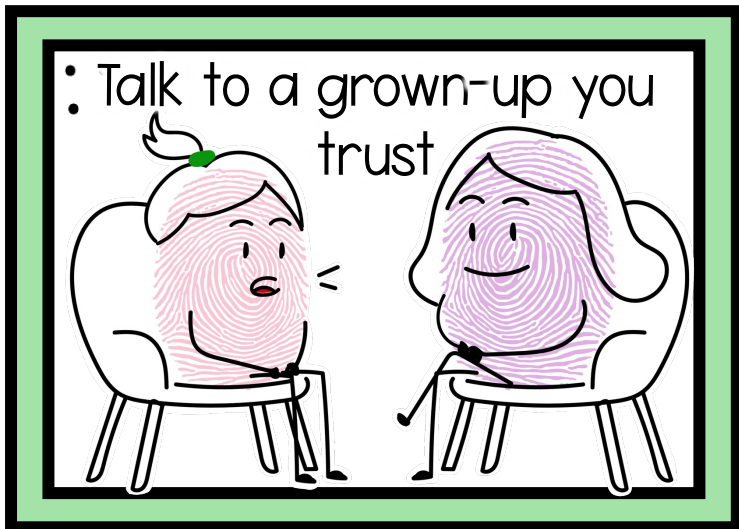
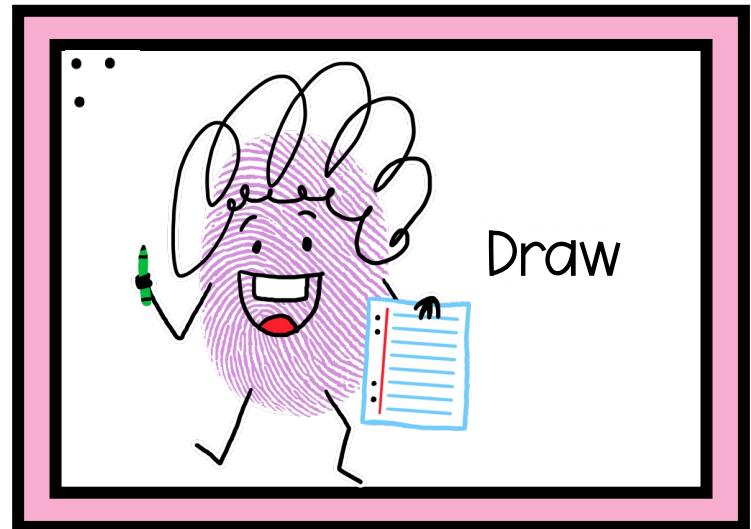
Please cut out these coping skills.



Please cut out these coping skills.



Please cut out these coping skills.



BLACK

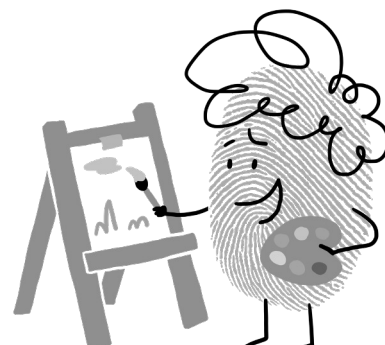
& WHITE

COPING SKILLS

Strategies and techniques to control BIG feelings. Ways to calm my body and mind.



COPING SKILLS



Count to 10

Breathe

Read

Paint

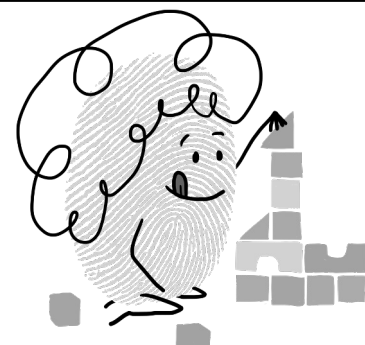
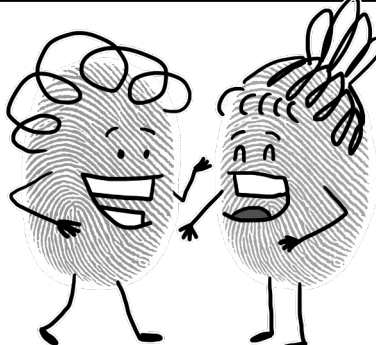


