

o MUSIC city COUNSELOR

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For helpful ideas and free resources, please check out my website!

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www.musiccitycounselor.com

Directions:

Materials Needed: printed pages, crayons

This Color by Code activity is a fun way to review coping skills! Students learn strategies to cope with each feeling.

Students work on the black/white version, and I included a full-color answer key for you.

9 different feelings are included (angry, nervous, sad, excited, scared, confused, happy, shy, surprised).

Students follow the code at the top of the page to color each part of the picture.

Questions, comments, or suggestions?

Feel free to contact me any time at laura@musiccitycounselor.com. I'm here to help!

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Name: _____

COPING SKILLS COLOR BY CODE: ANGRY



Take deep breaths



Count to 10



Go for a walk



Imagine a happy place



Write or draw



Talk it out

A large black and white illustration of an angry face, used as a coloring page. The face has a wide-open mouth, slanted eyes, and a furrowed brow. The face is divided into many irregular sections by thick black lines. Each section contains a coping skill text, such as "Take deep breaths", "Imagine a happy place", "Go for a walk", "Write or draw", "Talk it out", and "Count to 10". The text is repeated in various sections across the face. The entire illustration is enclosed in a thick black border.

Name: _____

COPING SKILLS COLOR BY CODE: ANGRY



Take deep breaths



Count to 10



Go for a walk



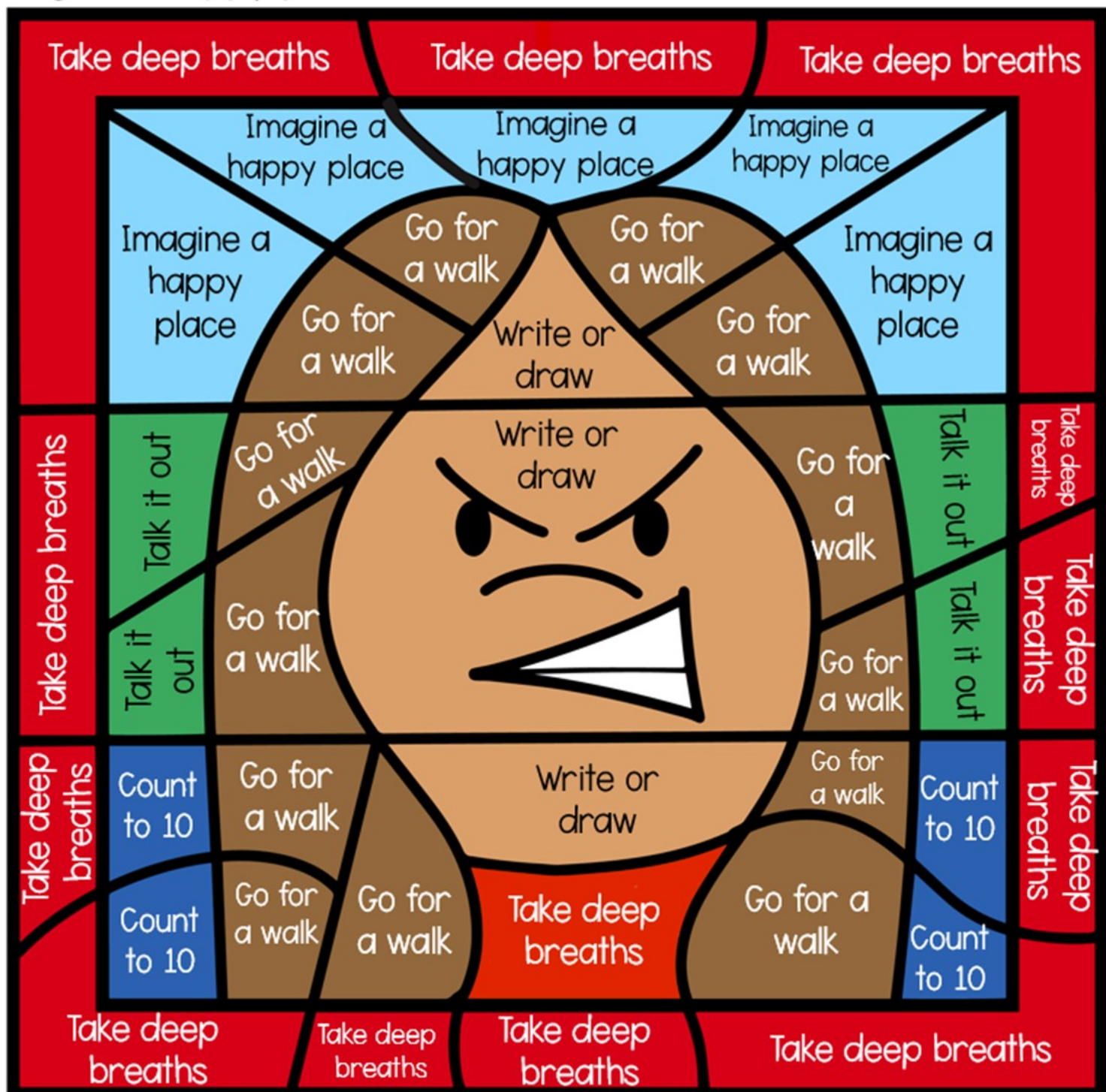
Imagine a happy place



Write or draw



Talk it out



Name: _____

COPING SKILLS COLOR BY CODE: NERVOUS



Take deep breaths



Count to 10



Be present



Write or draw



Talk it out



Try grounding

A large illustration of a sad face with various coping skills written in different sections. The skills are: "Take deep breaths", "Write or draw", "Be present", "Talk it out", "Count to 10", and "Try grounding". The face has a sad expression with slanted eyes and a downturned mouth.