Be mindful

Exercise

Listen to music

Bounce

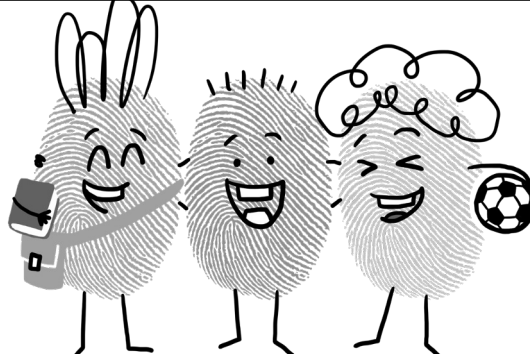


Hug

Take a break

Talk it out

Play



Use tools

Take a walk

Connect with others

Write

My Top Six

COPING SKILLS

A large empty rectangular box with a double-line border. In the top-left corner, there are three small black dots arranged in a small triangle, serving as a starting point for writing.

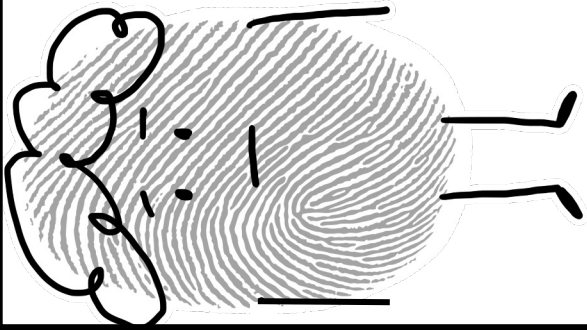
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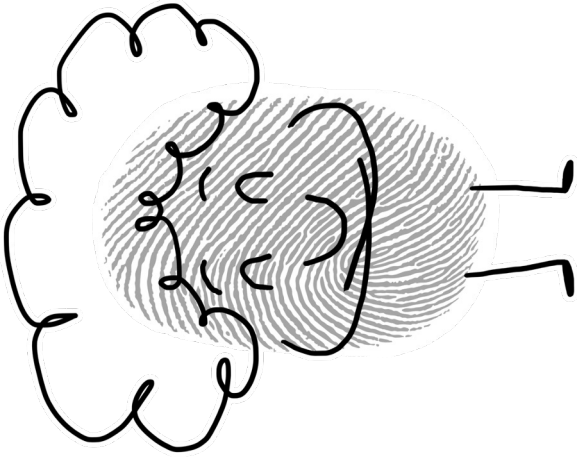
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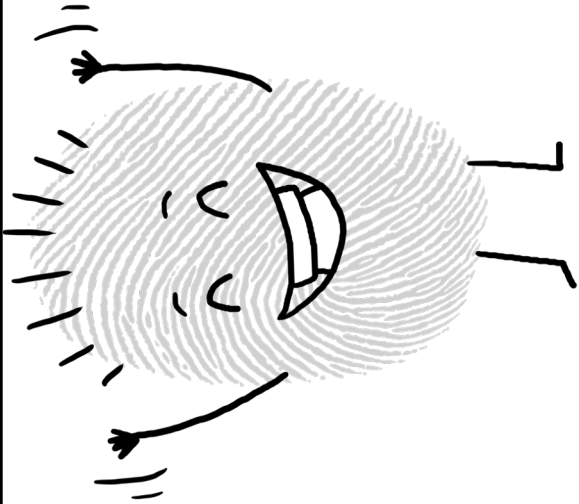
NOT MY FAV

A large empty rectangular box with a double border and two small dots in the bottom-left corner, intended for a drawing or response.