Name: _____

COPING SKILLS COLOR BY CODE: SAD



Take deep breaths



Ask for a hug



Talk it out



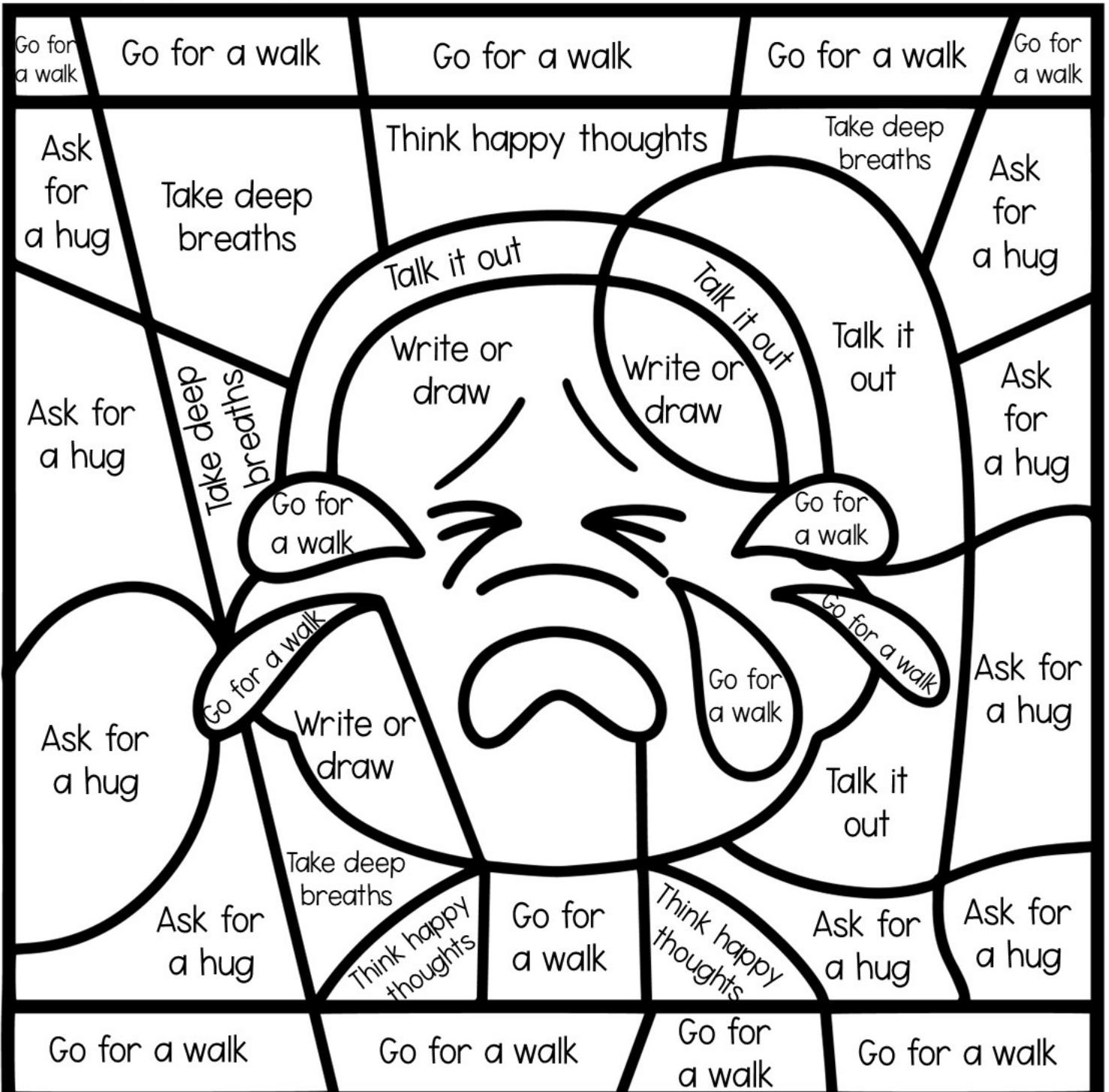
Think happy thoughts



Write or draw



Go for a walk



Name: _____

COPING SKILLS COLOR BY CODE: SAD



Take deep breaths



Ask for a hug



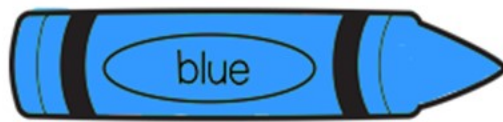