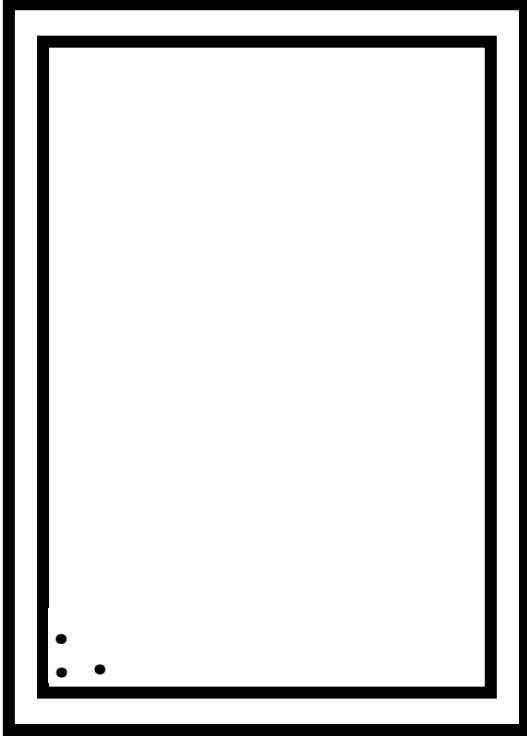


LIKE IT

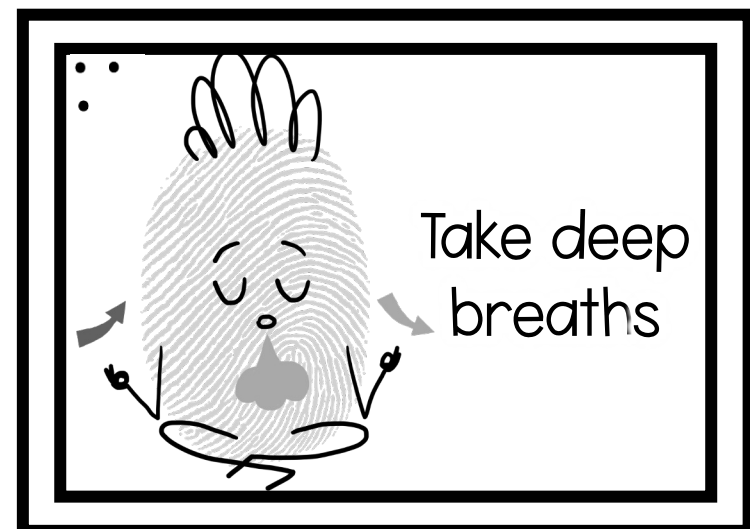
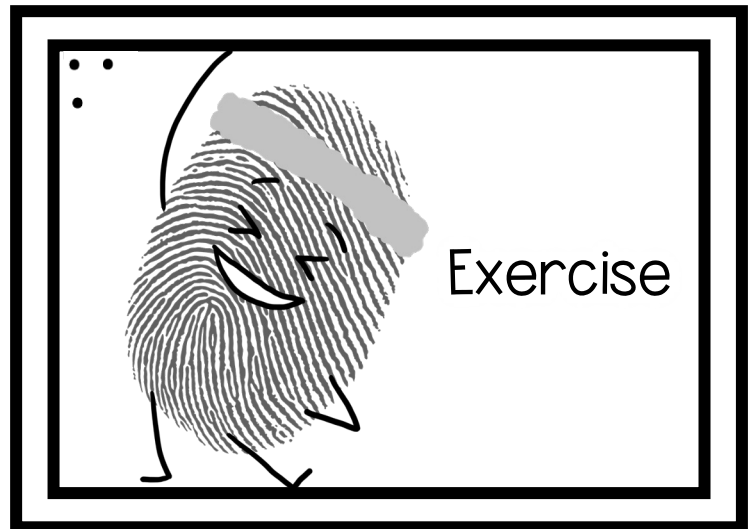
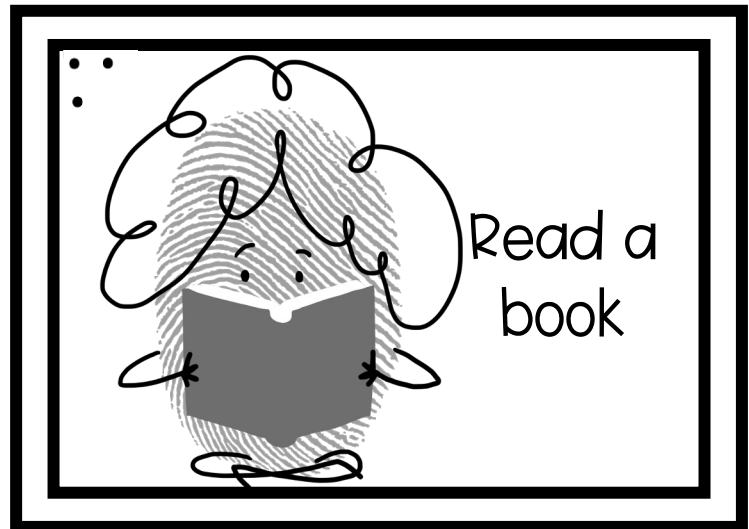
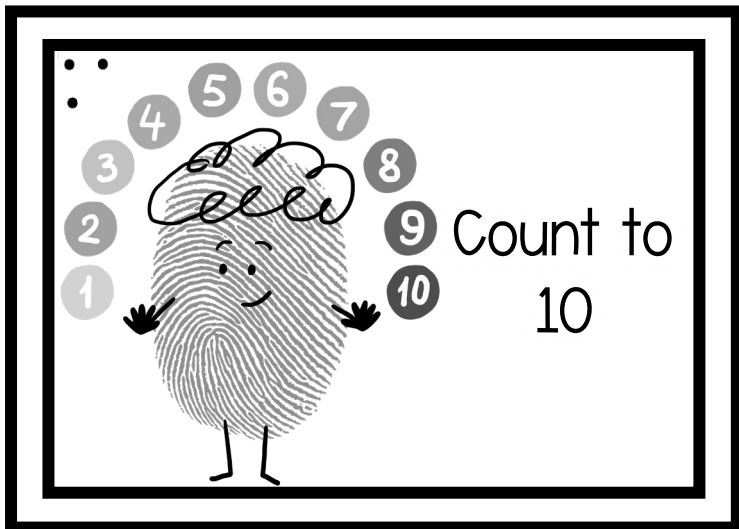
A large empty rectangular box with a double border and two small dots in the bottom-left corner, intended for a drawing or response.



LOVE IT!



Please cut out these coping skills.



Please cut out these coping skills.



Bounce on
an exercise
ball

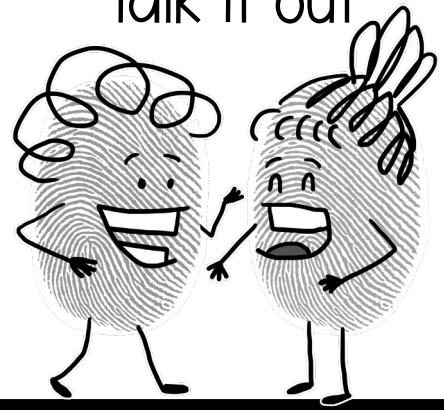


Listen to
music



Play,
build,
create

Talk it out

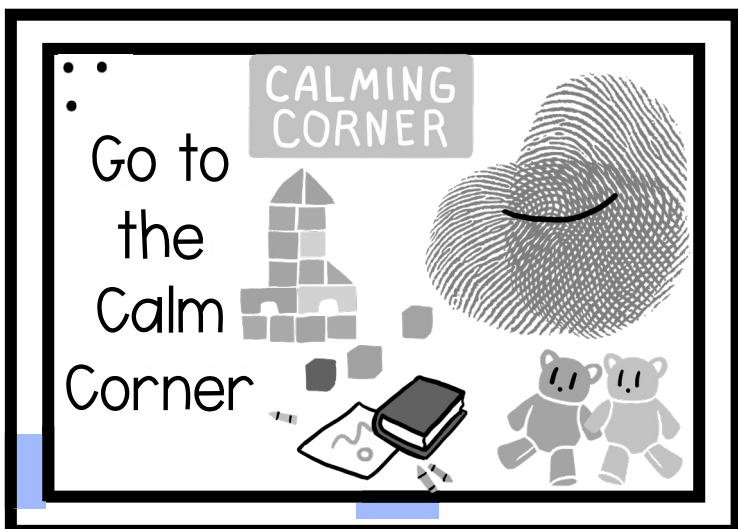
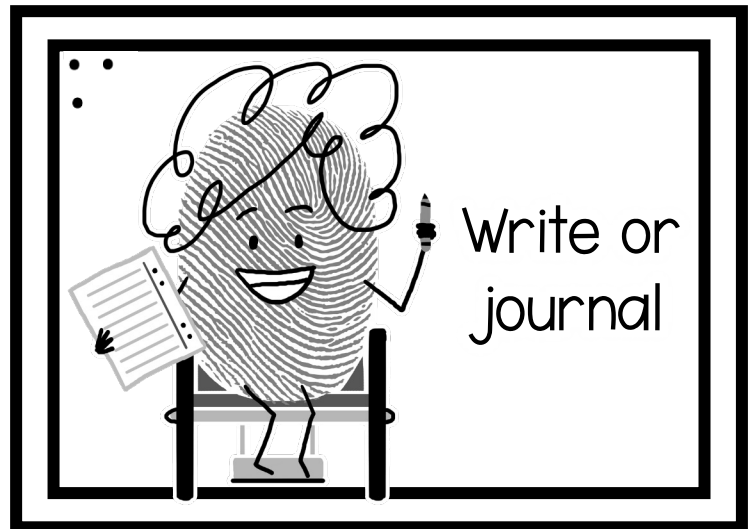
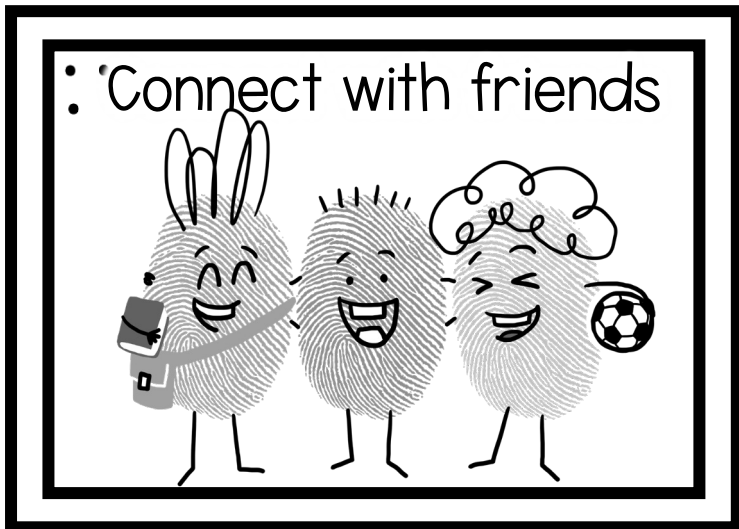
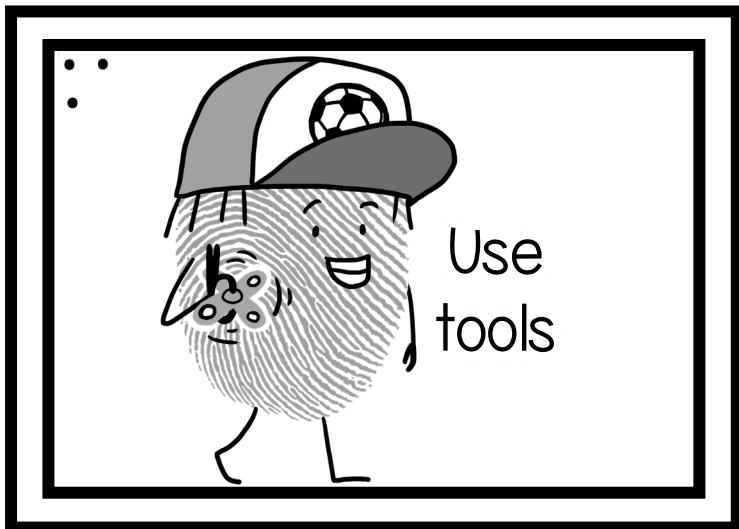