Talk it out



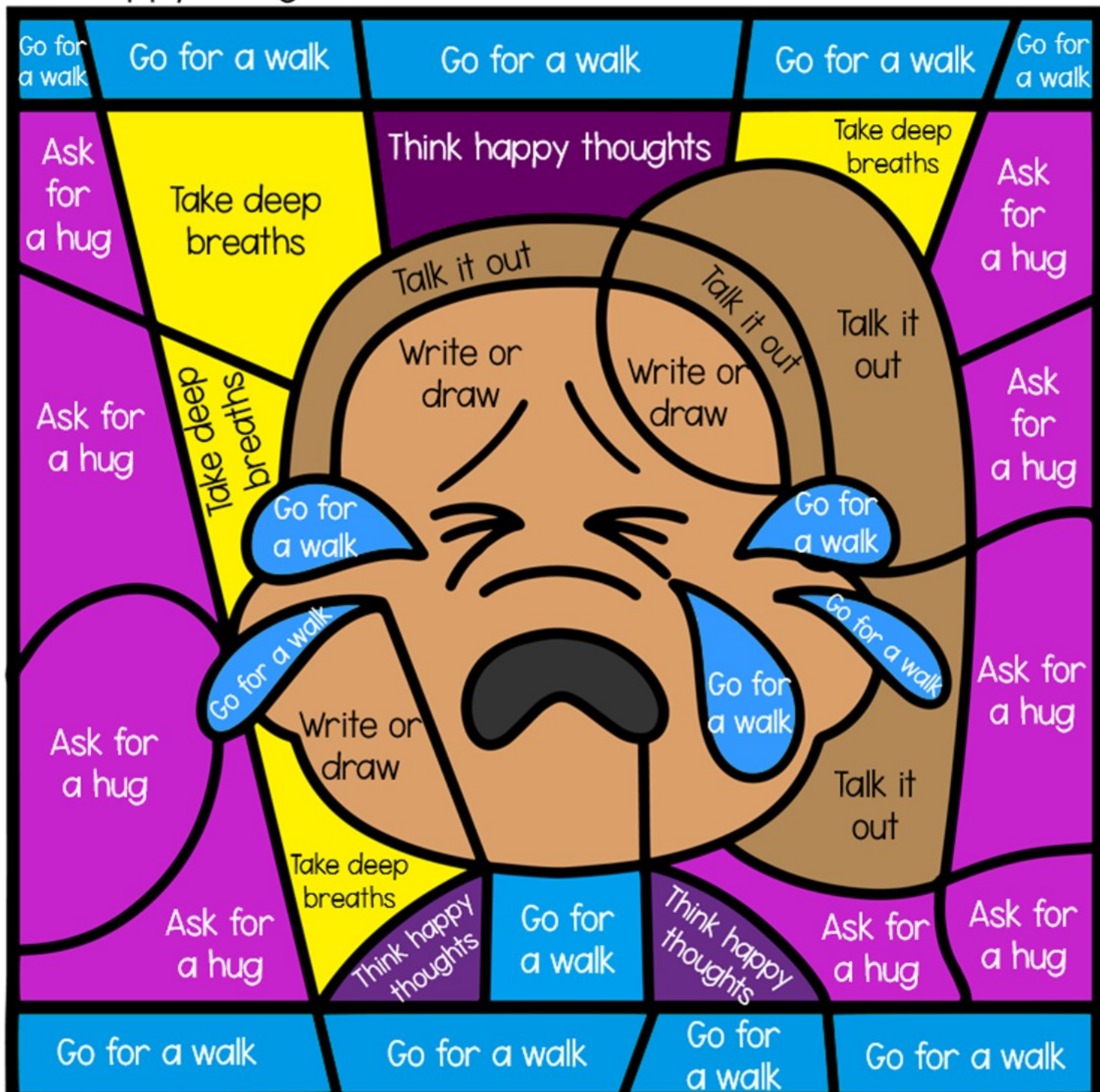
Think happy thoughts



Write or draw



Go for a walk



Name: _____

COPING SKILLS COLOR BY CODE: EXCITED



Enjoy the moment



Be present



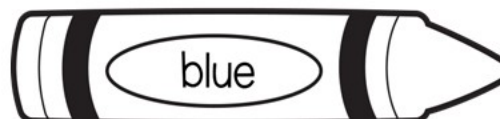
Spread joy



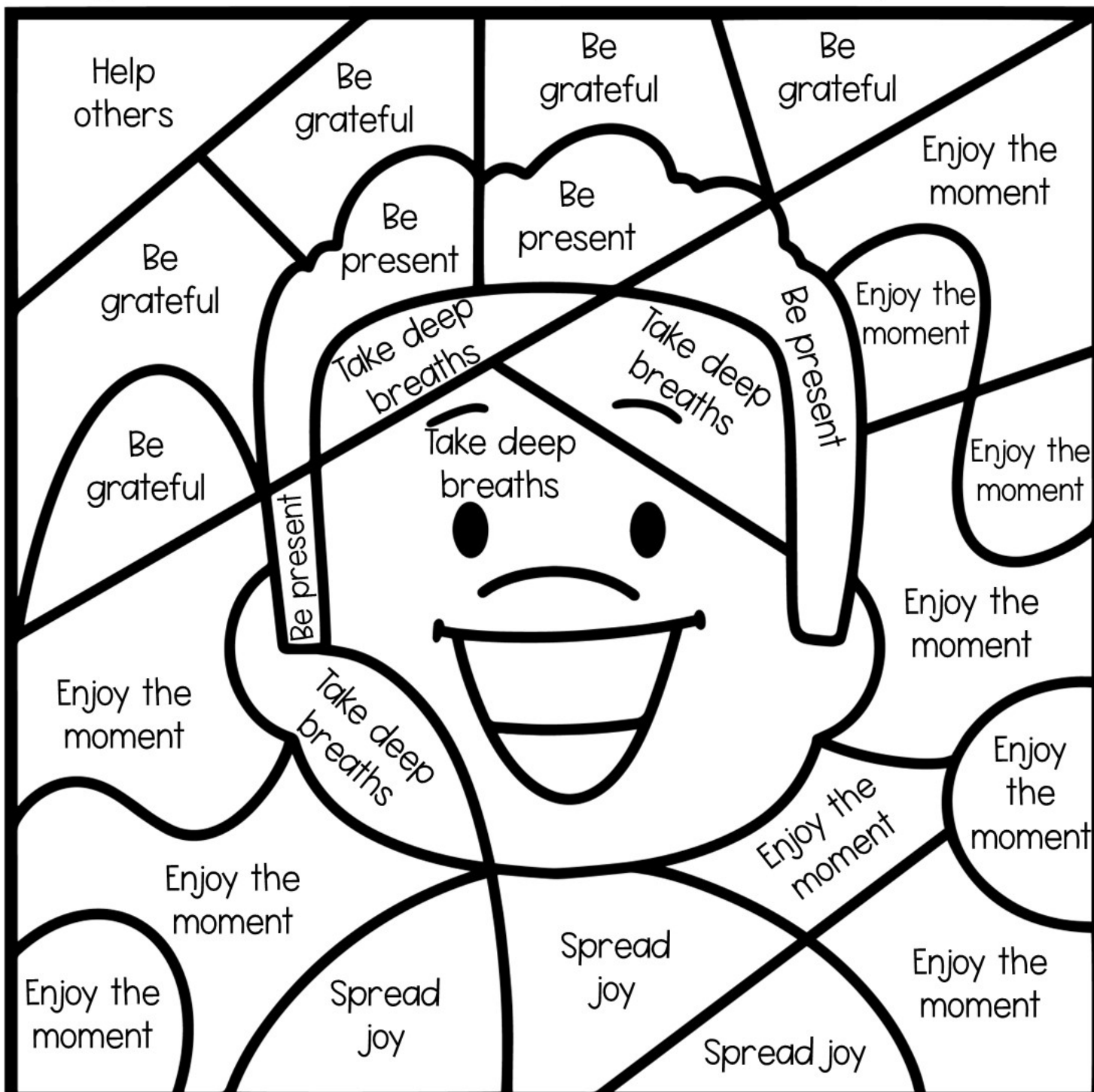
Be grateful



Take deep breaths



Help others



Name: _____

COPING SKILLS COLOR BY CODE: EXCITED



Enjoy the moment



Be present



Spread joy



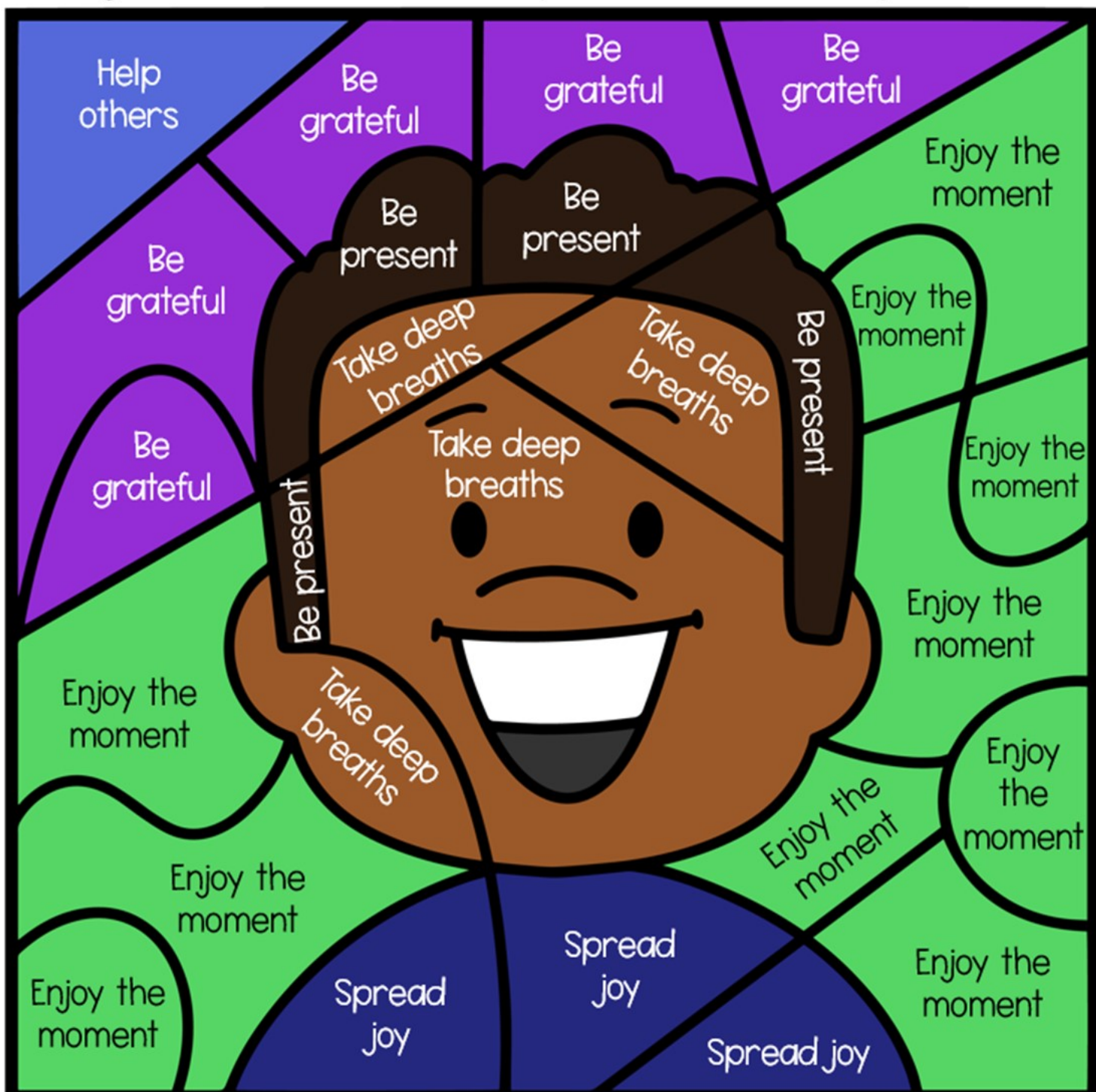
Be grateful



Take deep breaths



Help others



Name: _____

COPING SKILLS COLOR BY CODE: HAPPY



Enjoy the moment



Be present



Help others



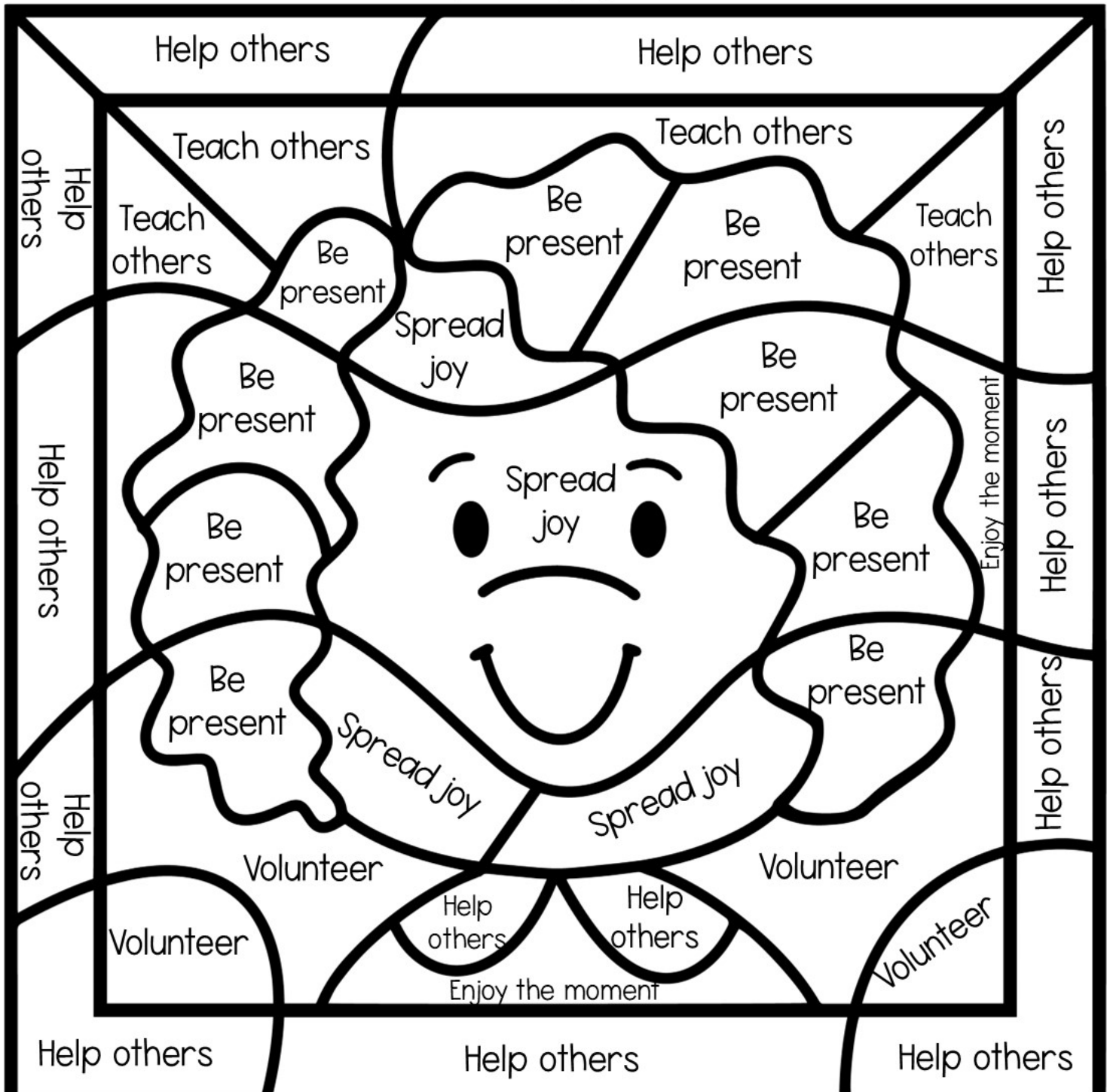
Teach others



Spread joy



Volunteer



Name: _____

COPING SKILLS COLOR BY CODE: HAPPY



Enjoy the moment



Be present



Help others



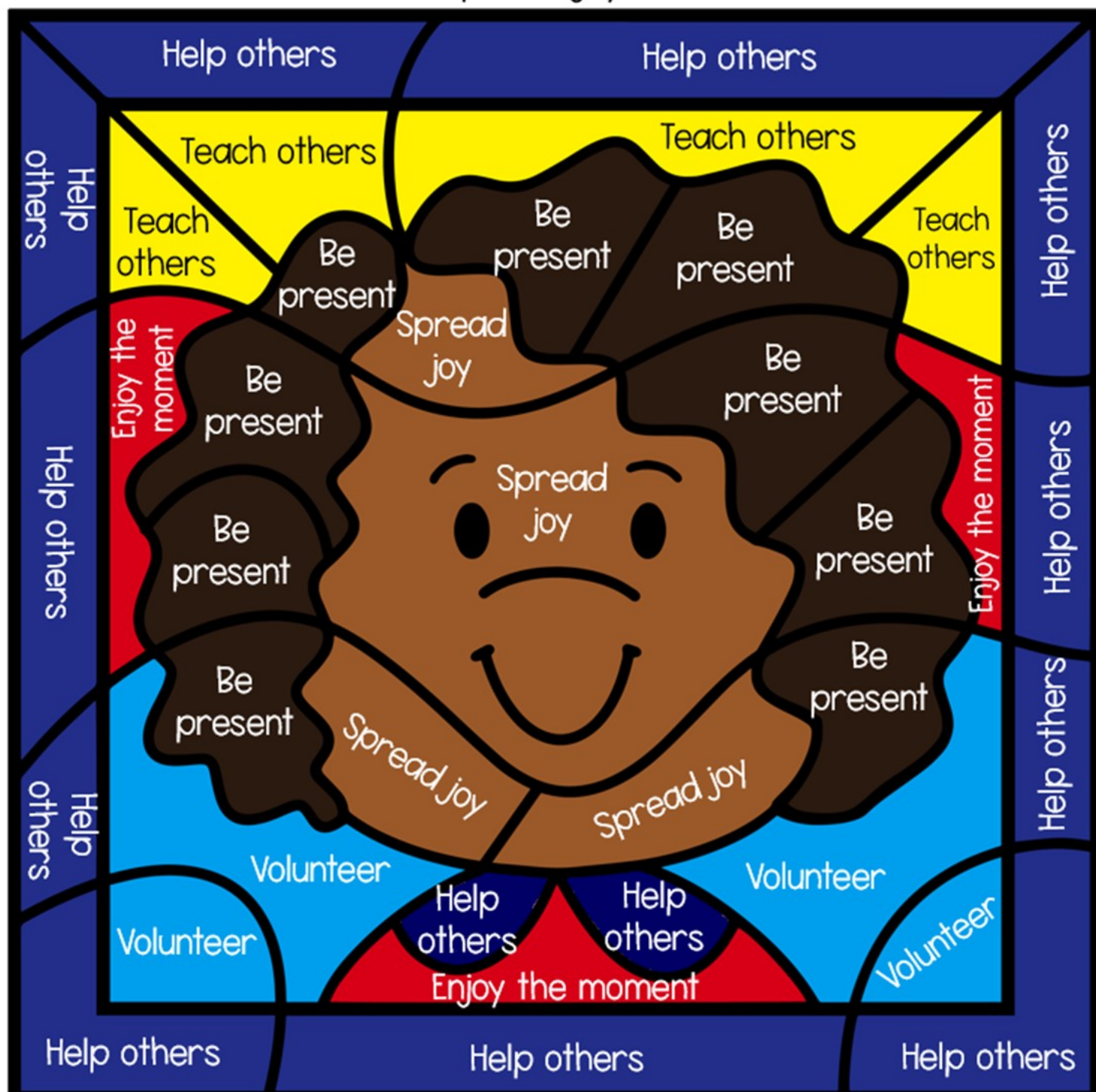
Teach others



Spread joy



Volunteer



Name: _____

COPING SKILLS COLOR BY CODE: SCARED



Take deep breaths



Ask for a hug



Find a safe person



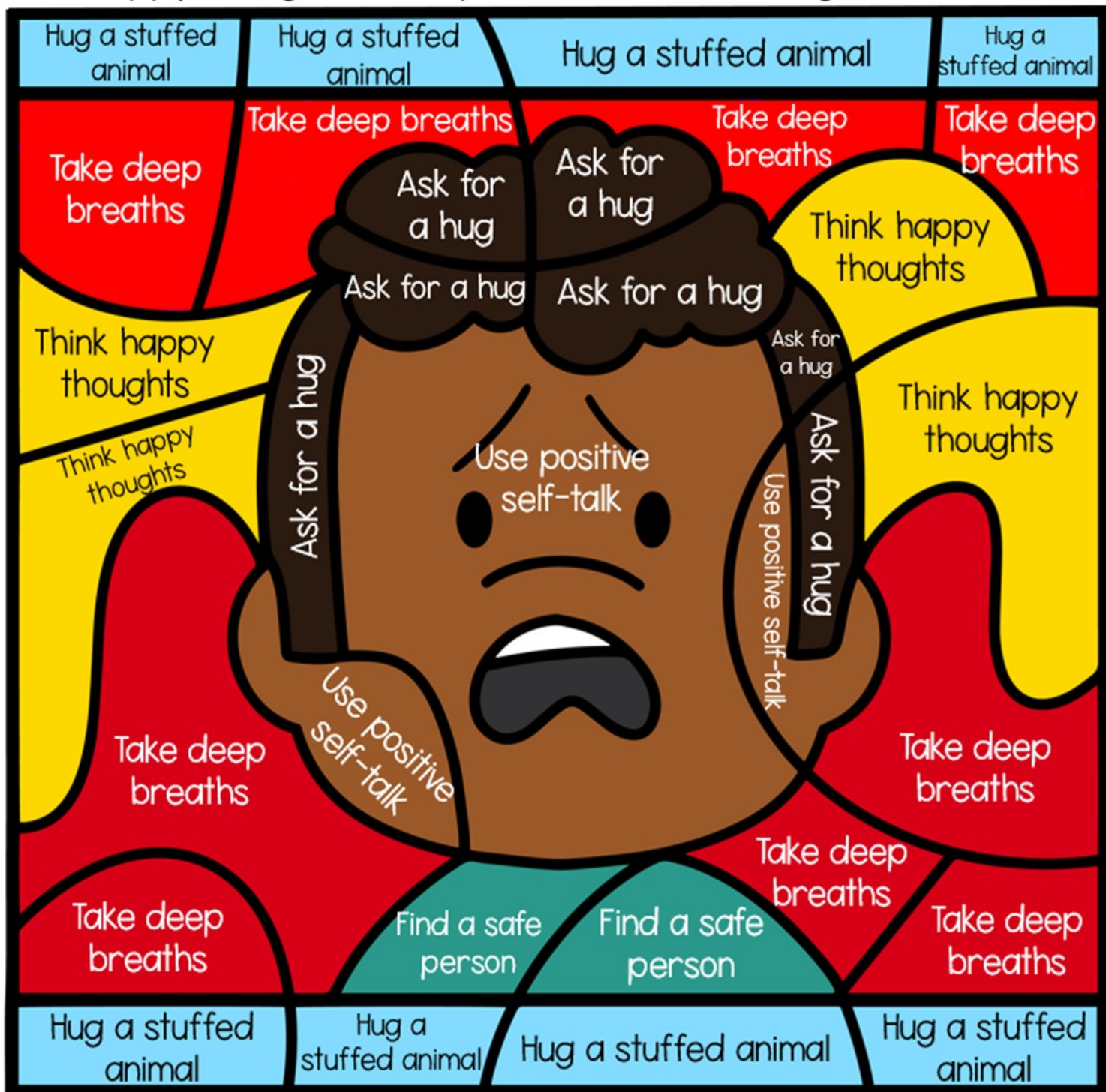
Think happy thoughts



Use positive self-talk



Hug a stuffed animal



Name: _____

COPING SKILLS COLOR BY CODE: SHY



Use positive self-talk



Try new things



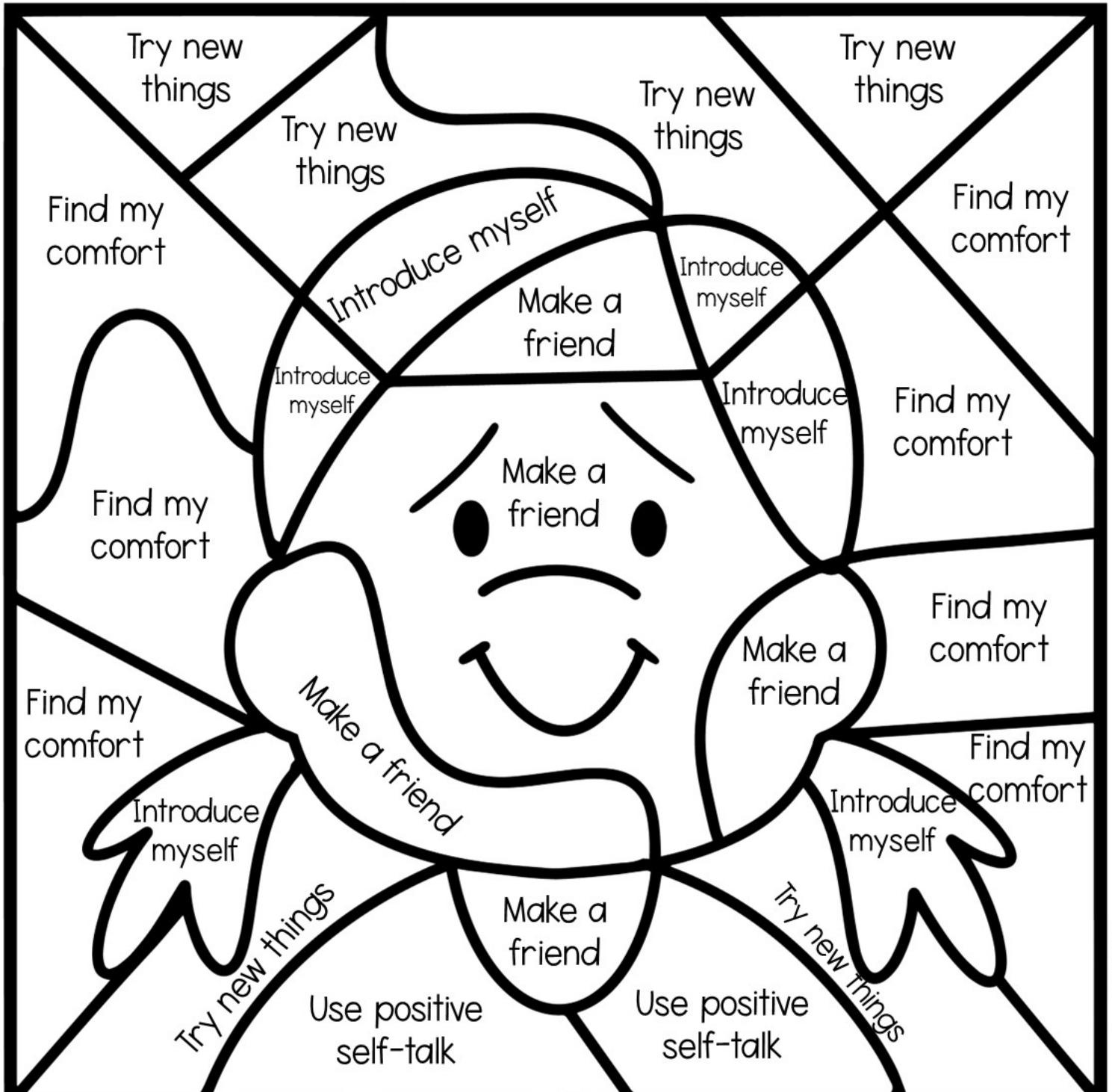
Make a friend



Introduce myself



Find my comfort

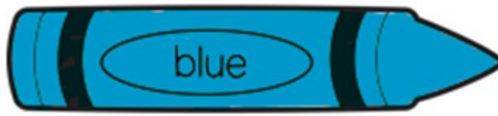


Name: _____

COPING SKILLS COLOR BY CODE: SHY



Use positive self-talk



Try new things



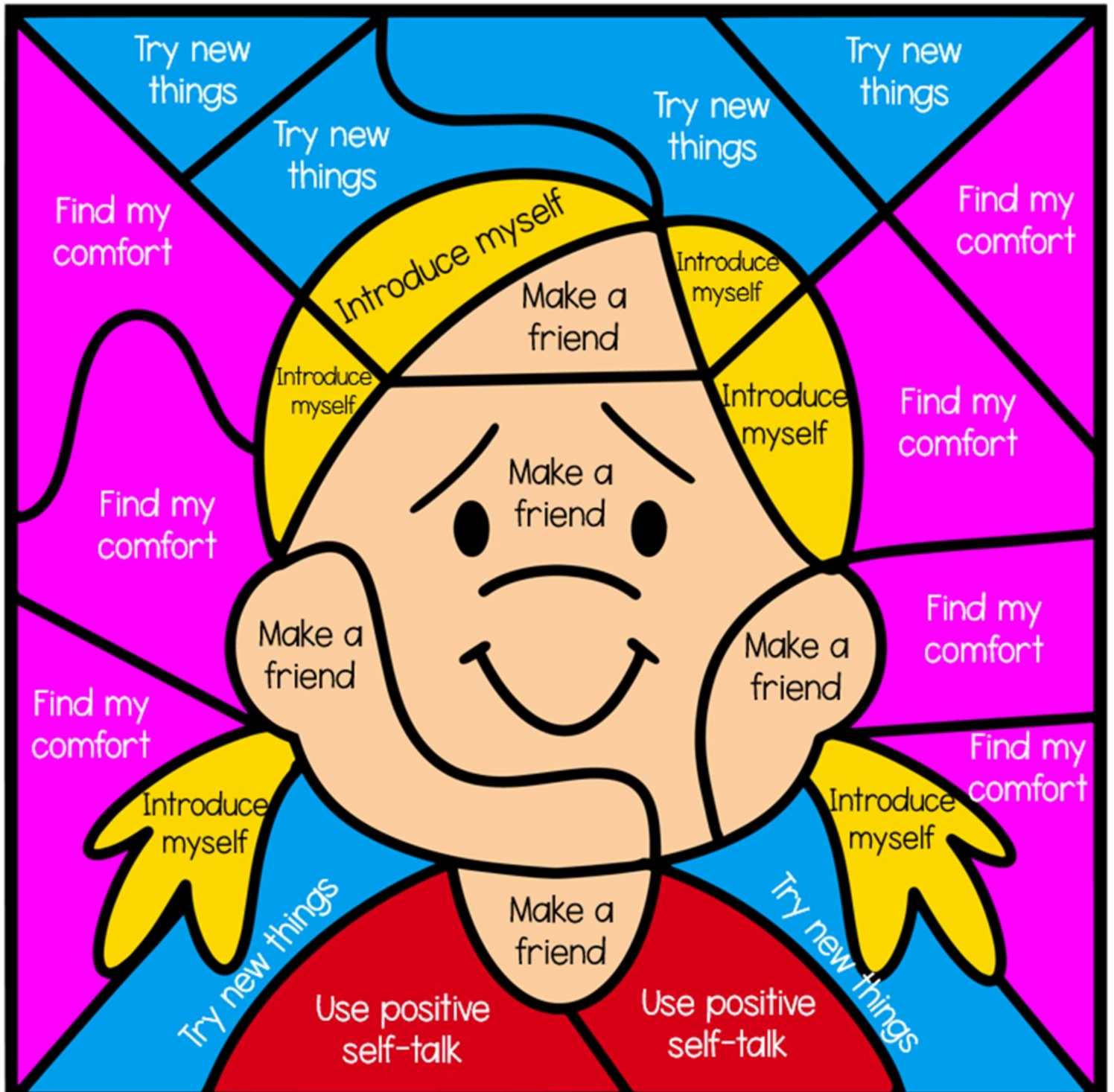
Make a friend



Introduce myself



Find my comfort



Name: _____

COPING SKILLS COLOR BY CODE: SURPRISED



Take deep breaths



Count to 10



Celebrate



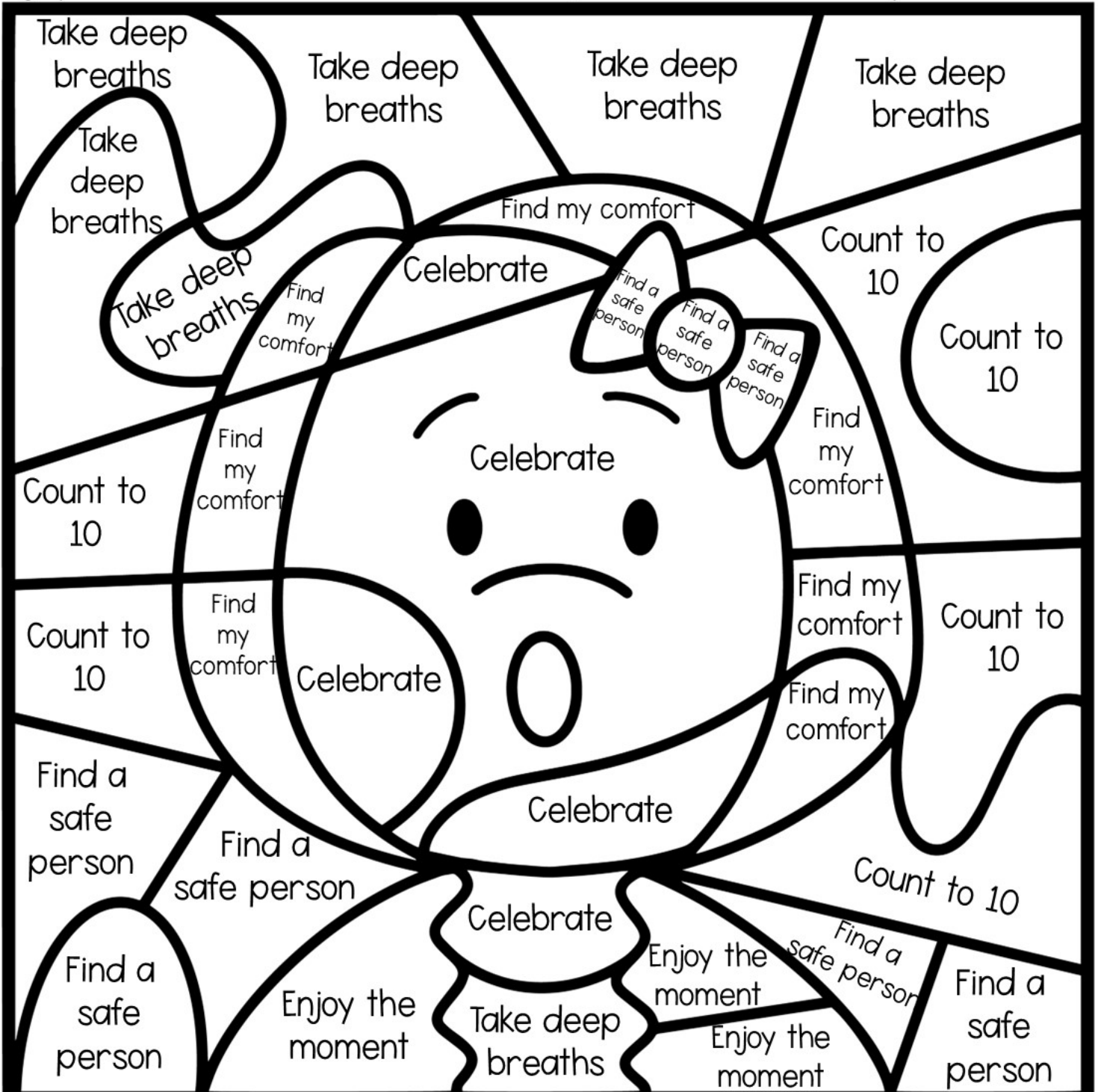
Enjoy the moment



Find a safe person



Find my comfort



Name: _____

COPING SKILLS COLOR BY CODE: SURPRISED



Take deep breaths



Count to 10



Celebrate



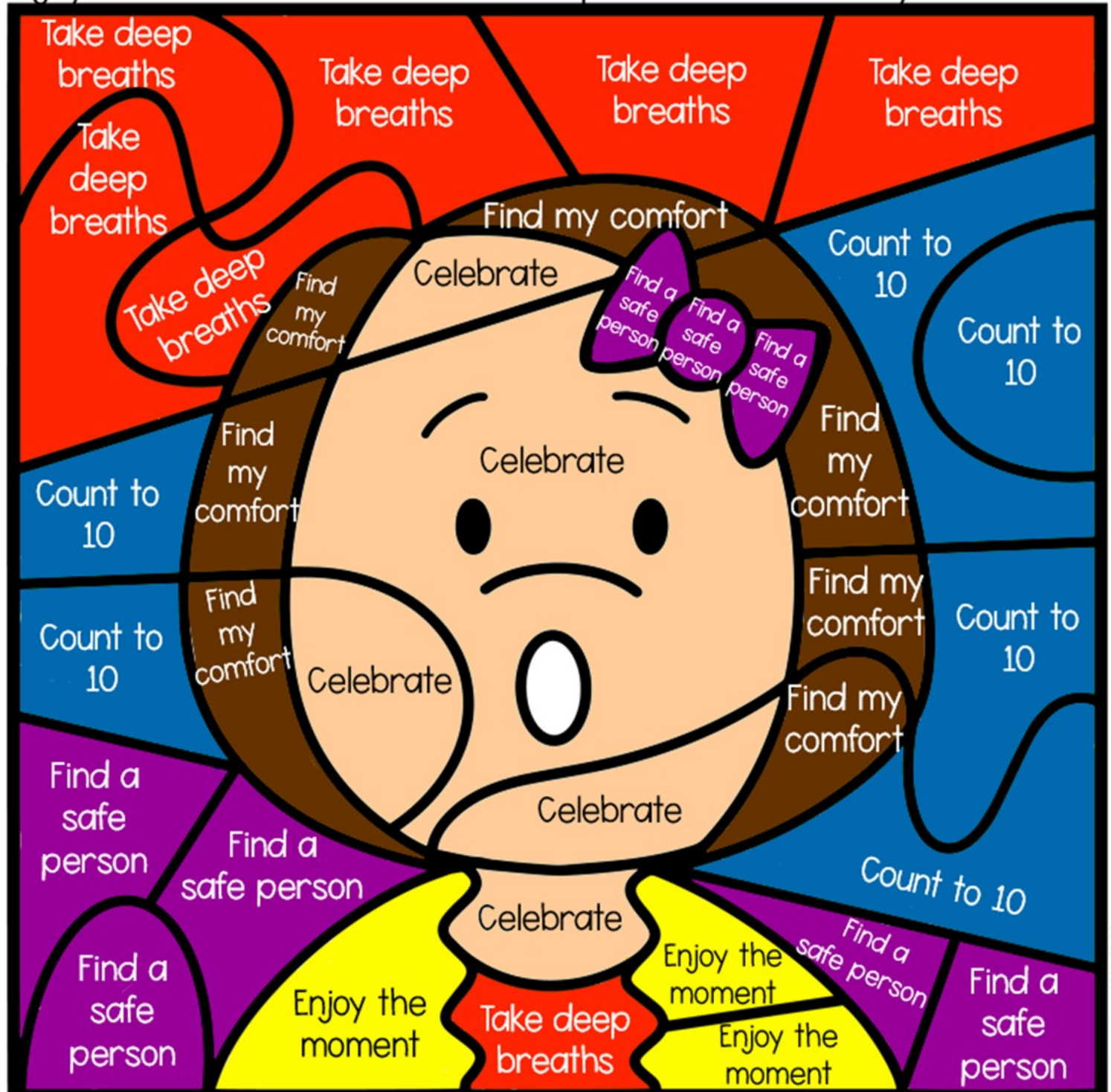
Enjoy the moment



Find a safe person



Find my comfort



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