Take a
break



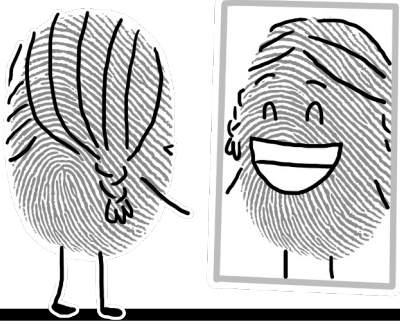
Hug a
plushie

Please cut out these coping skills.

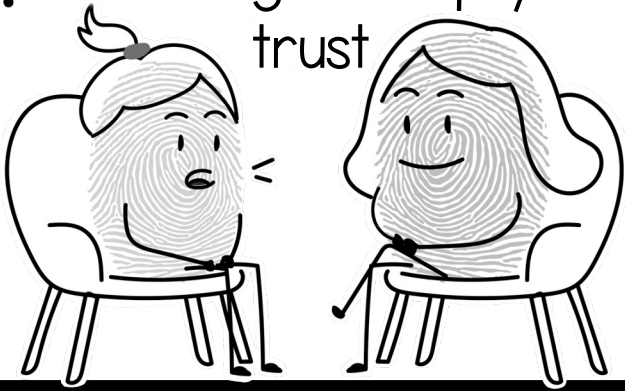


Please cut out these coping skills.

Practice positive affirmations



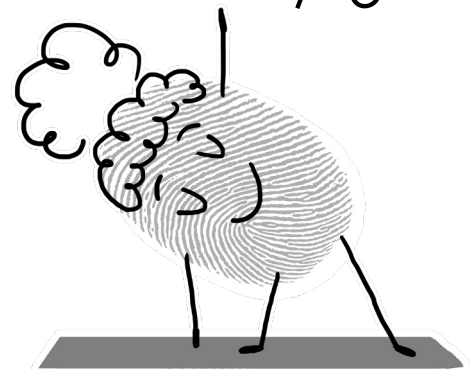
Talk to a grown-up you trust



Focus on your strengths



Practice yoga



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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:

