

# THANK YOU FOR YOUR PURCHASE!



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★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

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



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

♡  
Ashley

Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter. ✨ ✨ ✨





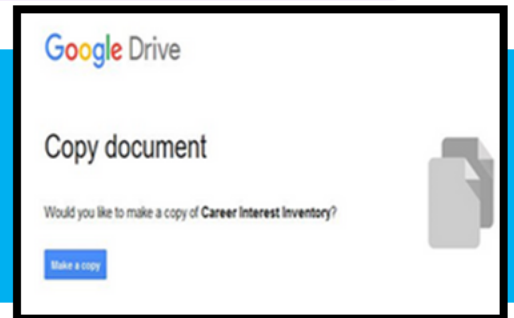
# Google Slides

YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy: [Coping Skills Cookies](#)

1

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.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

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."

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 SKILLS COOKIES



## Session Objective:

\*Students will identify different coping skills.

## Materials:

- Handouts
- Scissors
- Pencils
- Glue or tape.
- Crayons (for B&W version)

## Guiding Questions:

- \*What are some coping skills we can use?
- \*When should we use coping skills?

## 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: Social Skills: Social Maturity and behaviors appropriate to the situation and environment. (B-SS 9)
- \*Behavior: Self-Management Skills: Effective coping skills. (B-SMS 7)

## SEL Competencies:

- \*Self-Awareness: Identifying Emotions.
- \*Self-Management: Stress Management.

## Session Details

\*There are three different ways to use this activity.

1. Write-in/Quick Version: Give students the page that has the blank cookies already on the tray and they just write the coping skill right onto the cookie.
2. Cut and Paste Version: Give students the empty tray and have them cut out the cookies with the already-filled-in cookies and place the ones they would use on their tray.
3. Cut and Paste/ Long Version: Give students the empty tray and have them cut out the blank cookies and place them on the tray and write in the coping skills on the blank cookies.

\*Have students glue or tape the cookies to their tray. Each student should have their own tray and cookies. Each tray should be unique because the coping skills should be the ones they would use.

\*Pro-tip: Laminate the trays and cookies and use dry erase markers for repeated use. Use Velcro to have them attach their cookies to their tray.

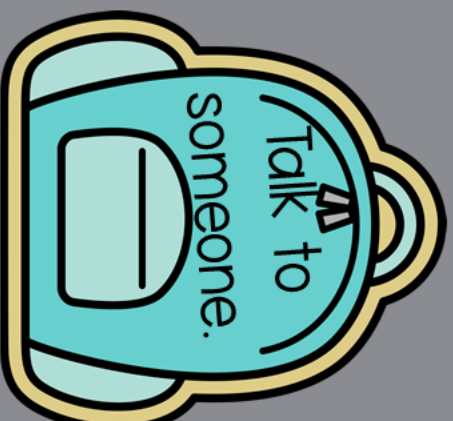
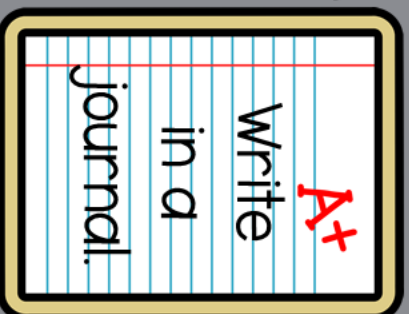
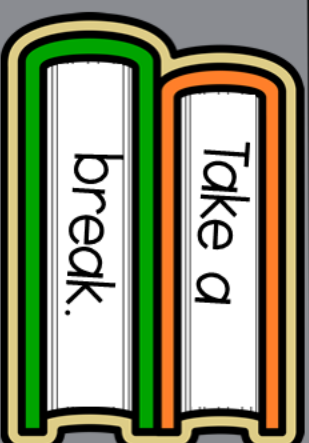
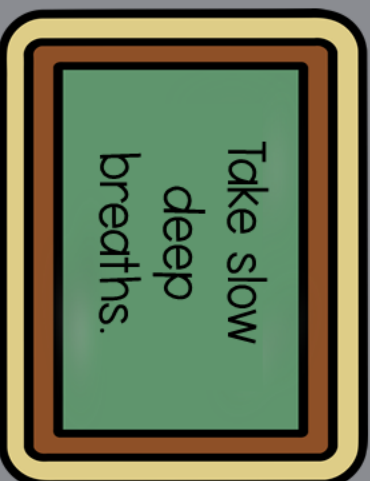
BACK TO

SCHOOL

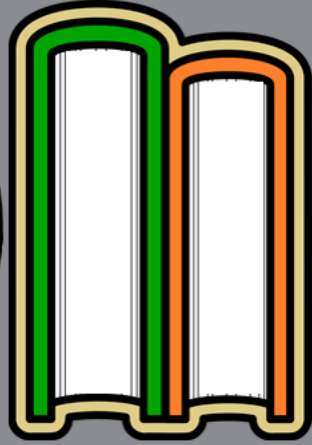
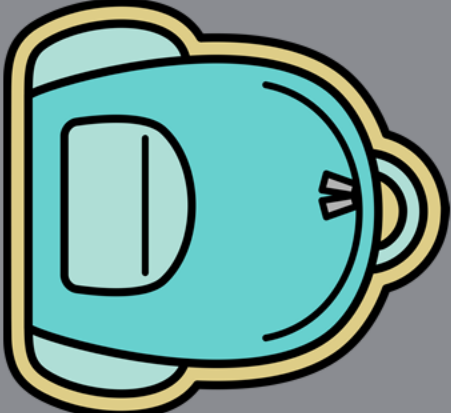
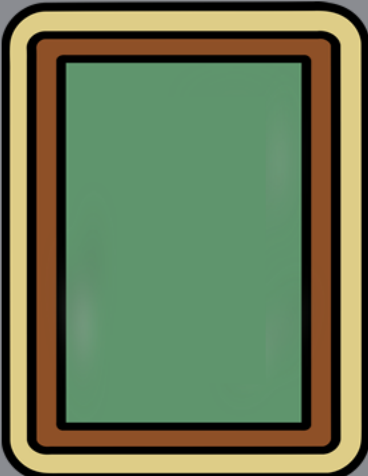
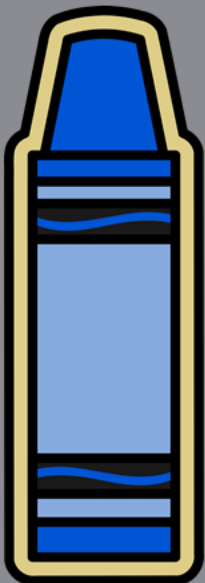
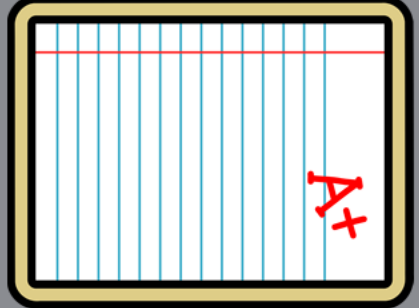
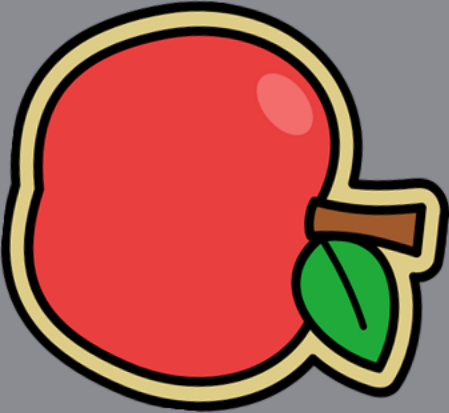
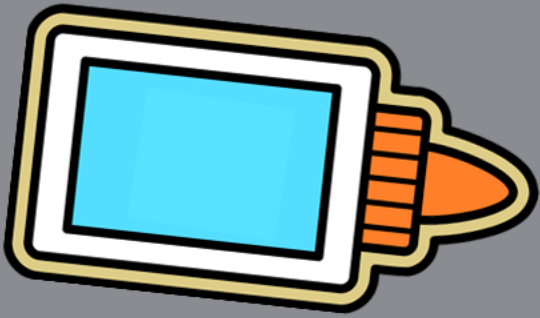
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**COOKIES**

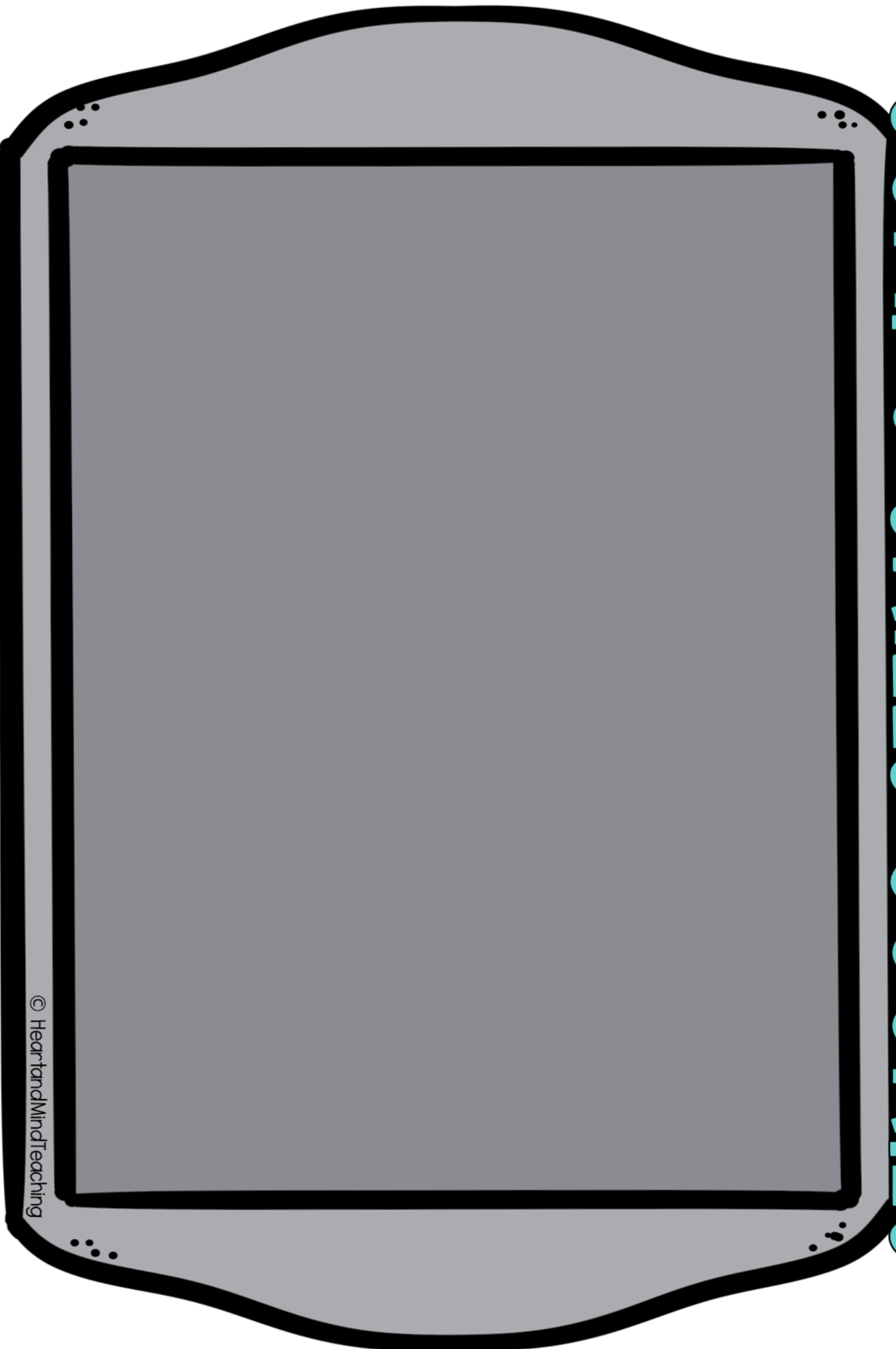
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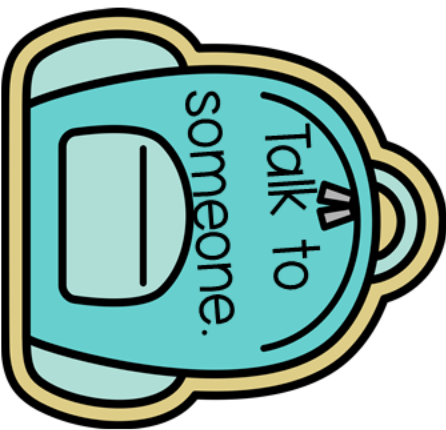
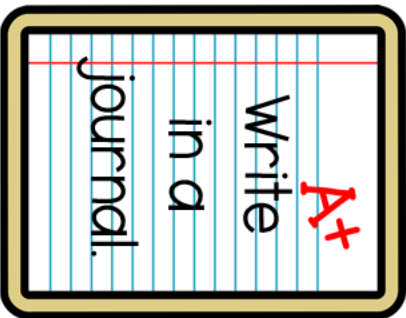
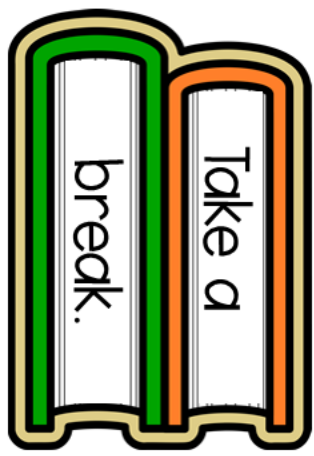
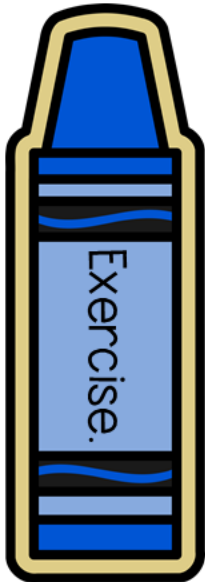
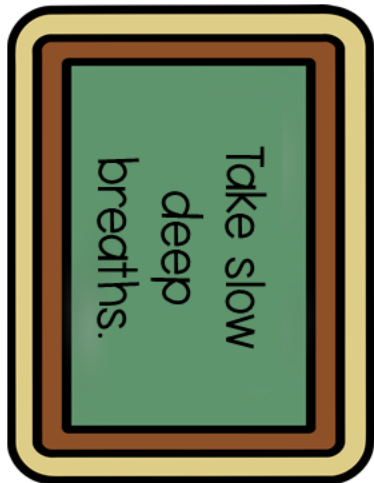


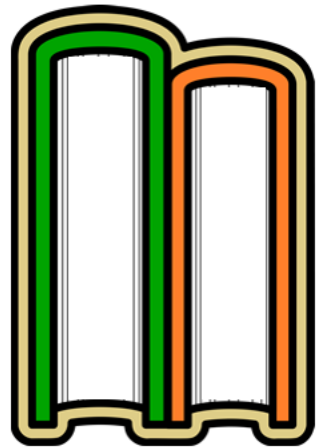
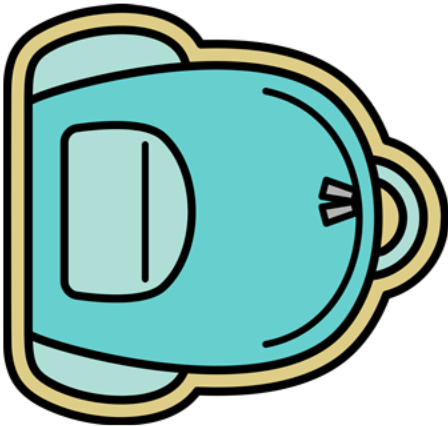
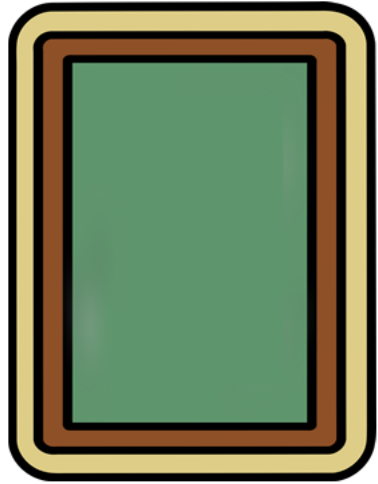
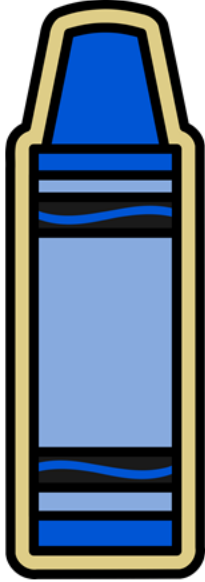
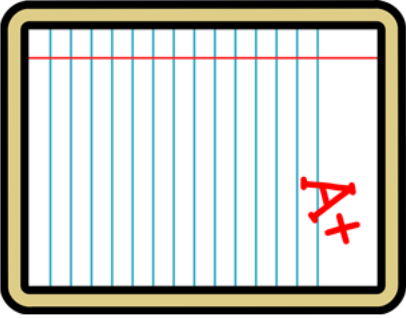
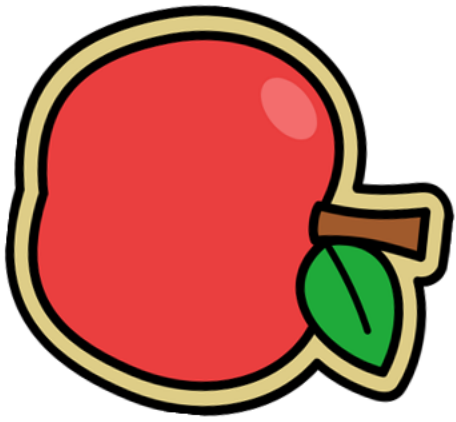
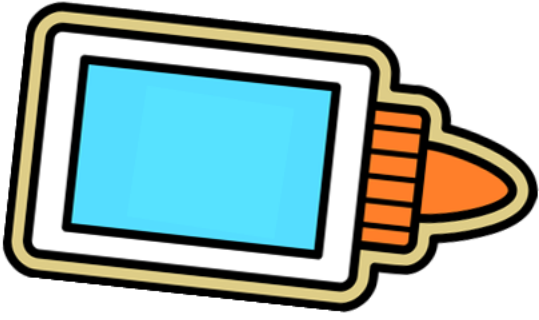
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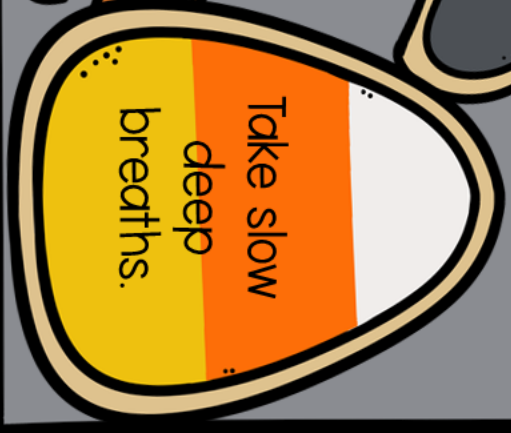
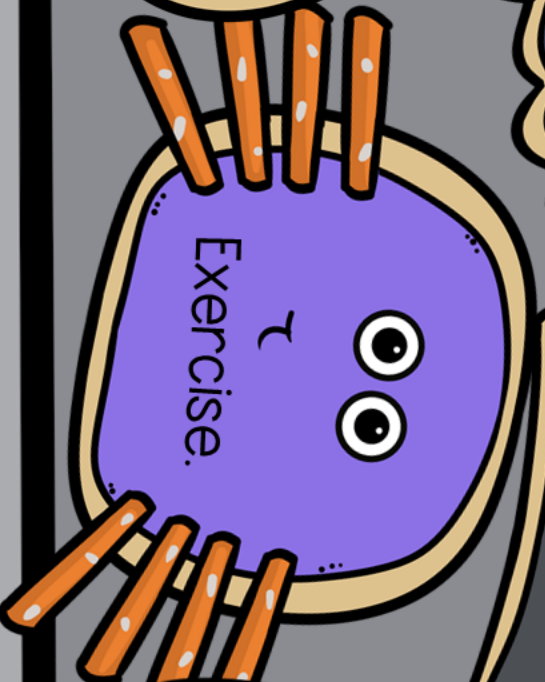
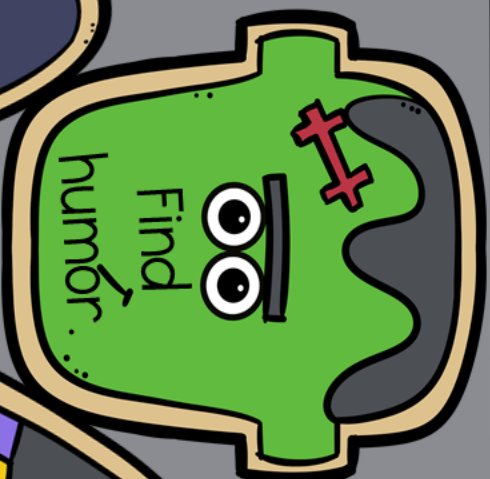
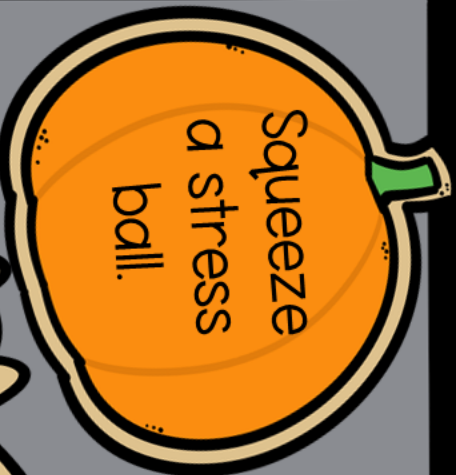
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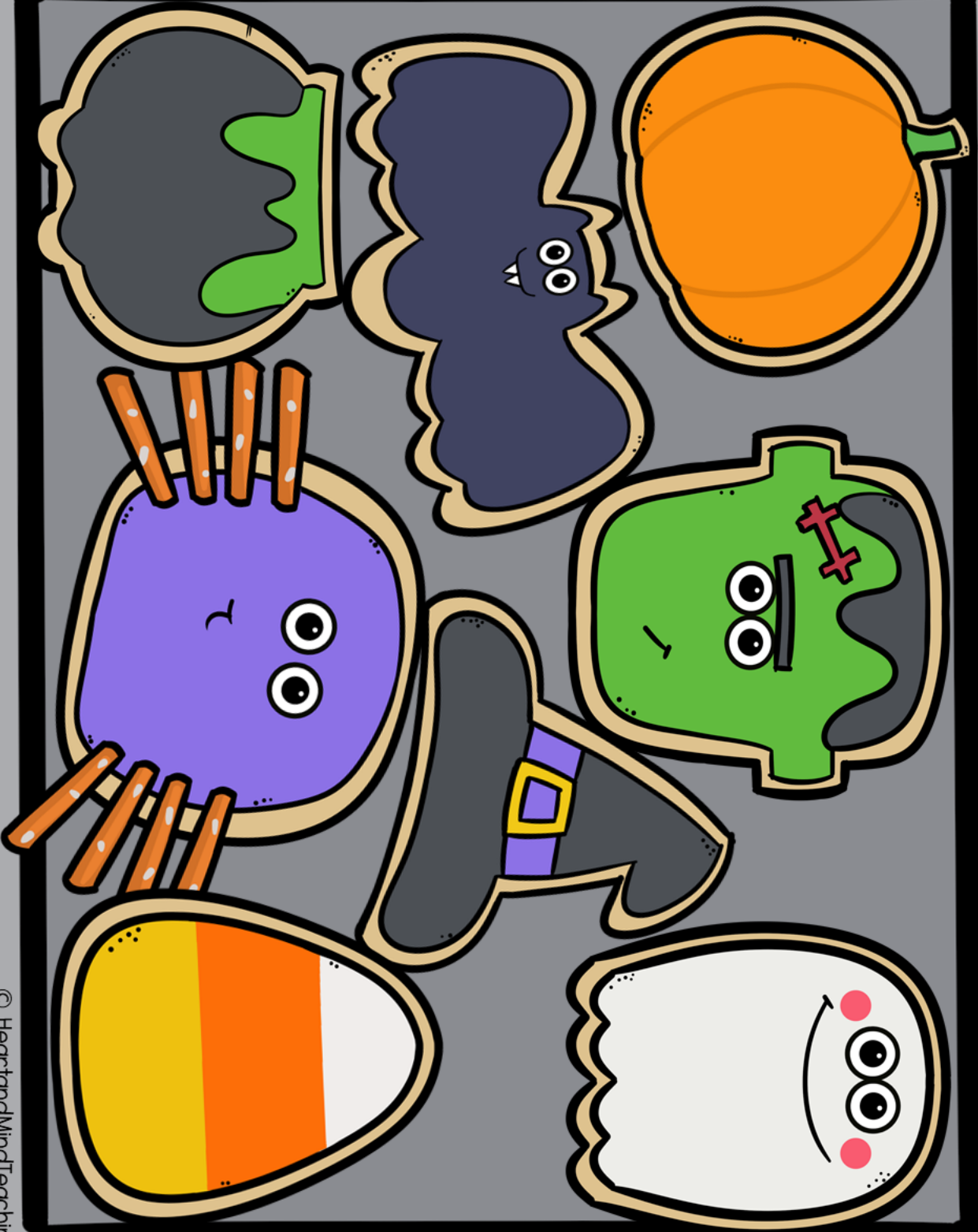
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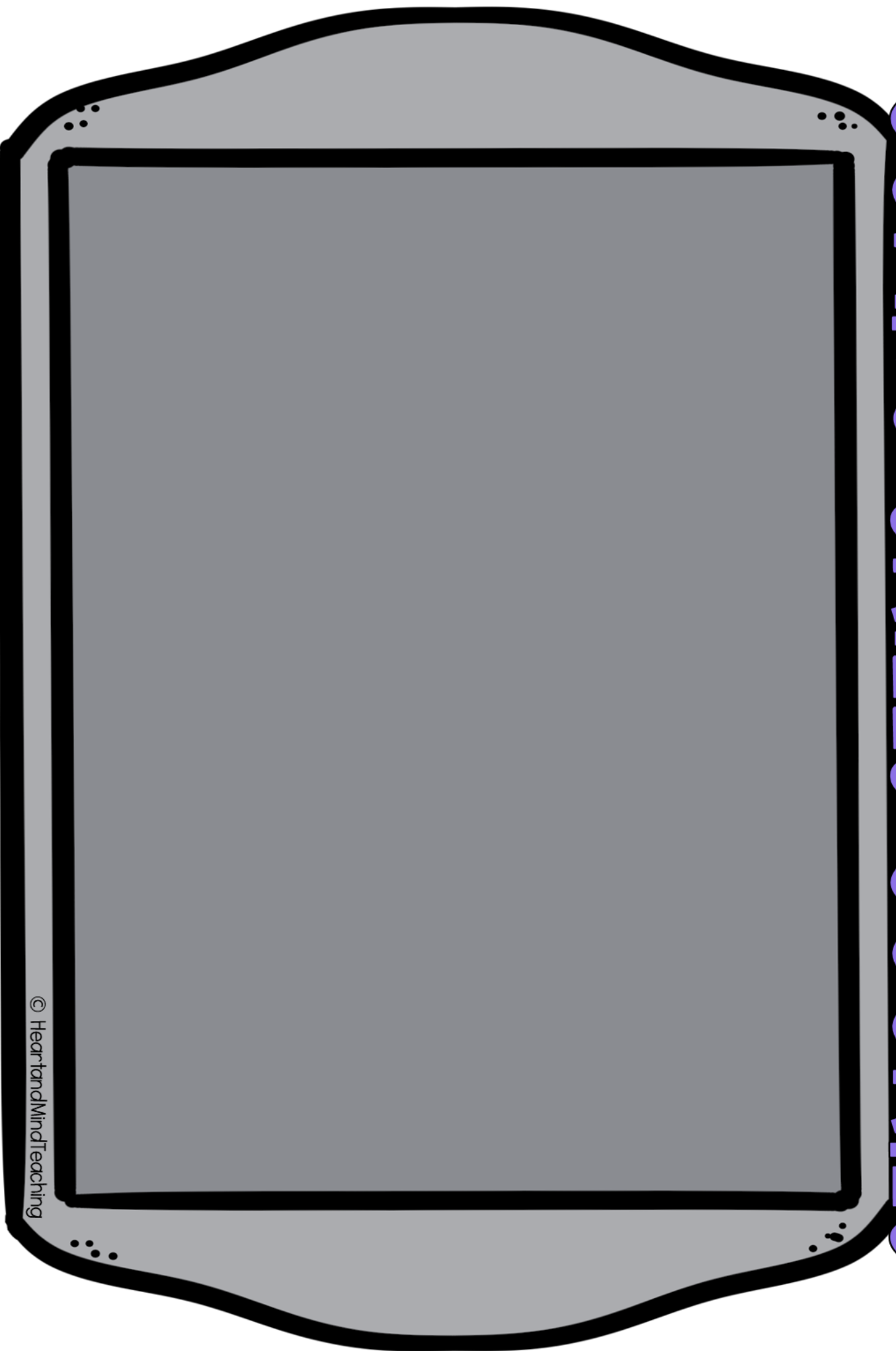
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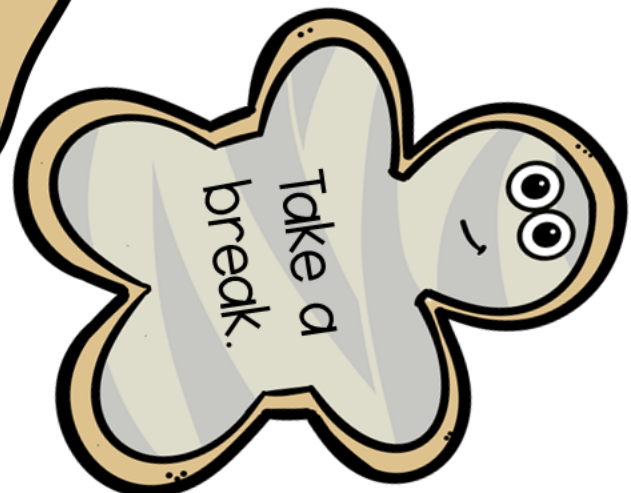
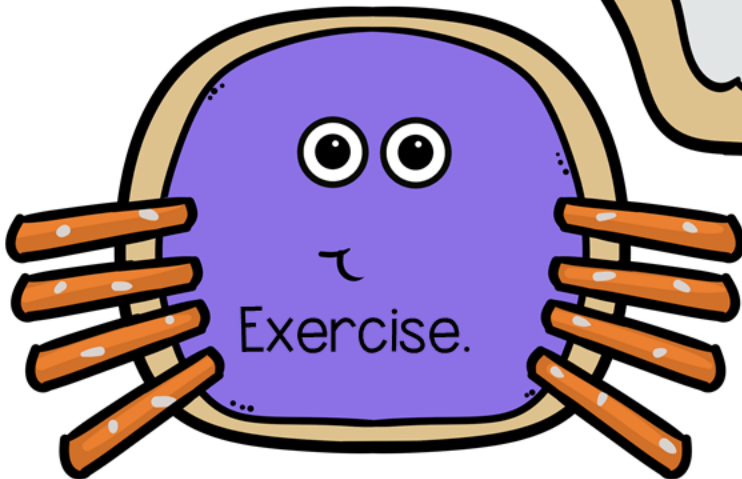
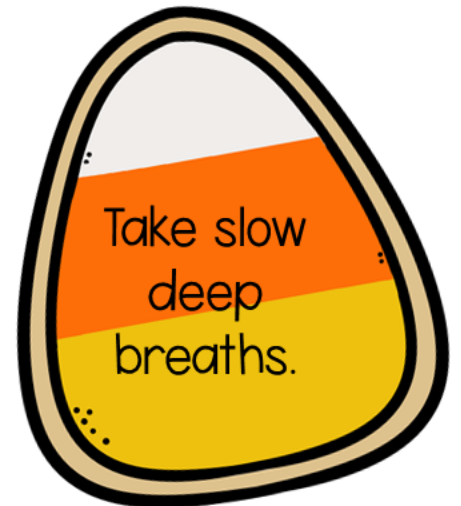


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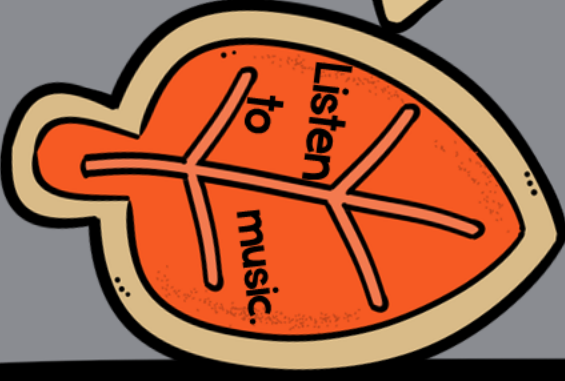
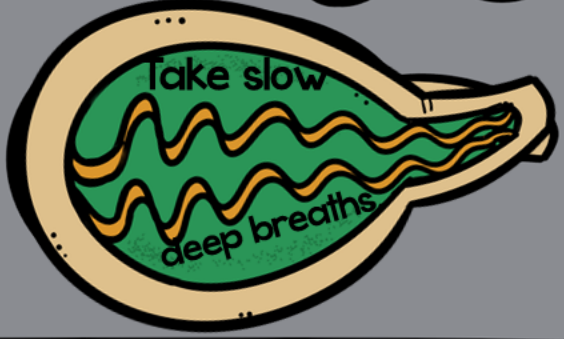
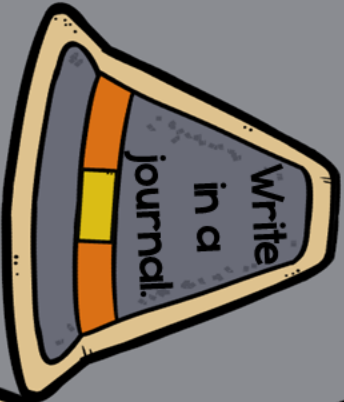
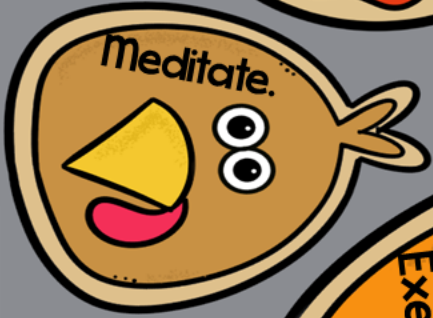
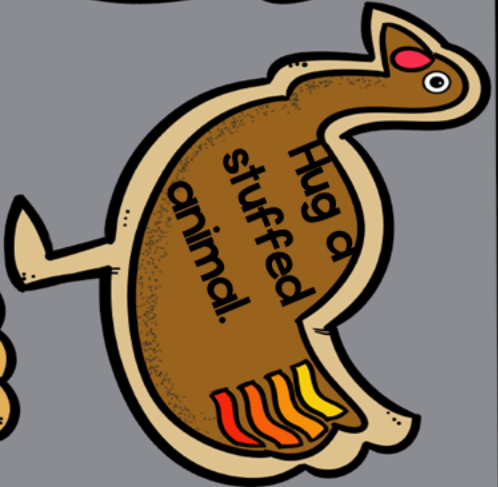
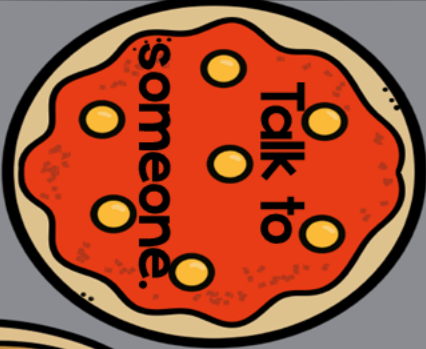


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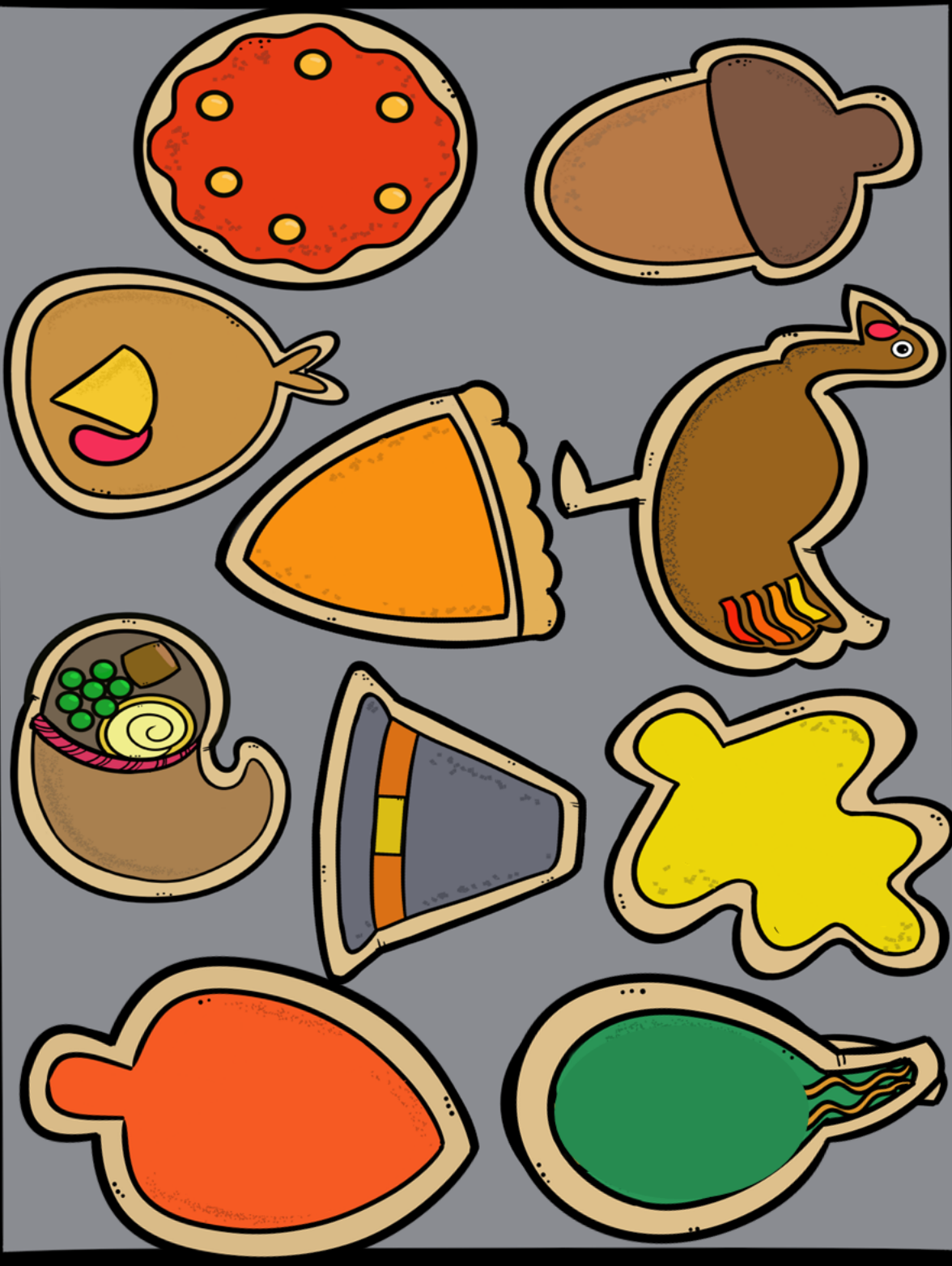
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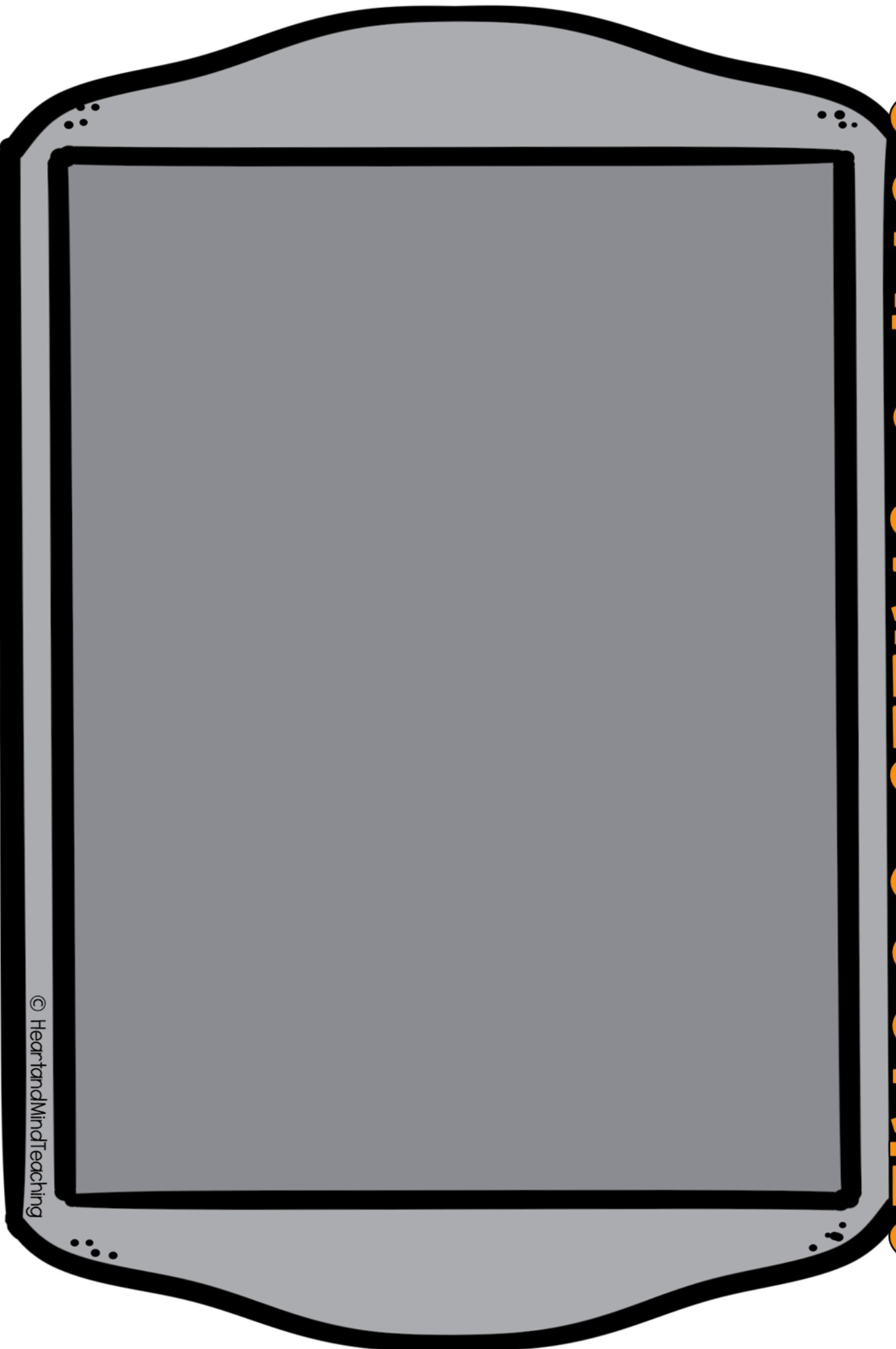
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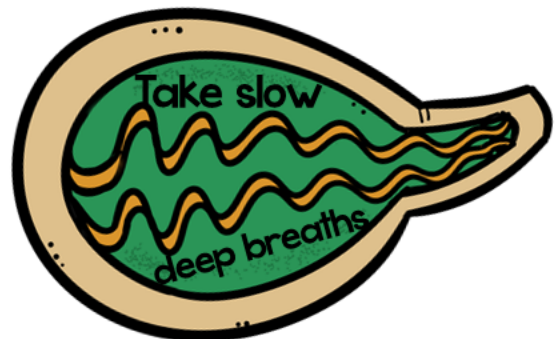
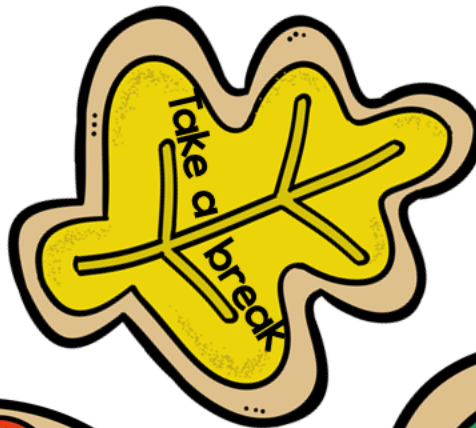
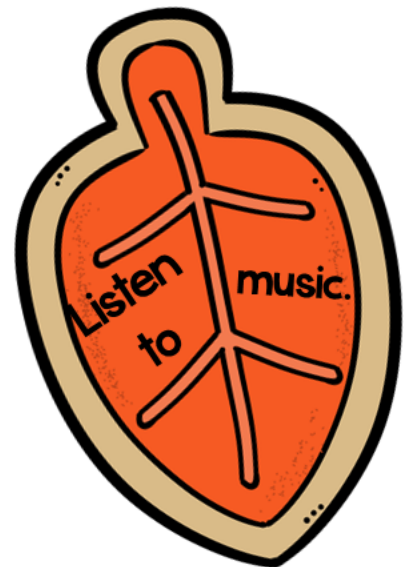


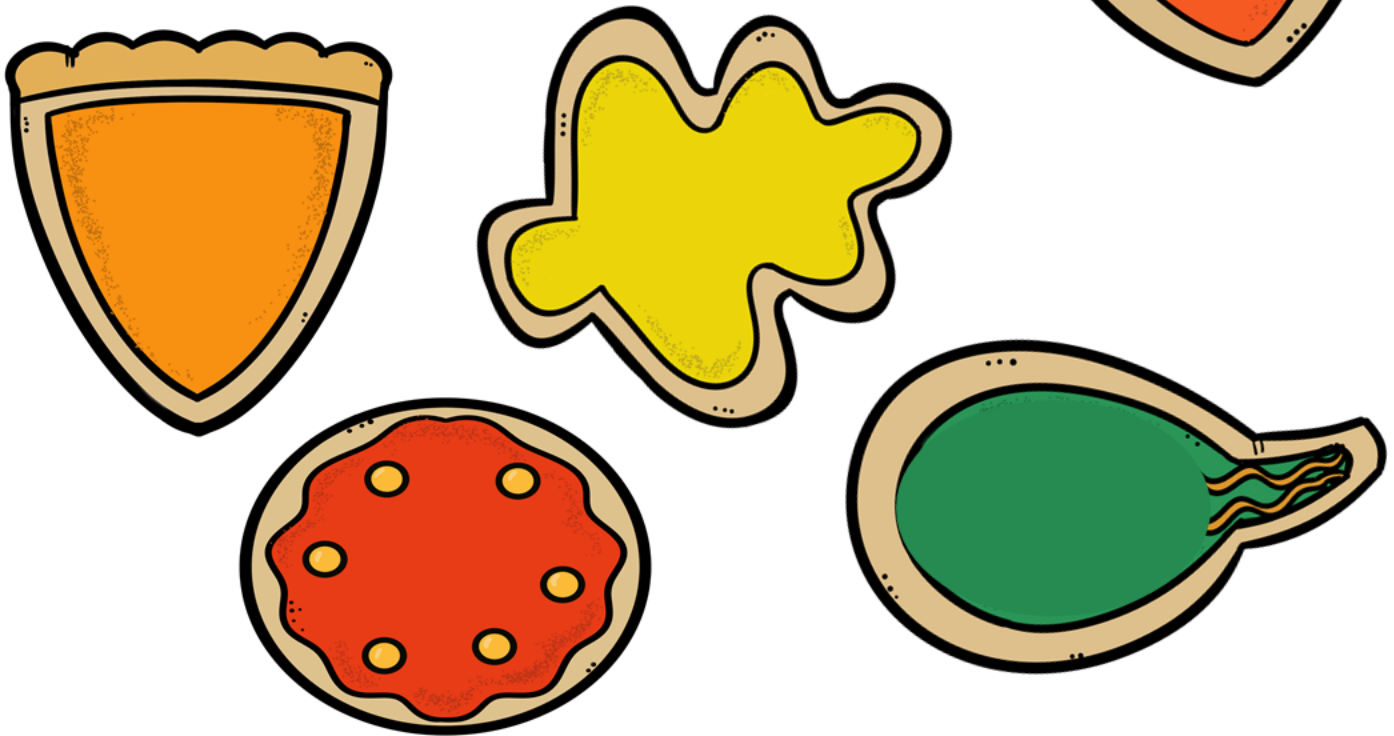
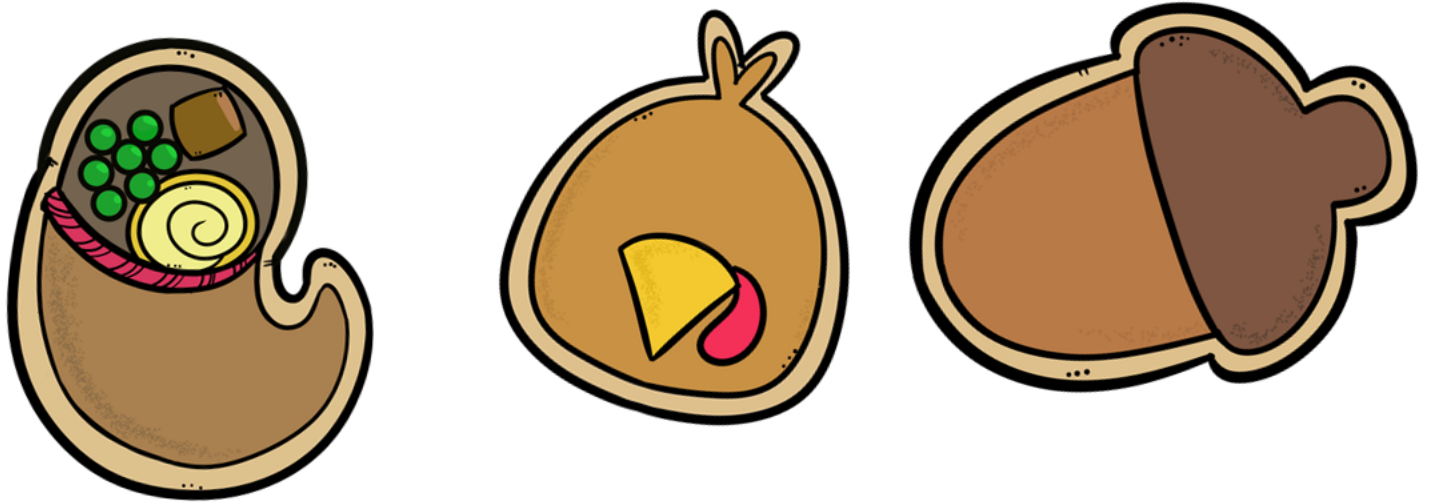
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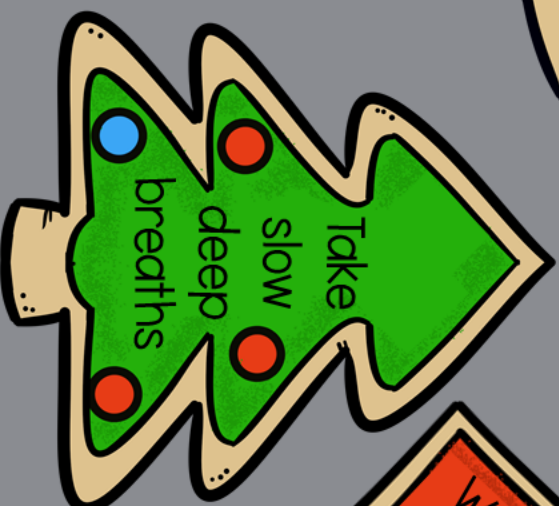


**HOLIDAY**

**COPING SKILLS**

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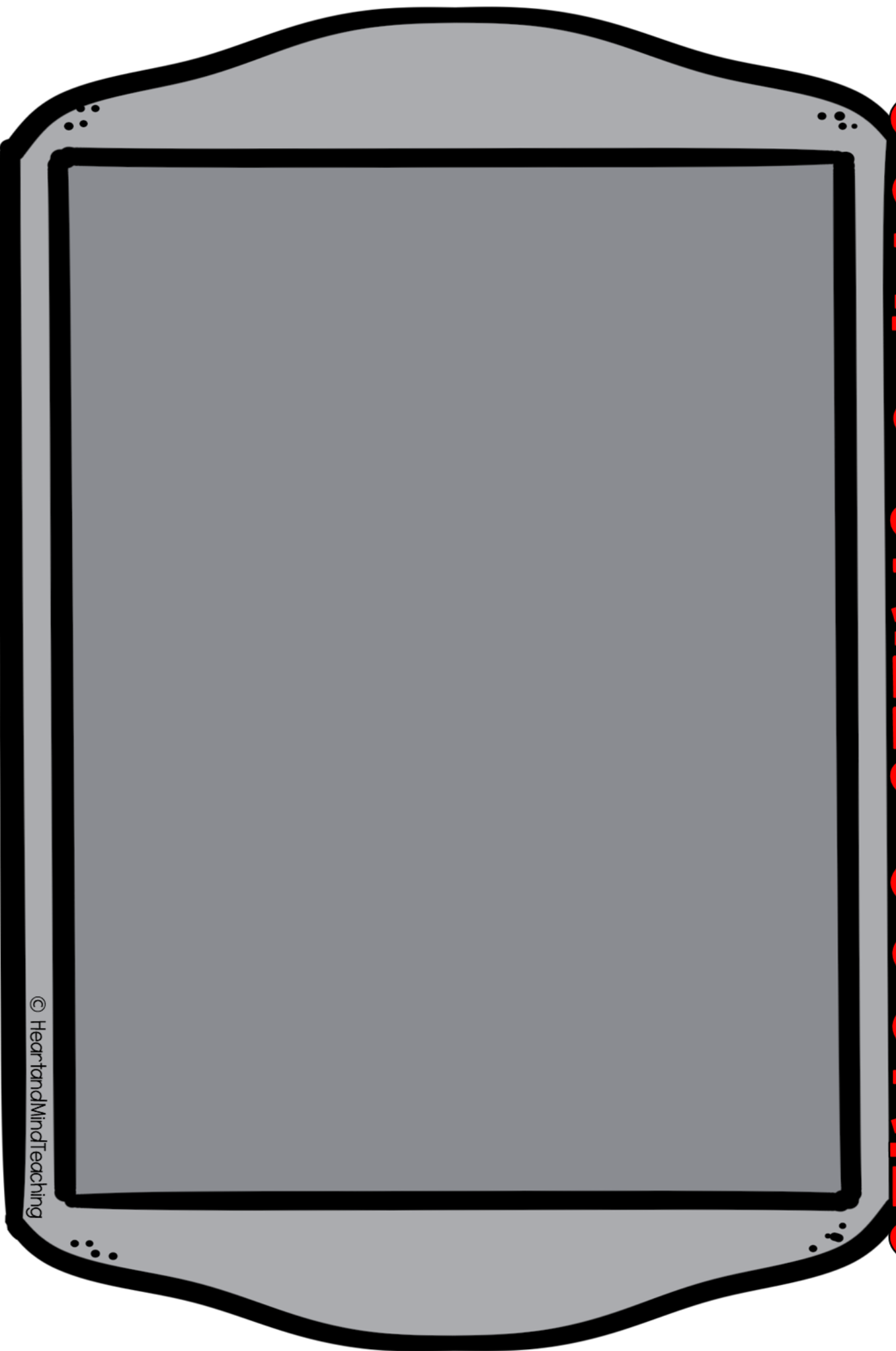
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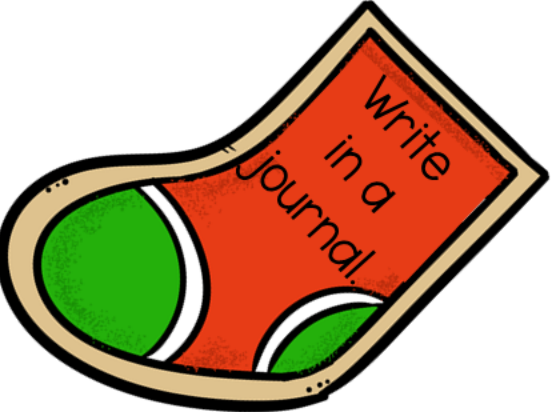
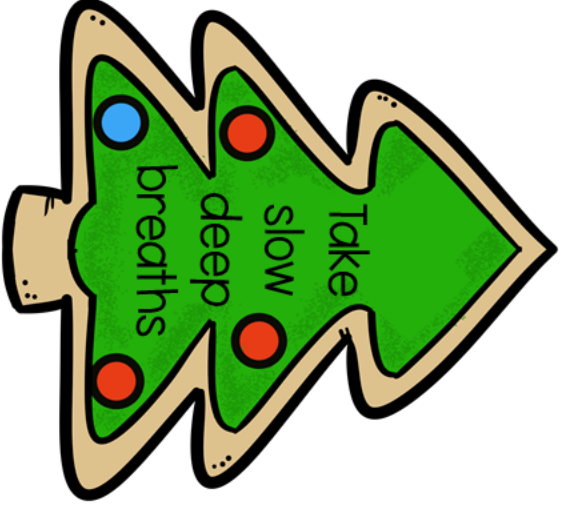
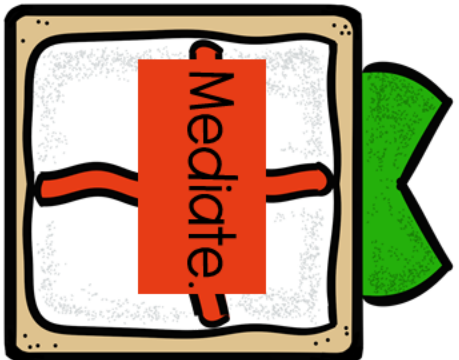


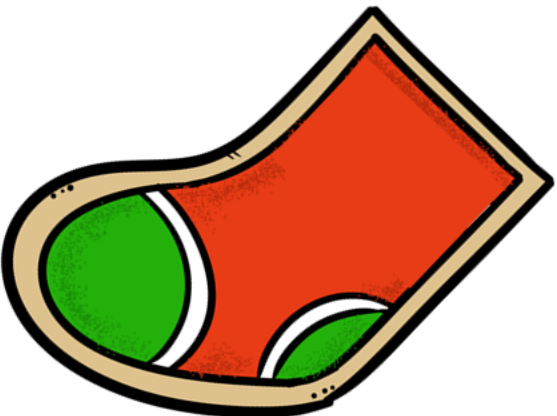
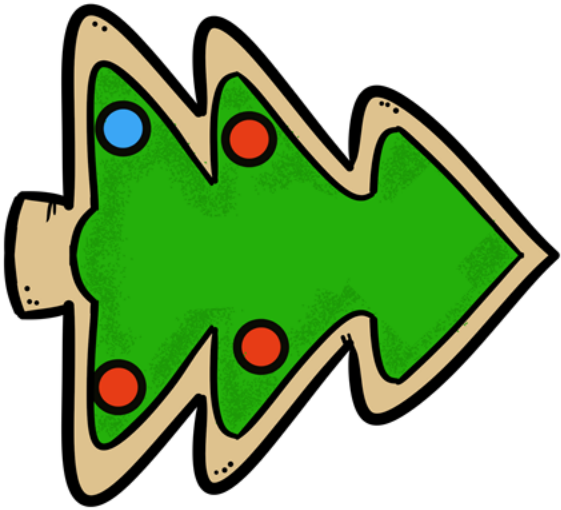
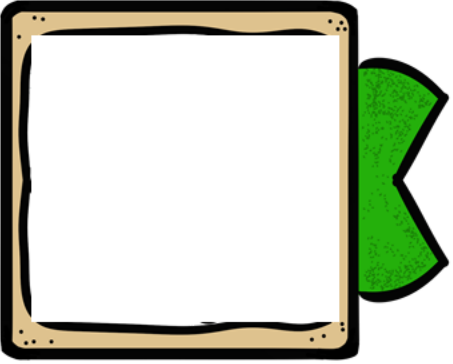
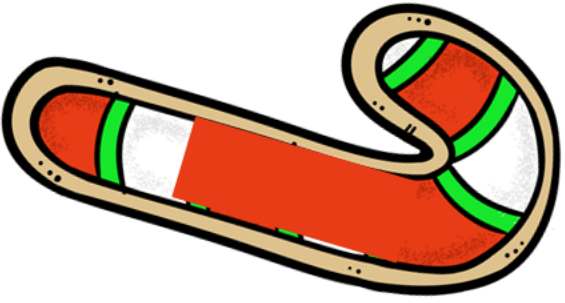
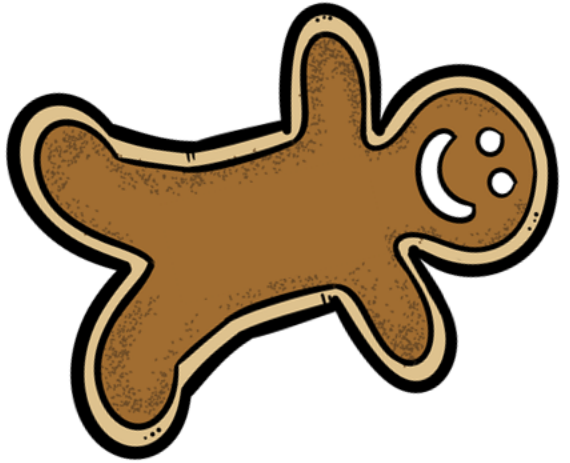
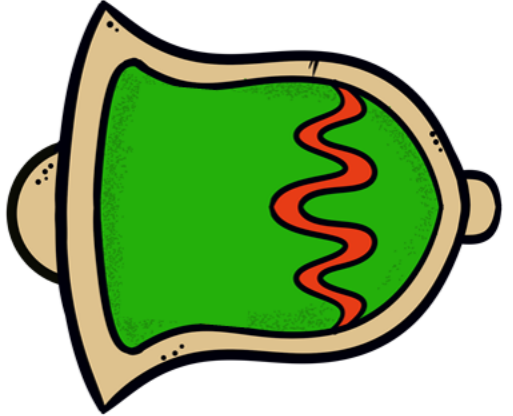
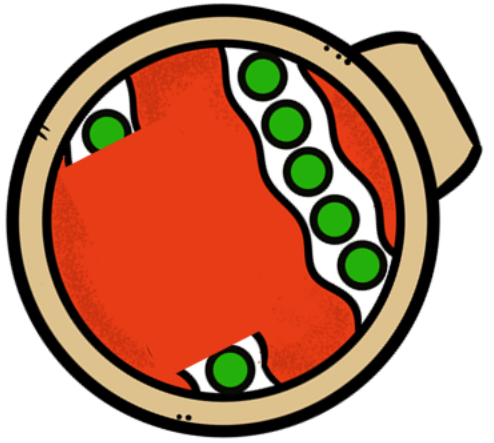
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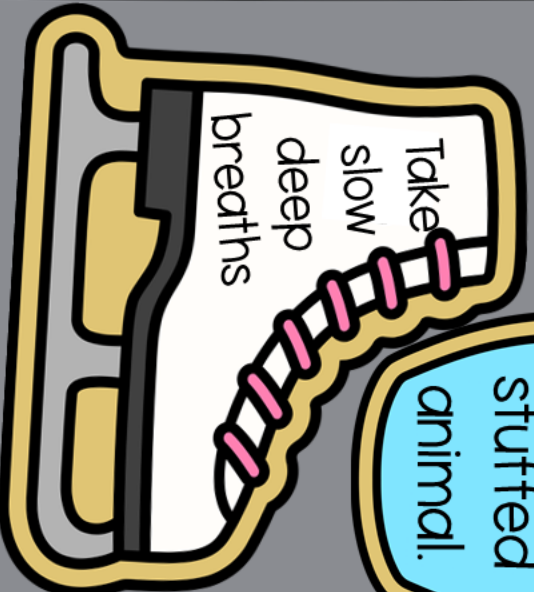
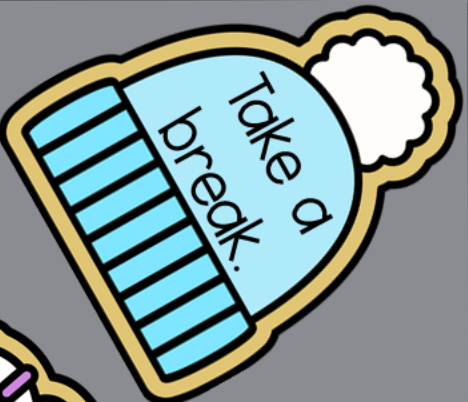


**WINTER**

**COPING SKILLS**

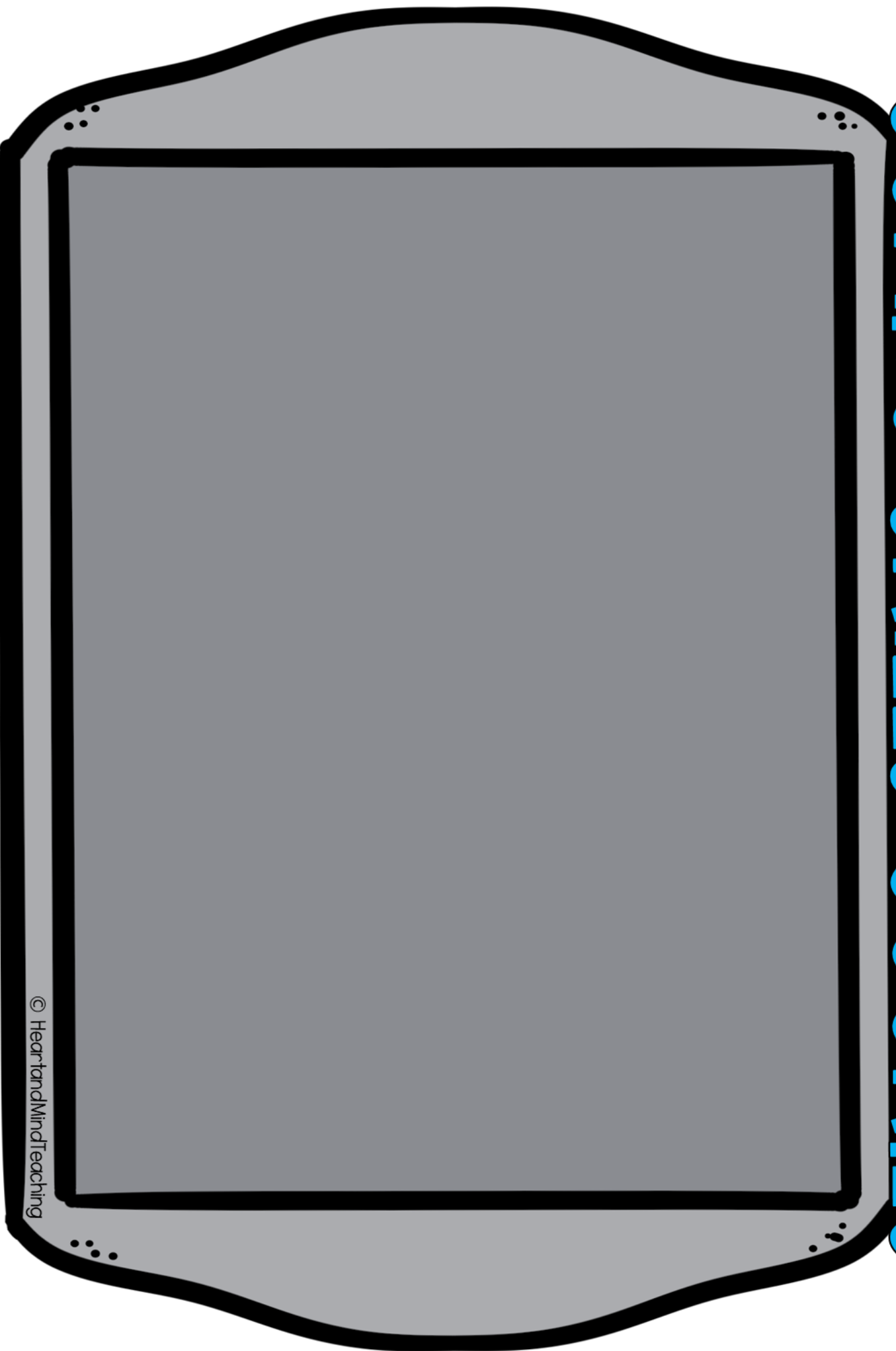
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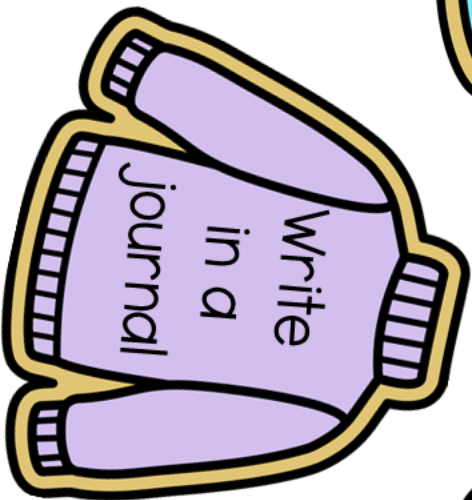
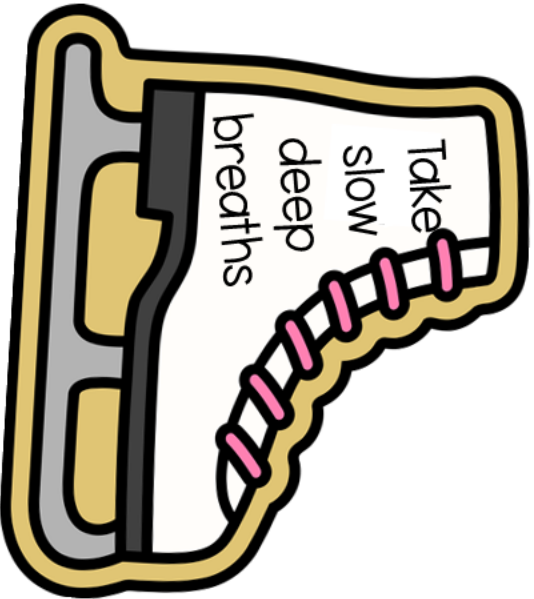
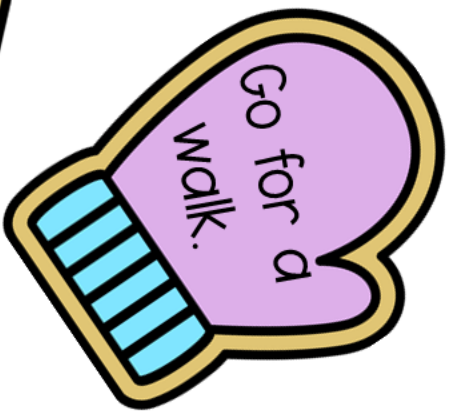
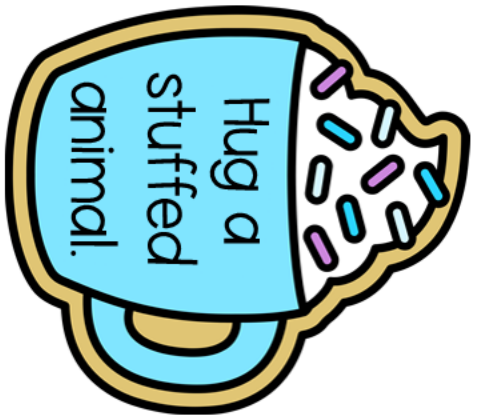
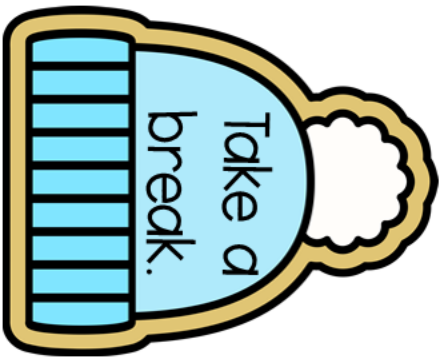
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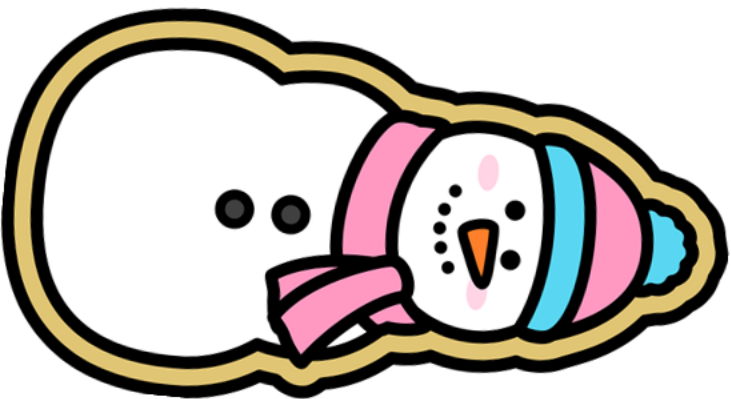
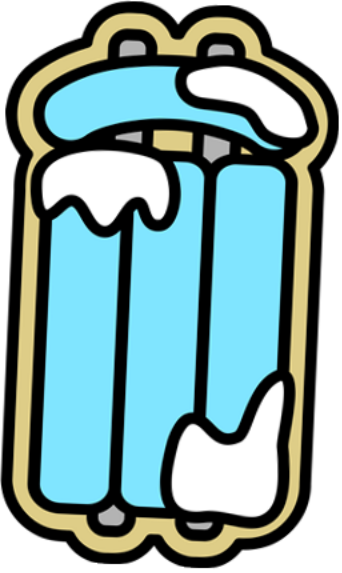
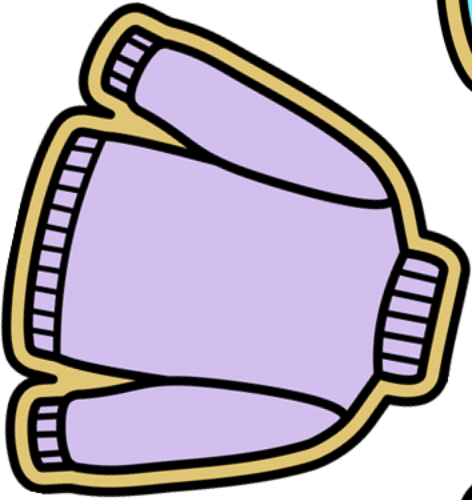
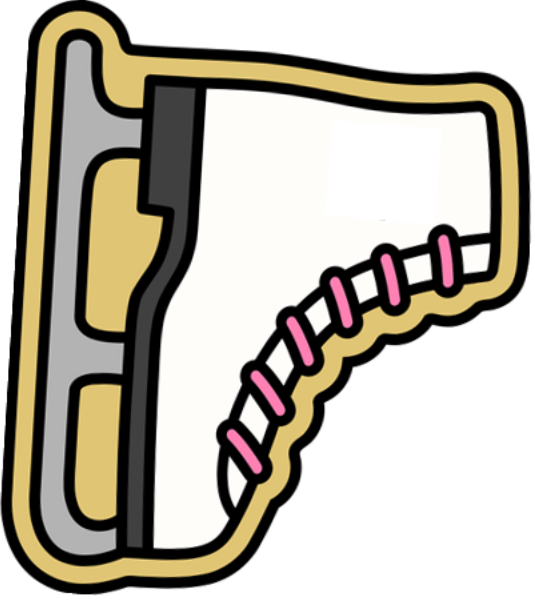
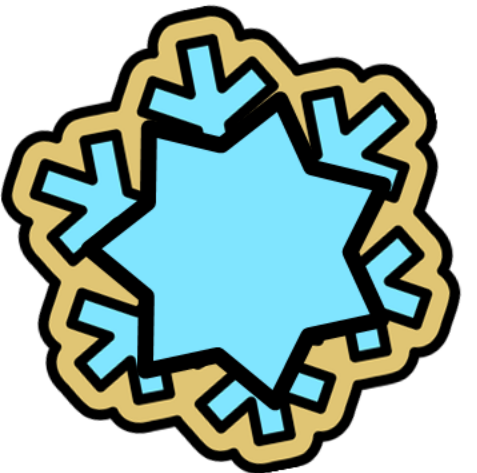
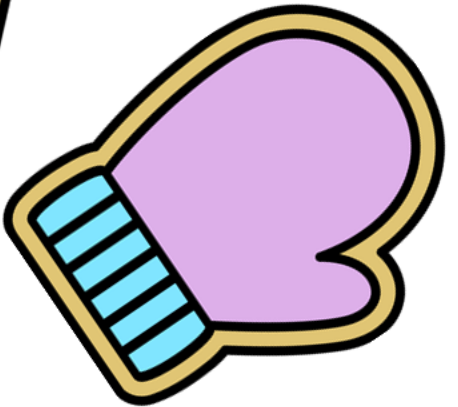
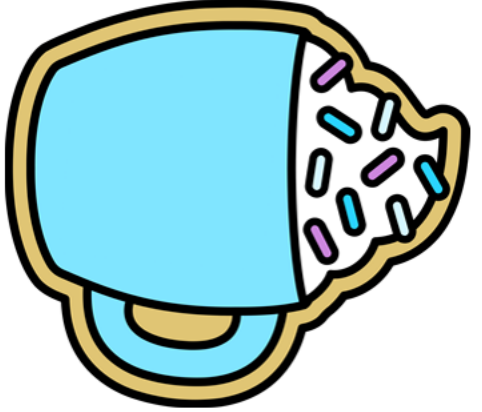
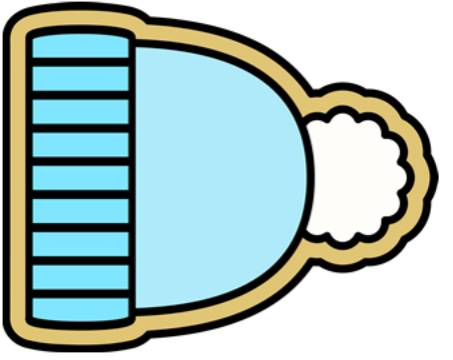




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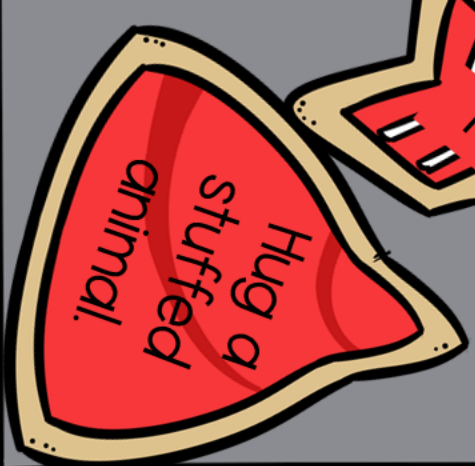
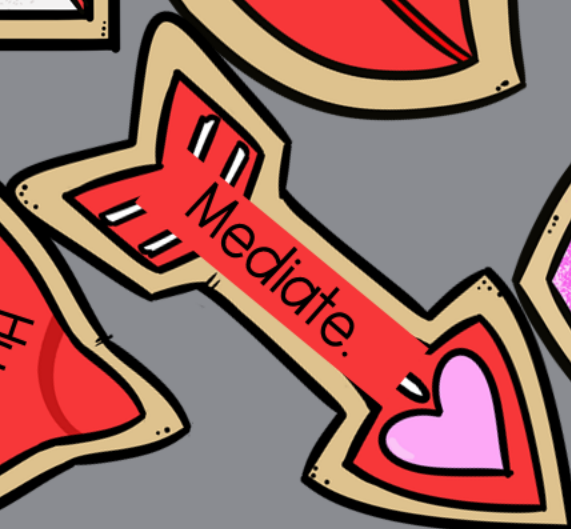
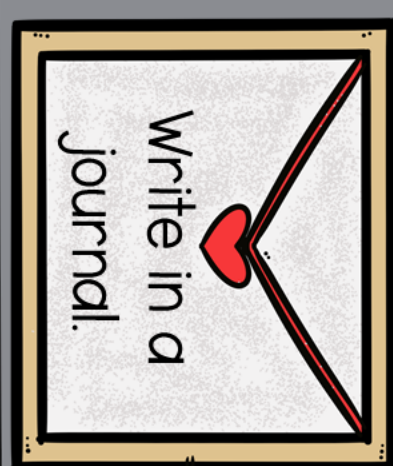
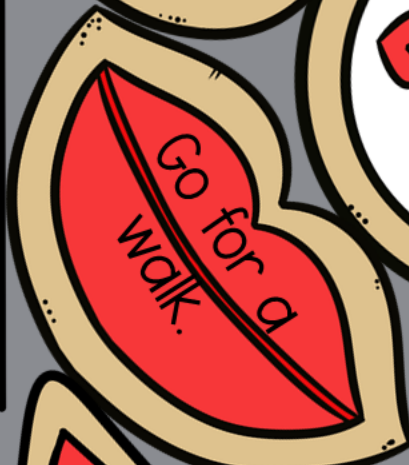
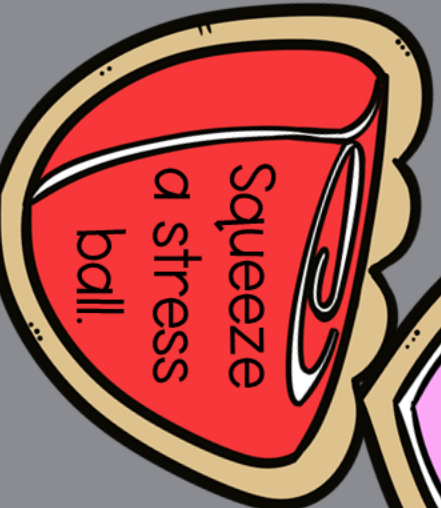
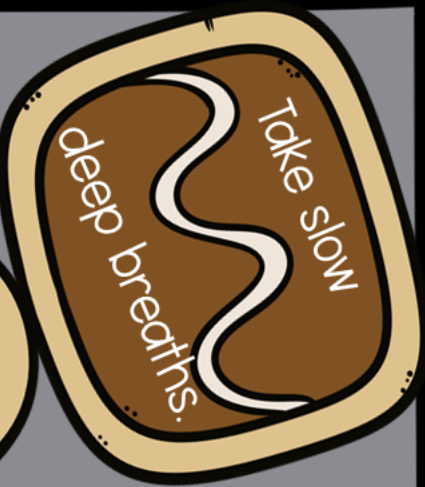
**VALENTINE**

**COPING**

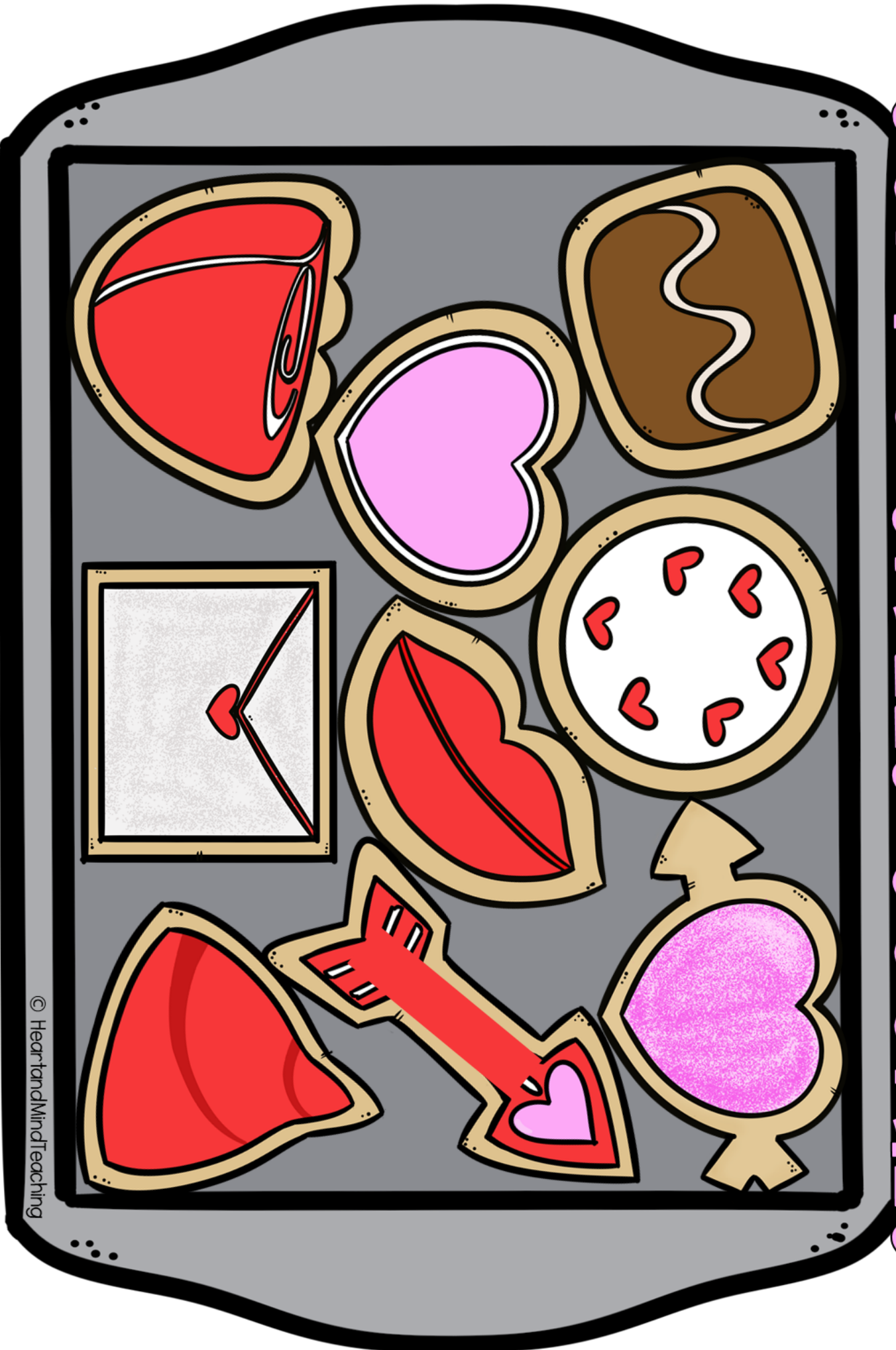
**SKILLS**

**COOKIES**

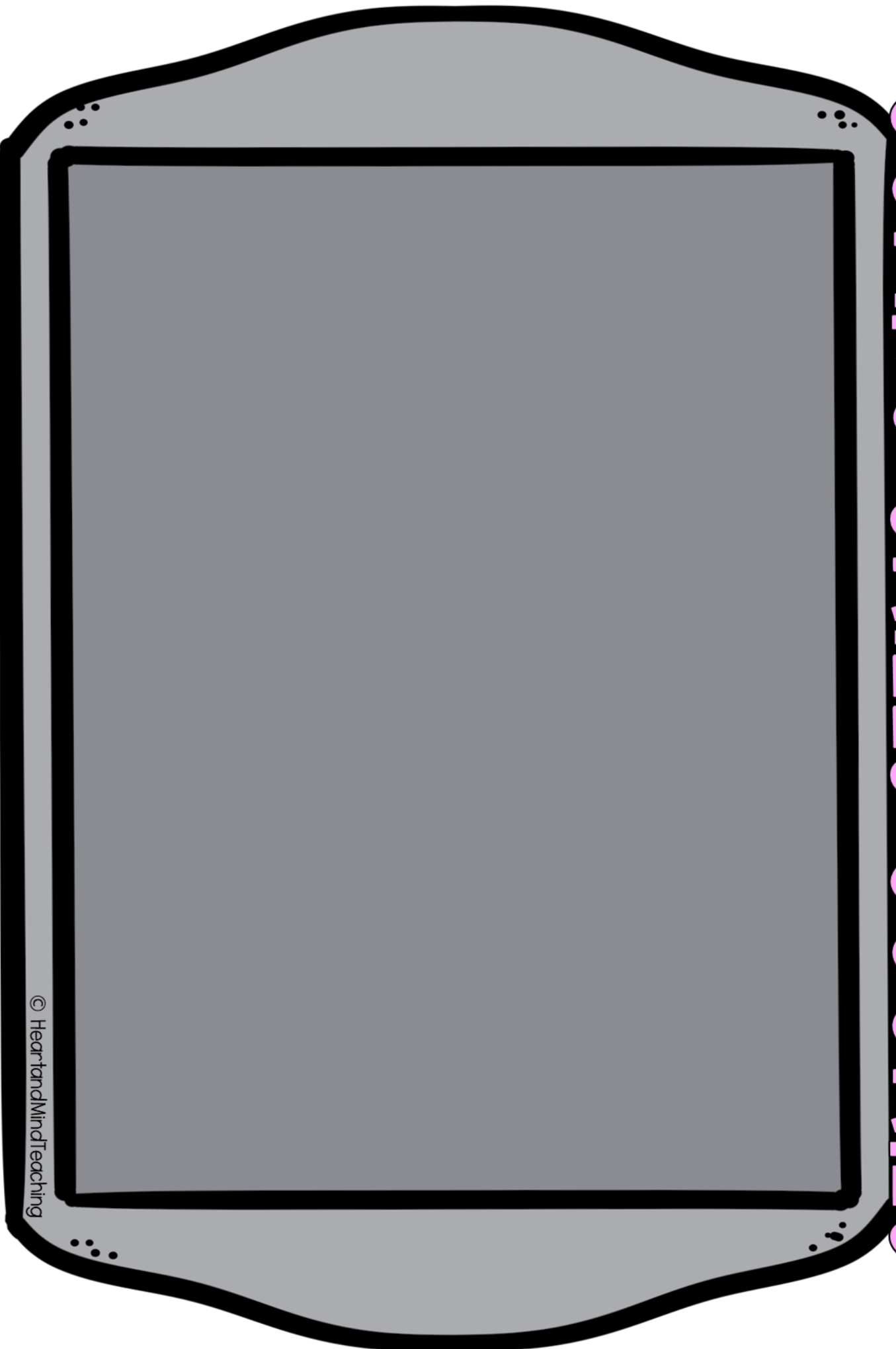
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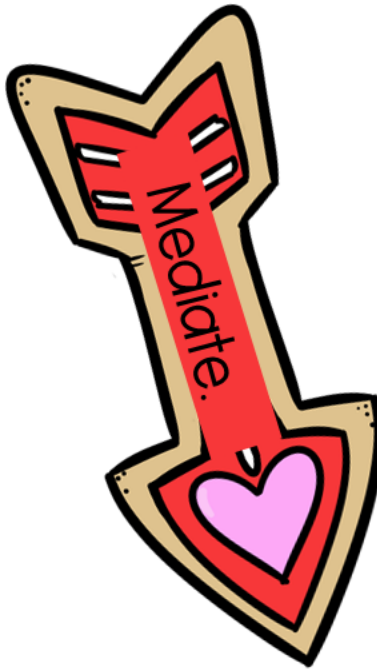
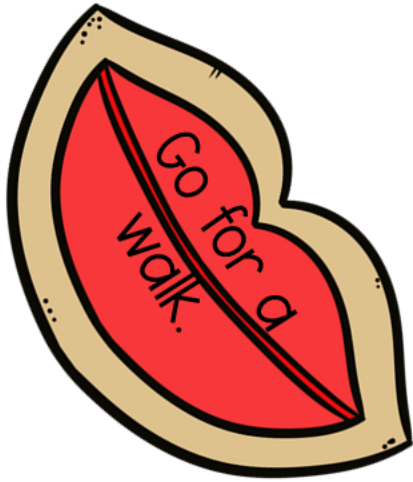


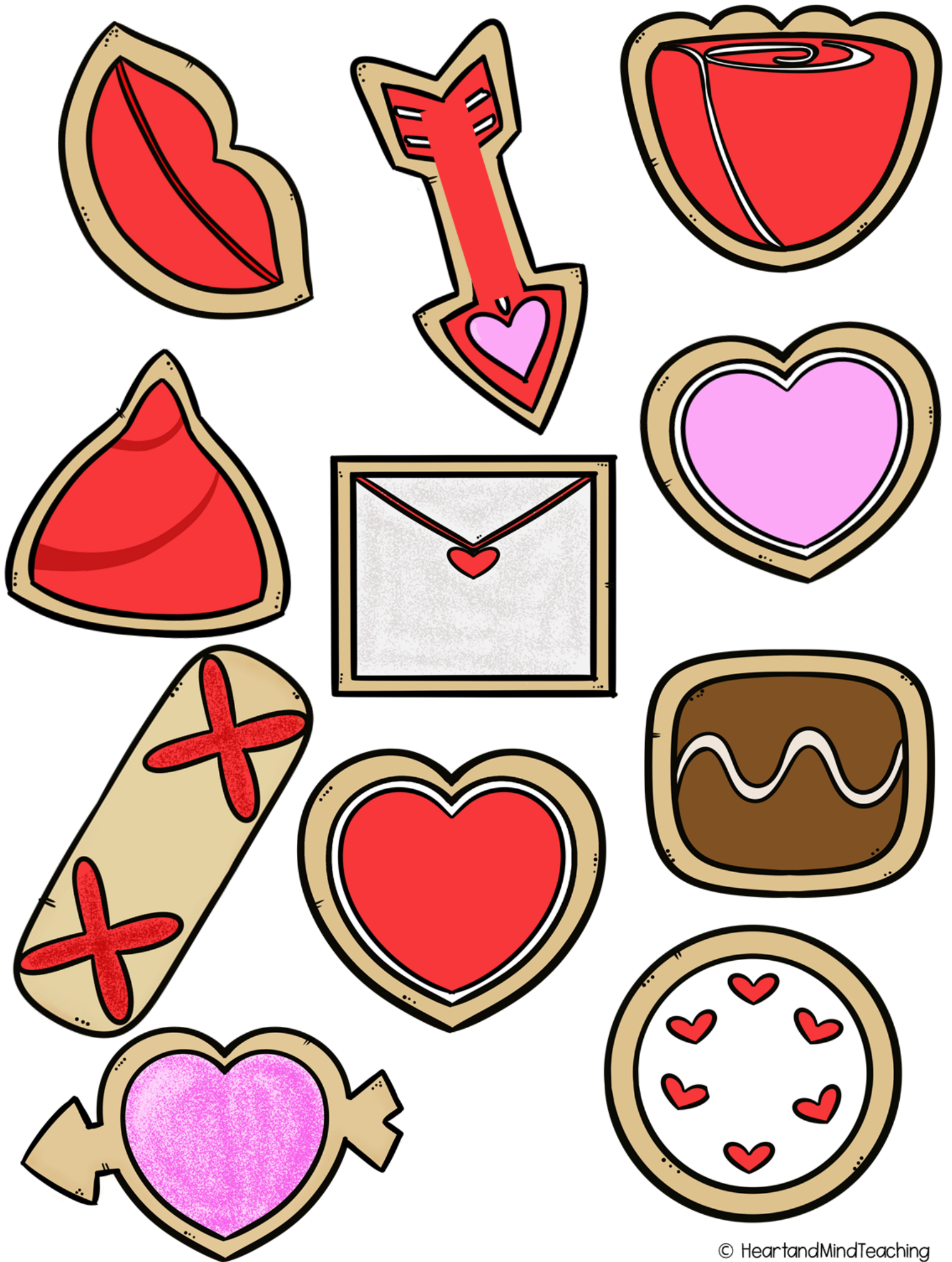
# COPING SKILLS COOKIES



# COPING SKILLS COOKIES







ST.

PATRICK'S

DAY COPING

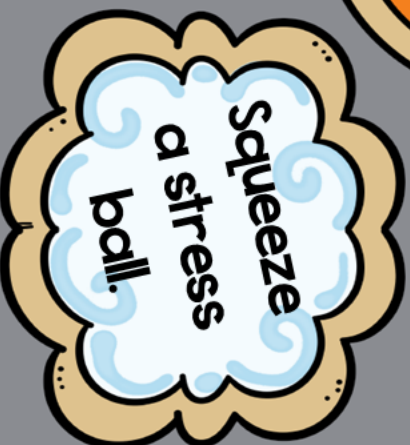
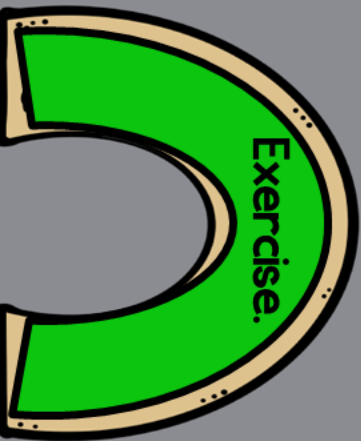
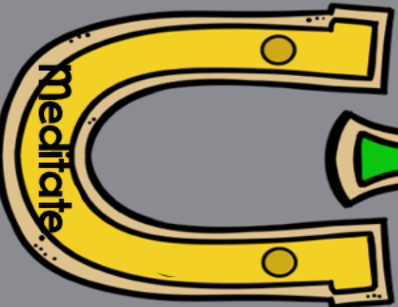
SKILLS

COOKIES

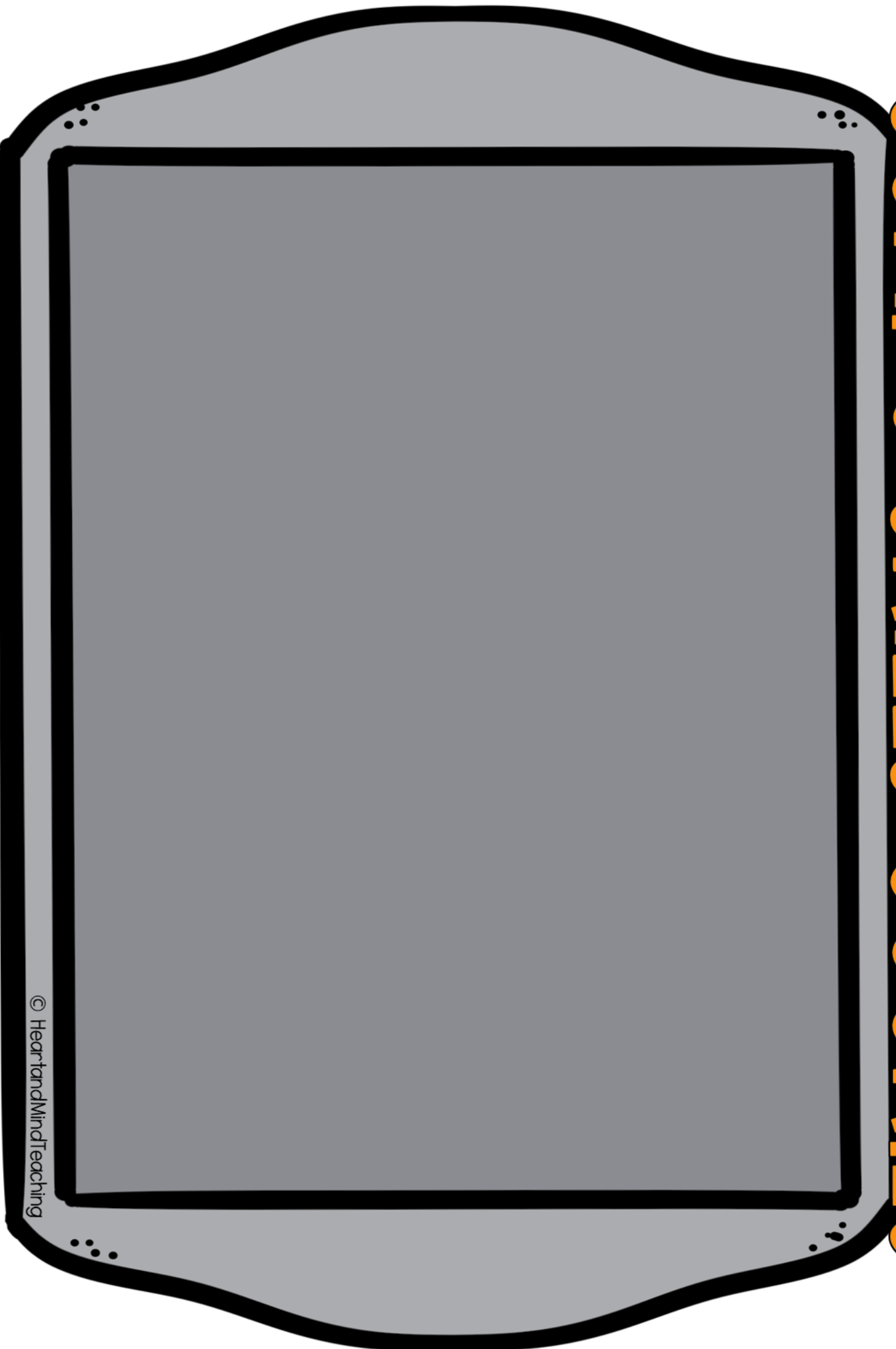
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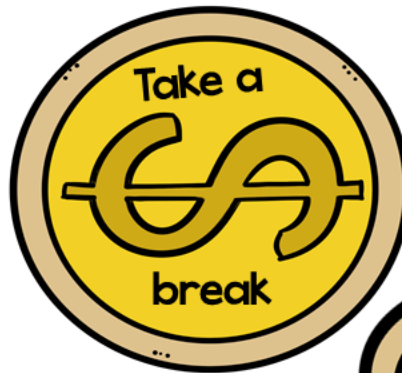
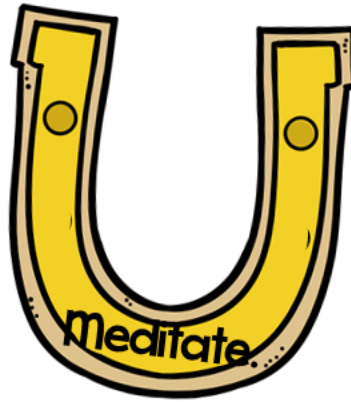


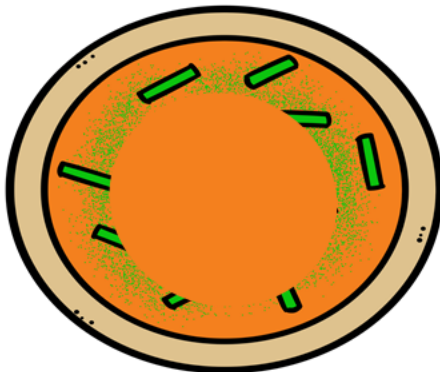
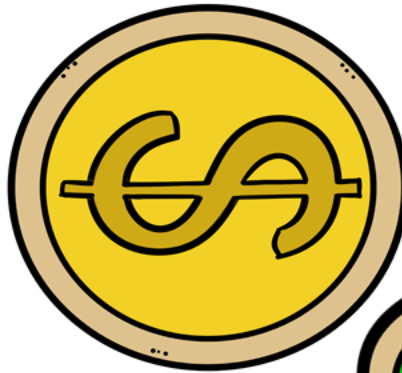
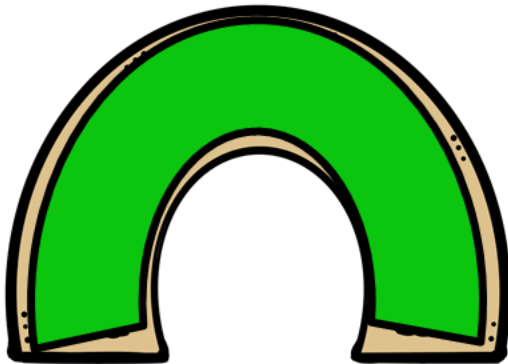
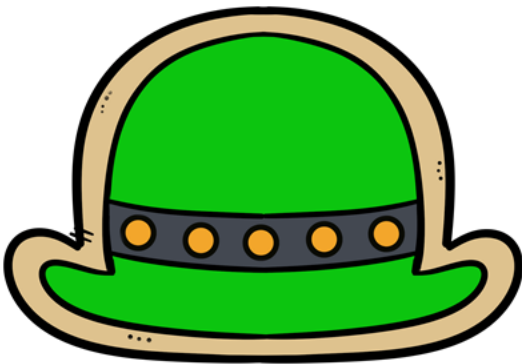
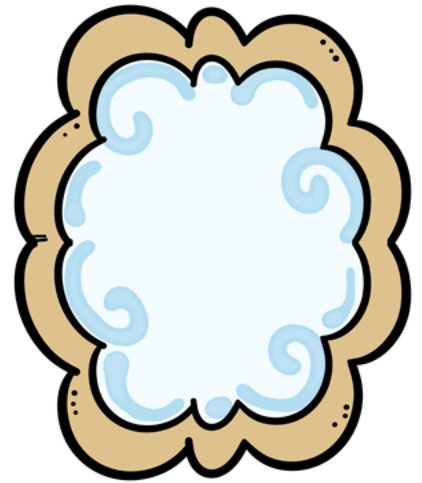
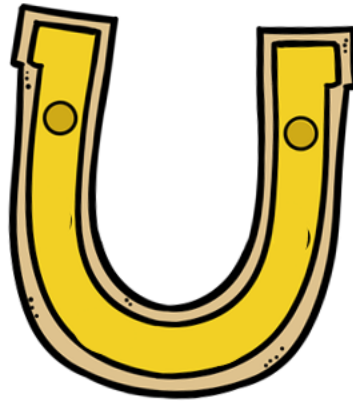
# COPING SKILLS COOKIES



# COPING SKILLS COOKIES







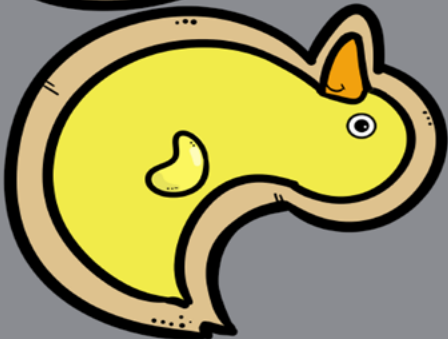
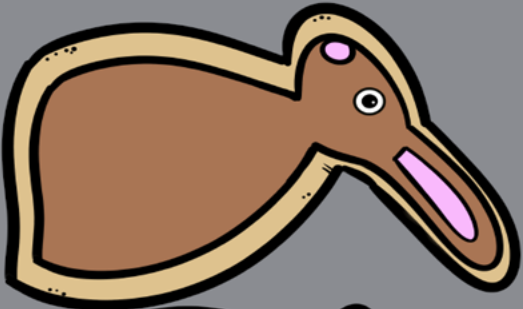
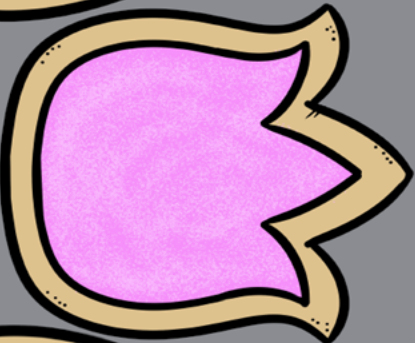
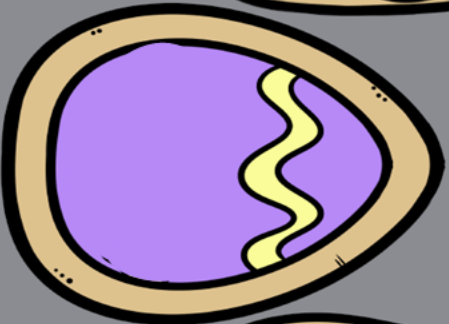
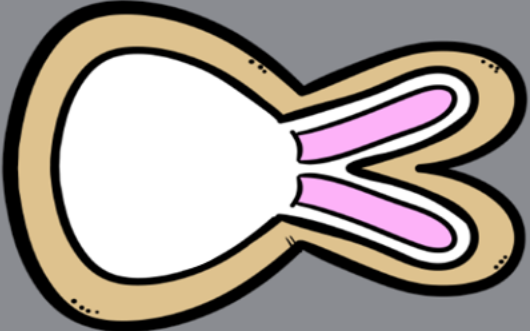
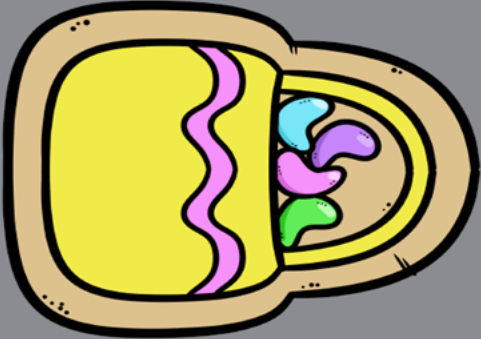
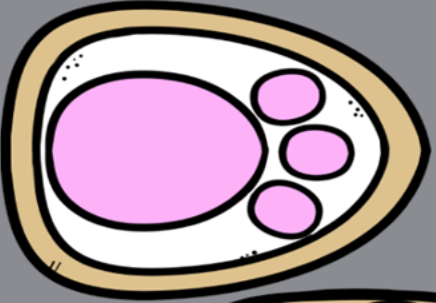
SPRING

**COPING**

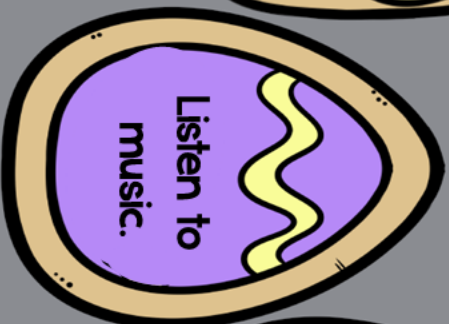
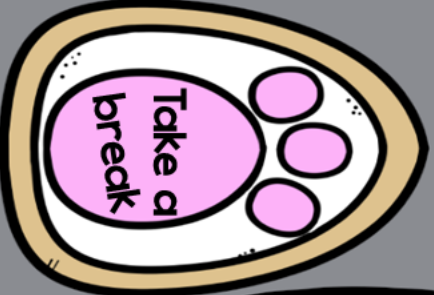
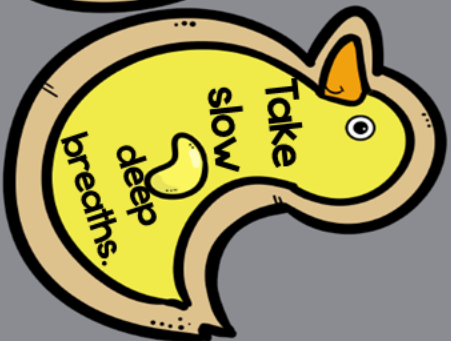
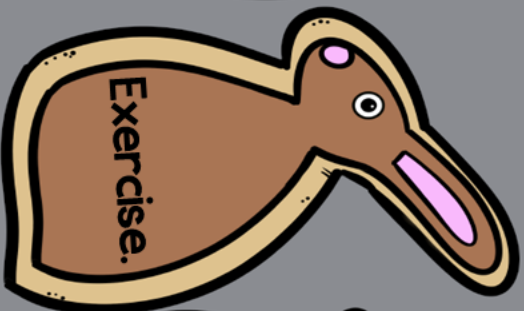
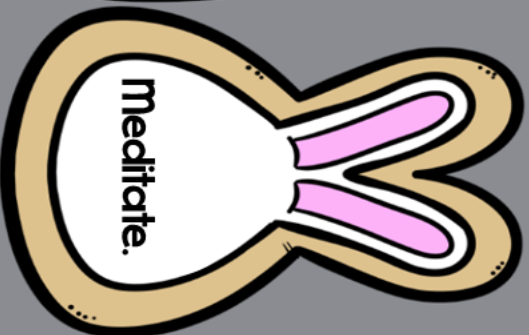
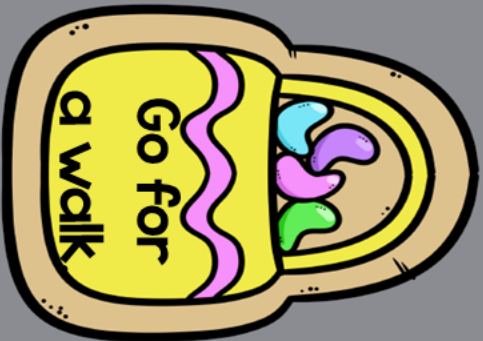
**SKILLS**

**COOKIES**

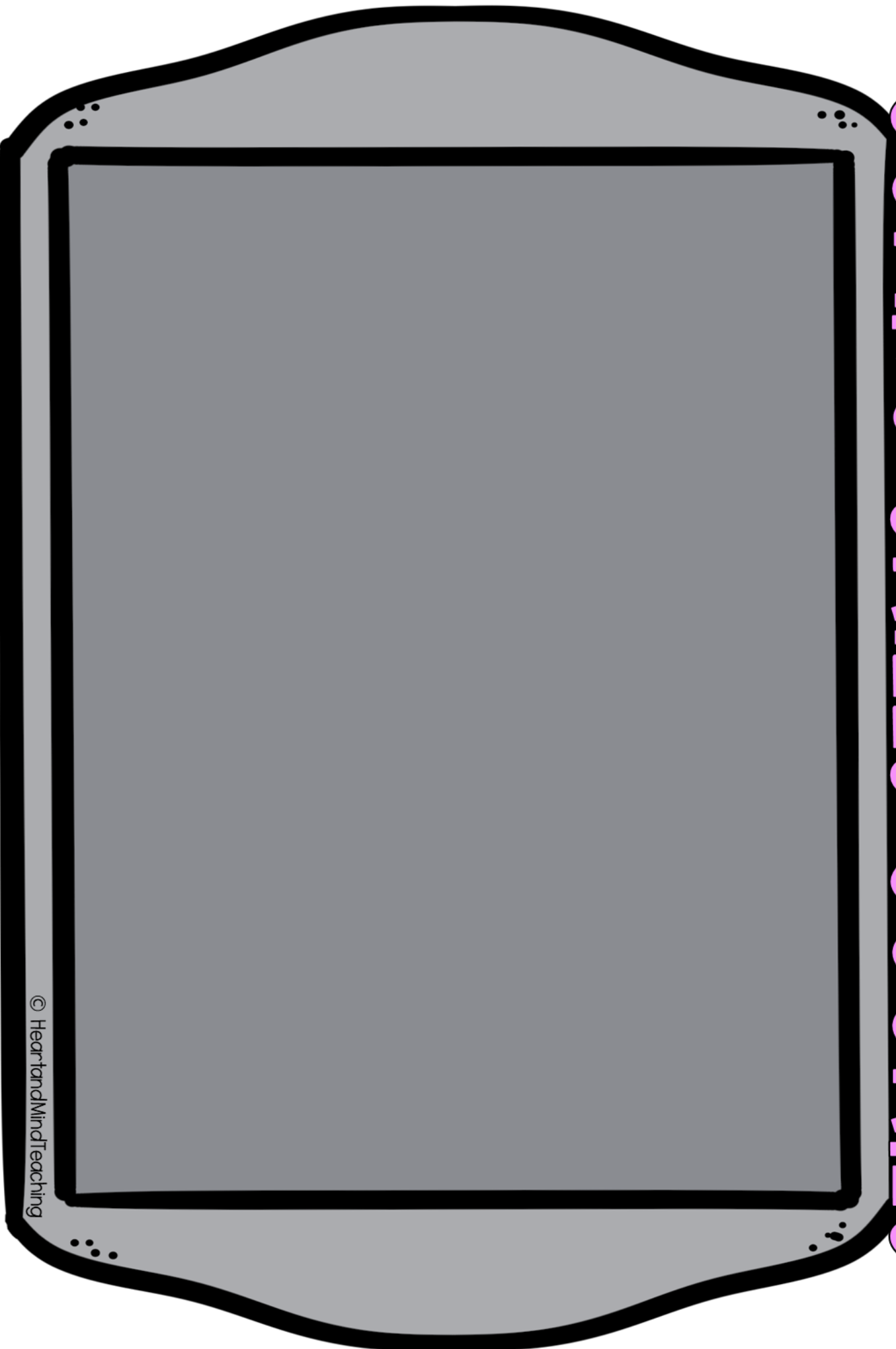
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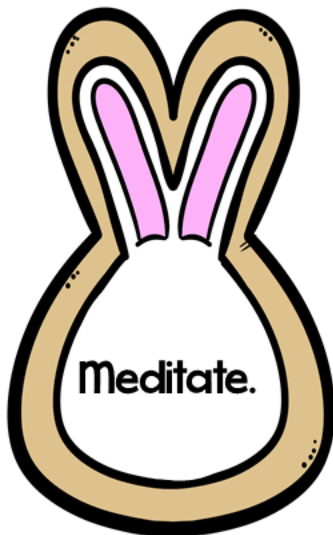
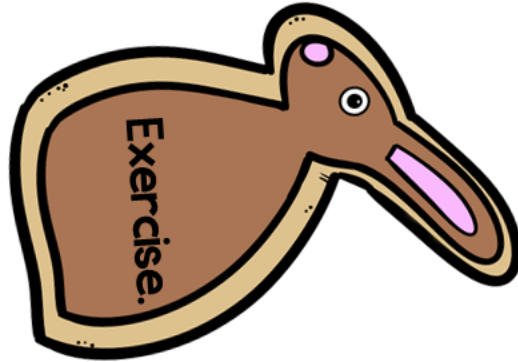


# COPING SKILLS COOKIES



# COPING SKILLS COOKIES







**SUMMER**

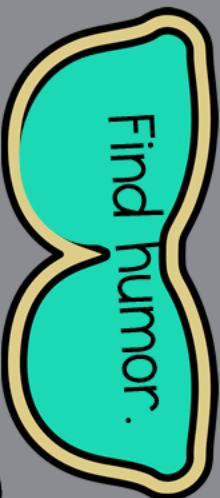
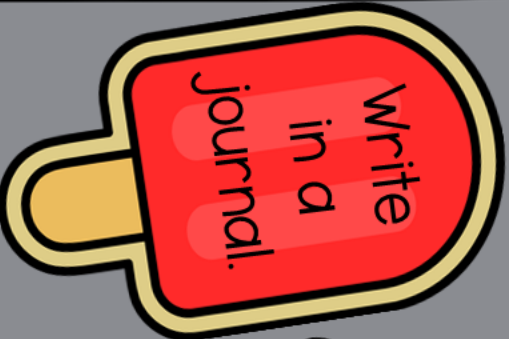
**COPING SKILLS**

**COOKIES**

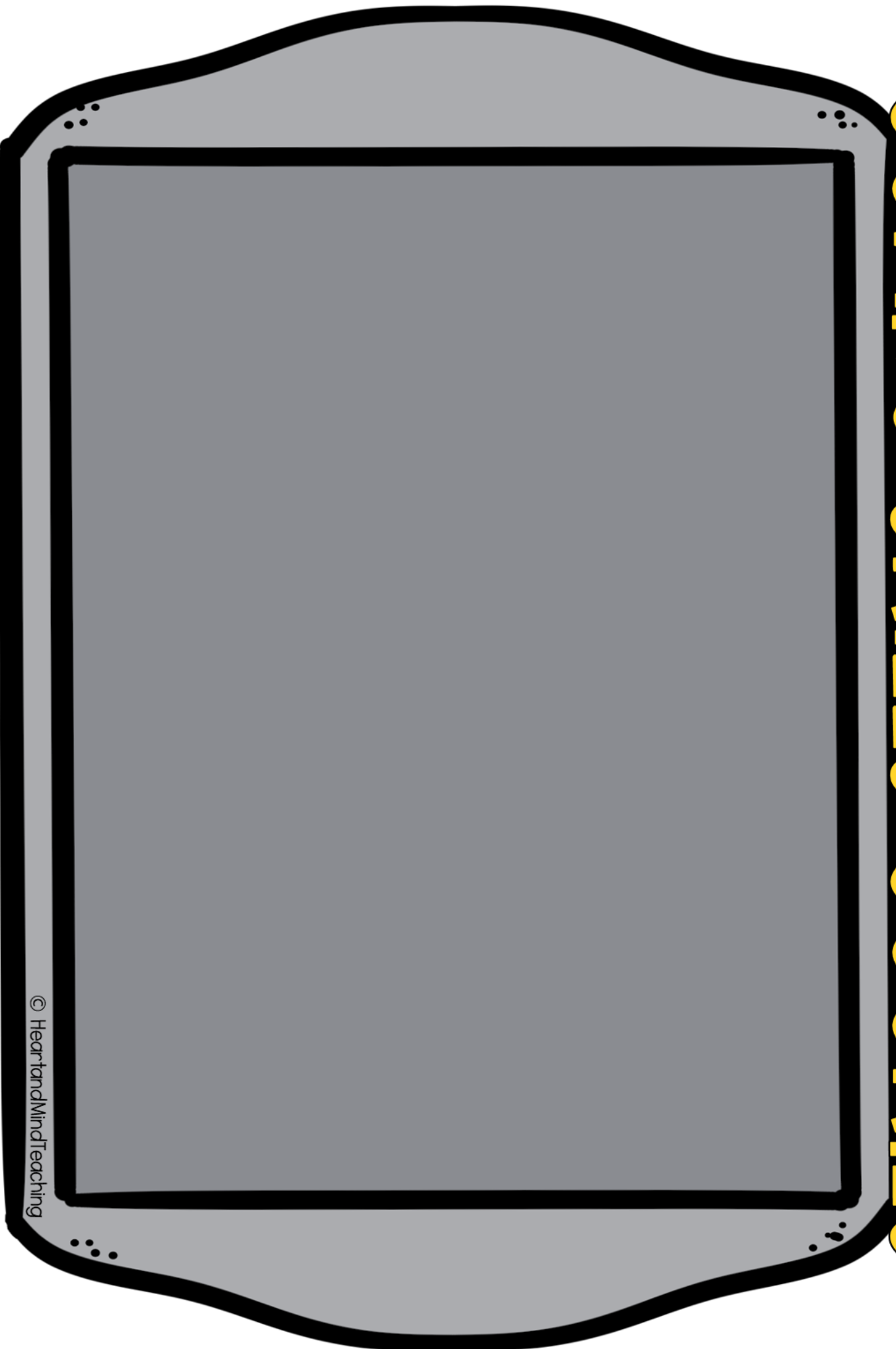
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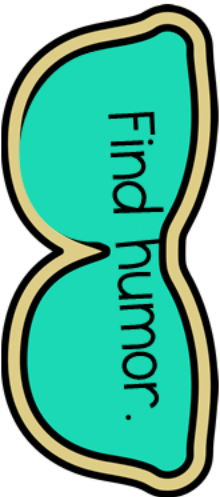
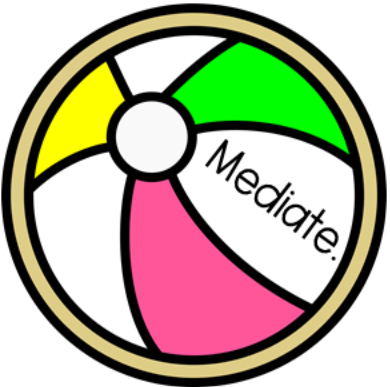
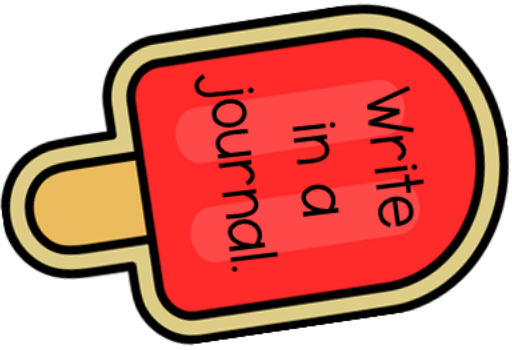


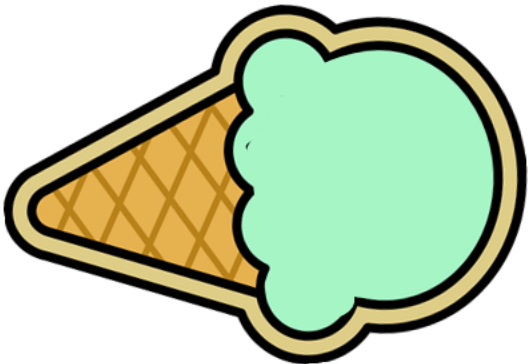
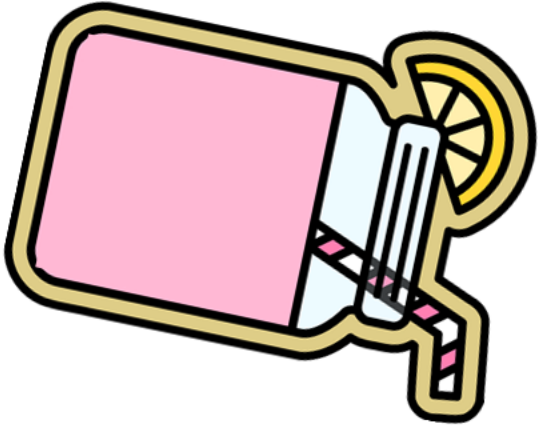
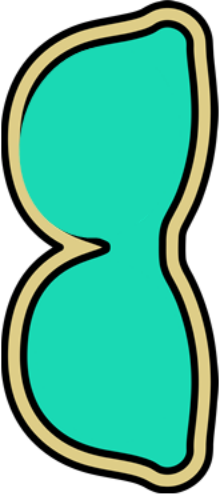
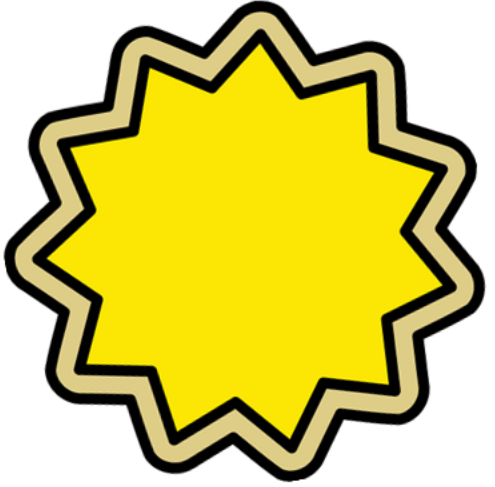
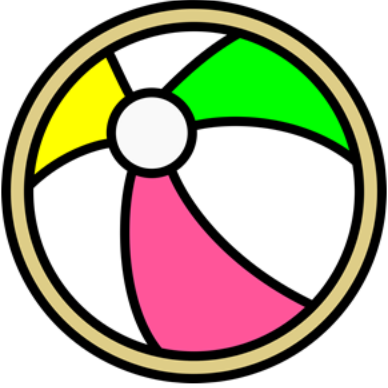
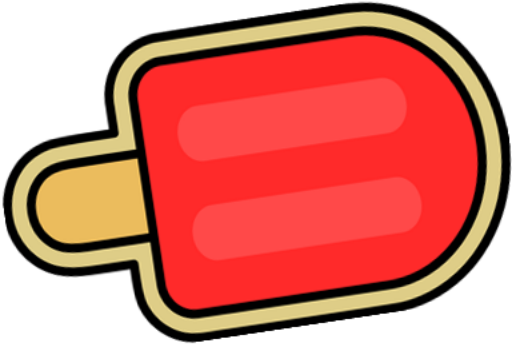
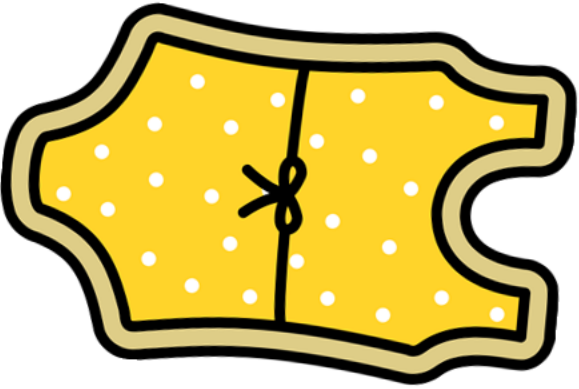
# COPING SKILLS COOKIES



# COPING SKILLS COOKIES







**BLACK & WHITE  
VERSION**

# COPING SKILLS COOKIES

## Session Objective:

\*Students will identify different coping skills.

## Materials:

- Handouts
- Scissors
- Pencils
- Glue or tape.
- Crayons (for B&W version)

## Guiding Questions:

- \*What are some coping skills we can use?
- \*When should we use coping skills?

## 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: Social Skills: Social Maturity and behaviors appropriate to the situation and environment. (B-SS 9)
- \*Behavior: Self-Management Skills: Effective coping skills. (B-SMS 7)

## SEL Competencies:

- \*Self-Awareness: Identifying Emotions.
- \*Self-Management: Stress Management.

## Session Details

\*There are three different ways to use this activity.

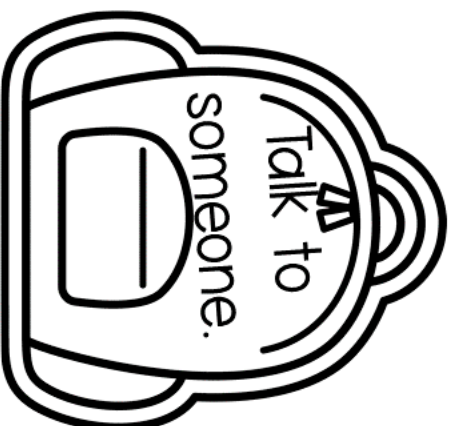
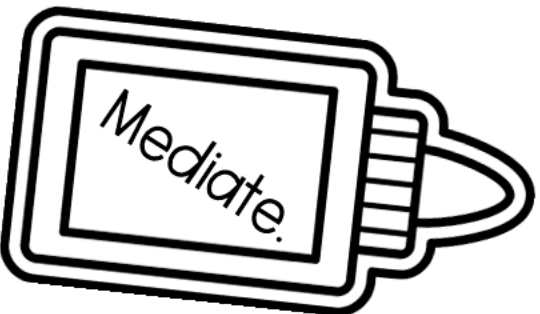
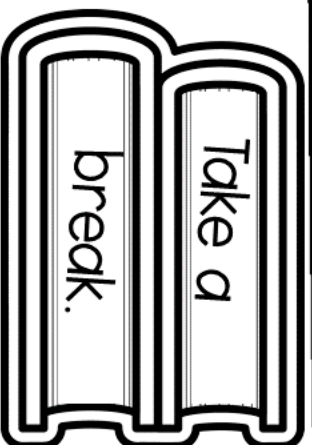
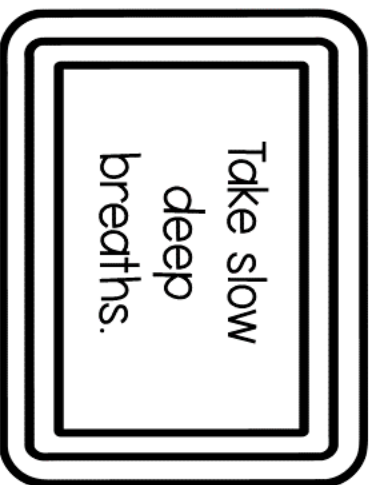
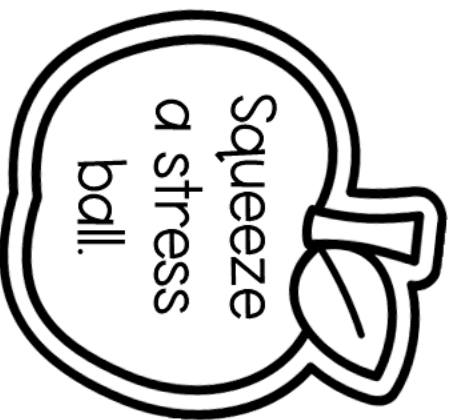
1. Write-in/Quick Version: Give students the page that has the blank cookies already on the tray and they just write the coping skill right onto the cookie.
2. Cut and Paste Version: Give students the empty tray and have them cut out the cookies with the already-filled-in cookies and place the ones they would use on their tray.
3. Cut and Paste/ Long Version: Give students the empty tray and have them cut out the blank cookies and place them on the tray and write in the coping skills on the blank cookies.

\*Have students glue or tape the cookies to their tray. Each student should have their own tray and cookies. Each tray should be unique because the coping skills should be the ones they would use.

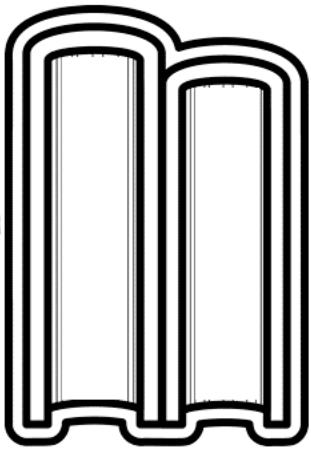
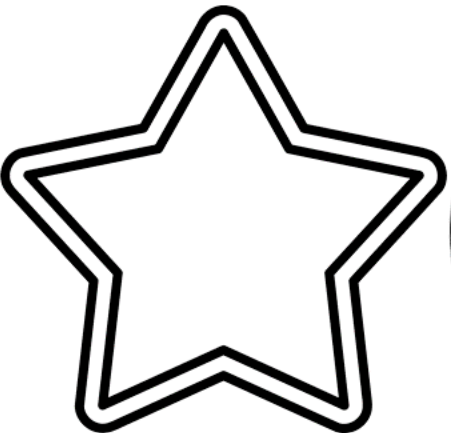
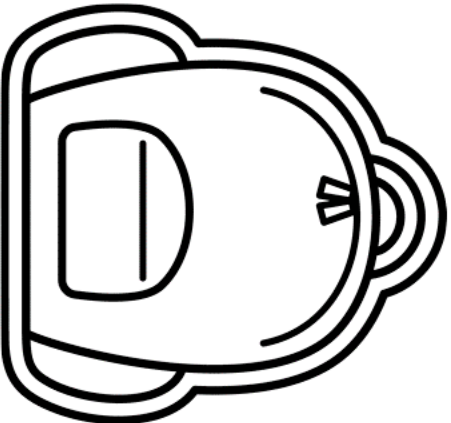
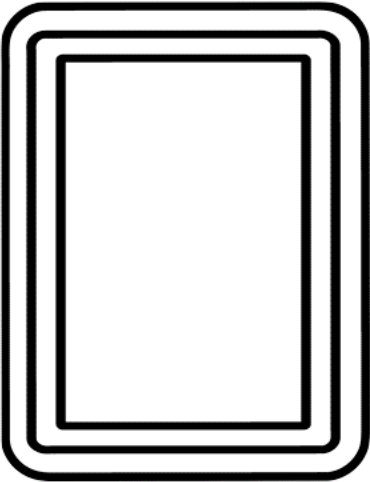
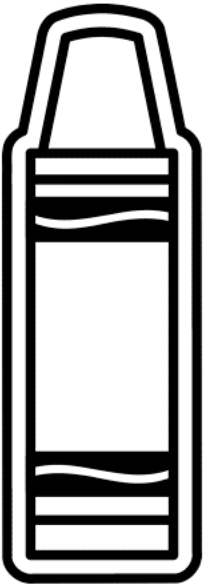
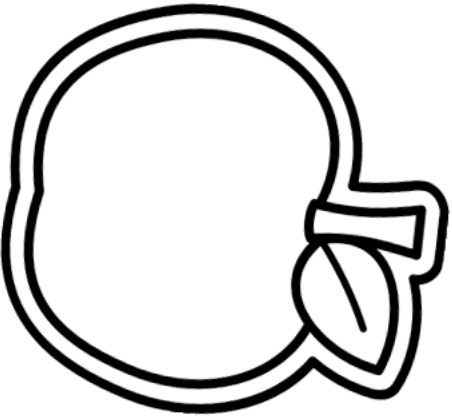
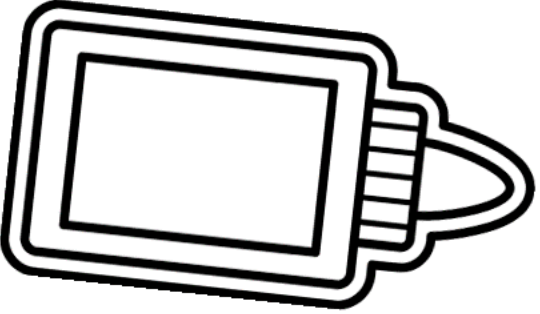
\*Pro-tip: Laminate the trays and cookies and use dry erase markers for repeated use. Use Velcro to have them attach their cookies to their tray.

BACK TO  
SCHOOL  
COPING SKILLS  
COOKIES

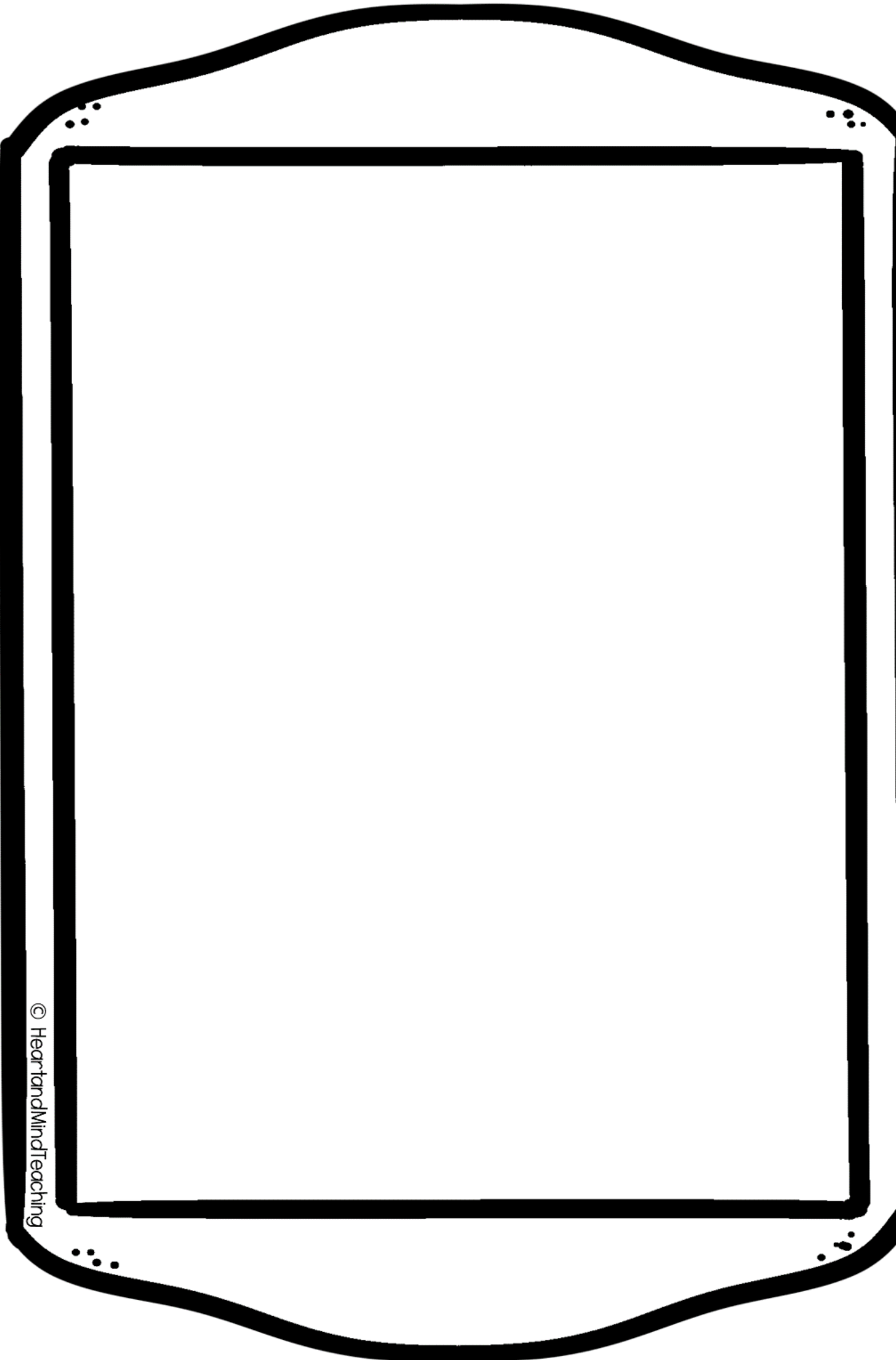
# COPING SKILLS COOKIES

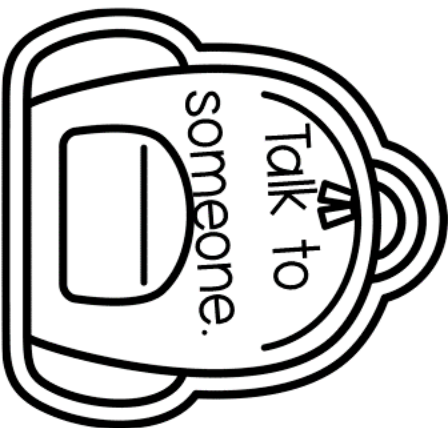
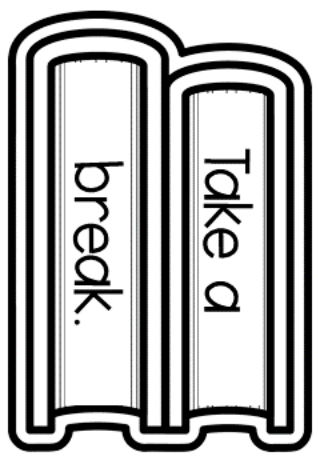
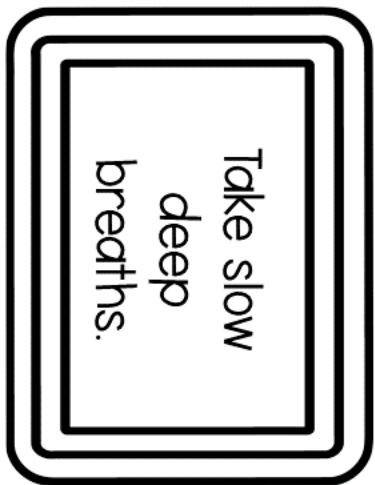
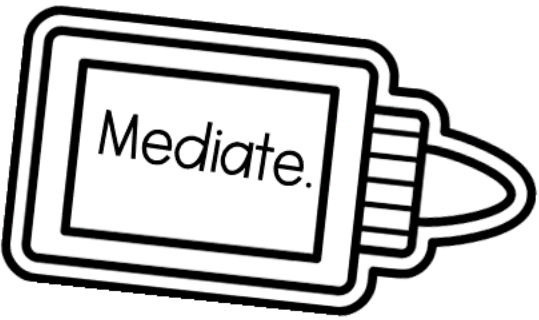


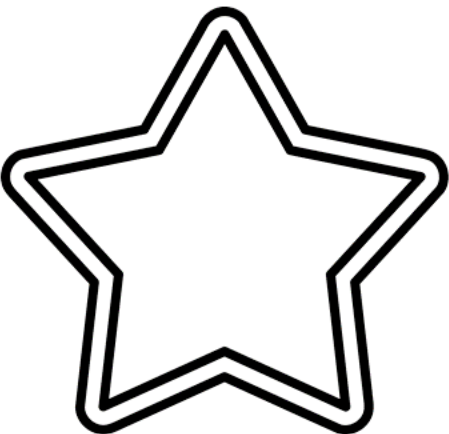
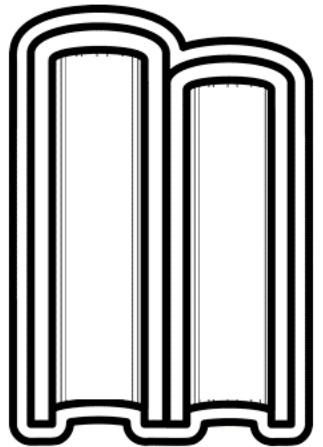
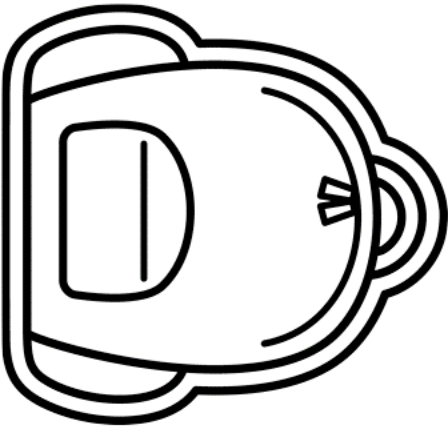
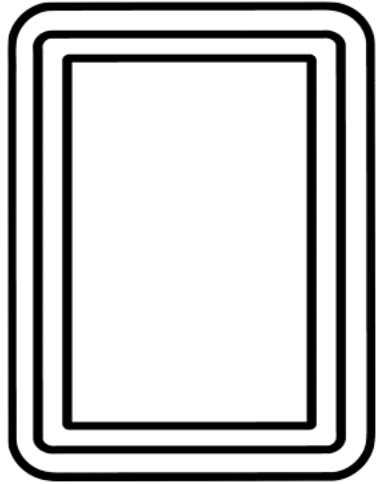
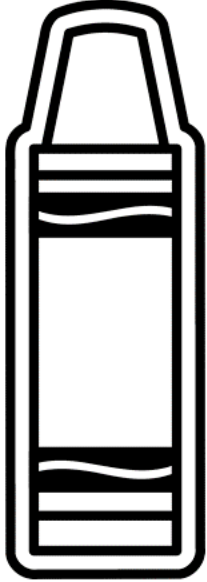
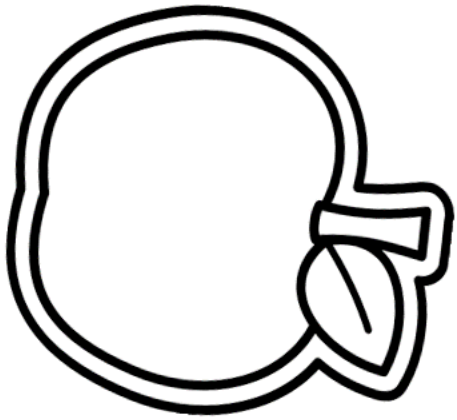
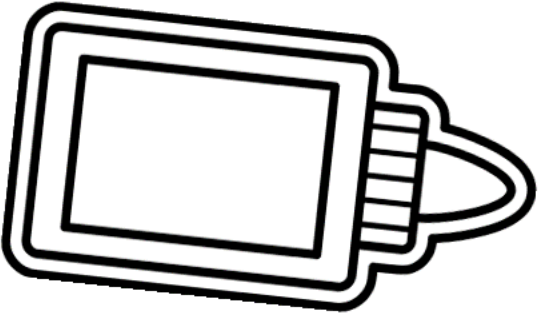
# COPING SKILLS COOKIES



# COPING SKILLS COOKIES







HALLOWEEN

COPING

SKILLS

COOKIES

# COPING SKILLS COOKIES



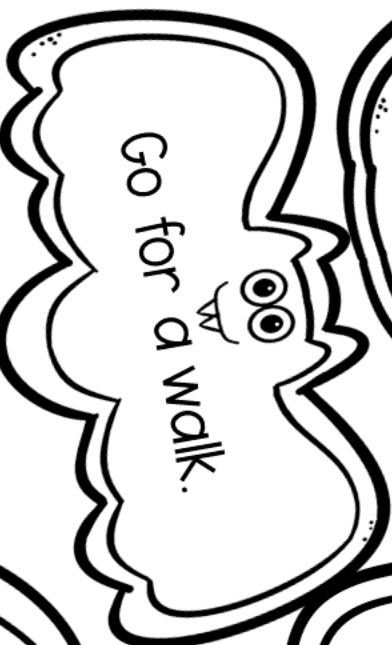
Squeeze  
a stress  
ball.



Find  
humor.



Hug a  
stuffed  
animal.



Go for a walk.




Meditate.



Talk to  
someone.

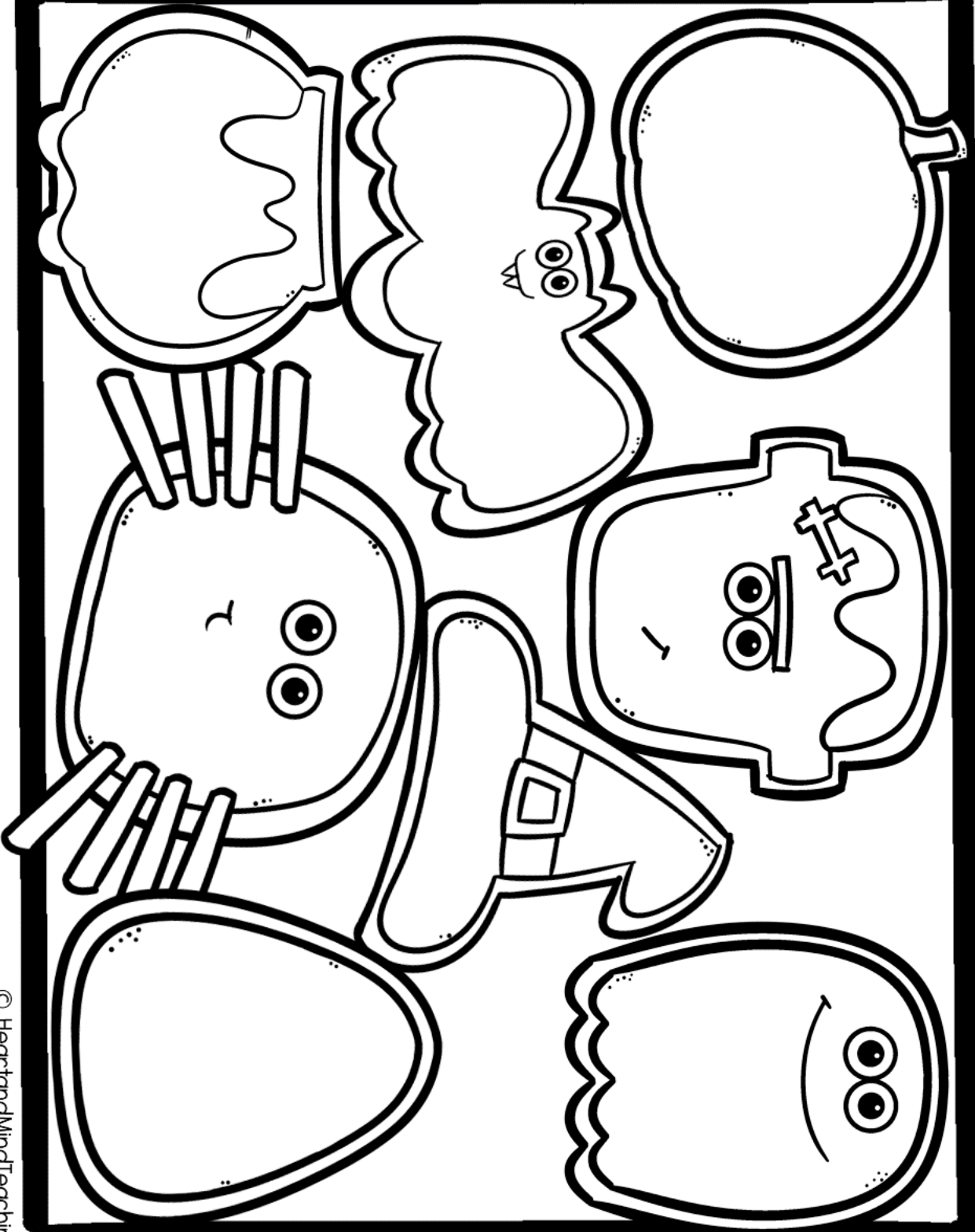


Exercise.

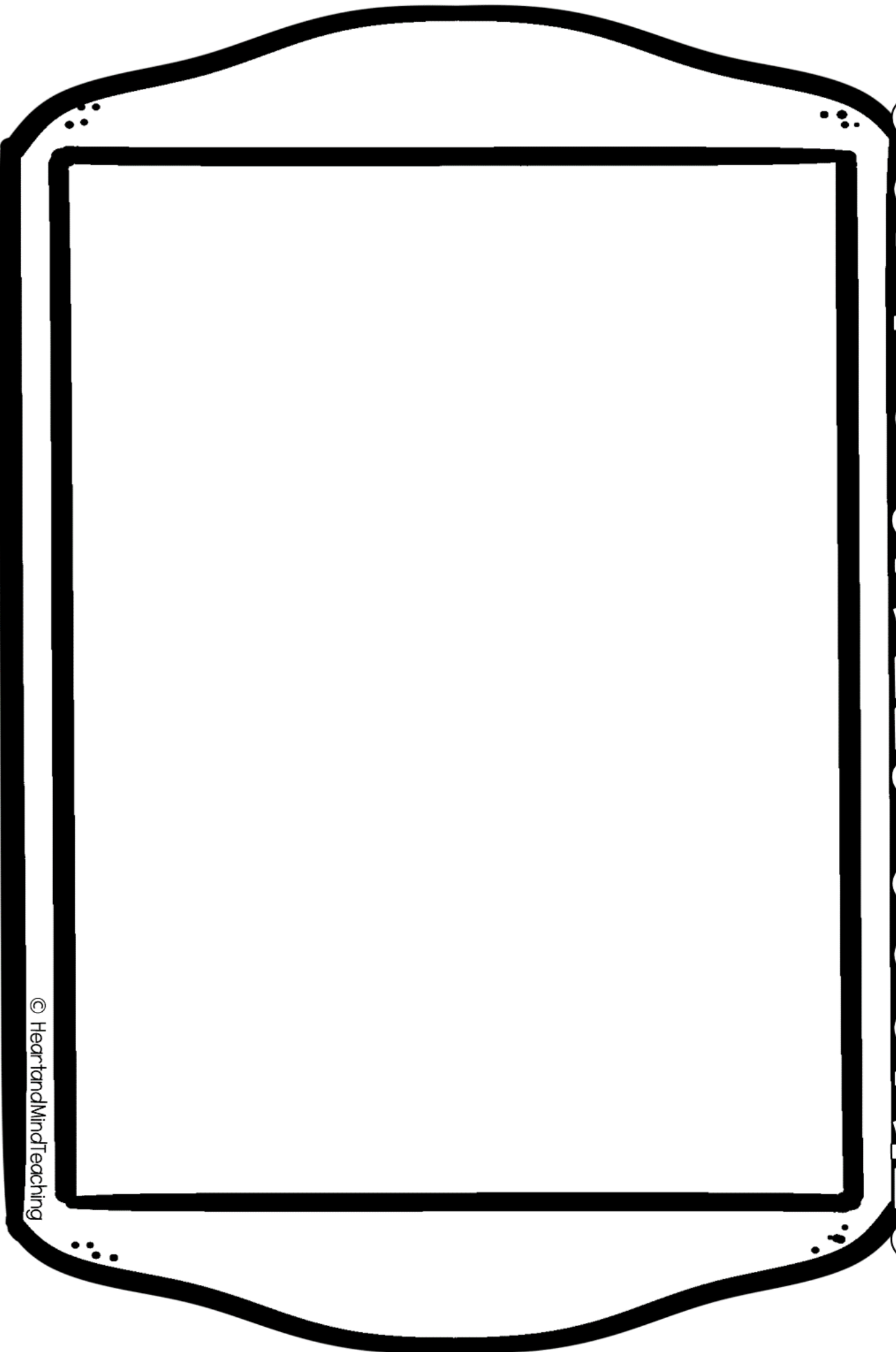


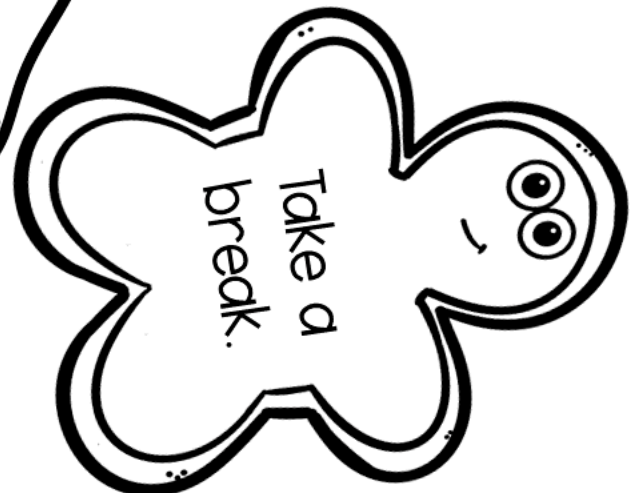
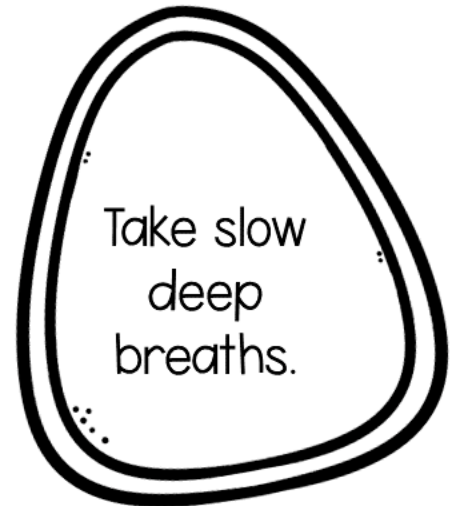
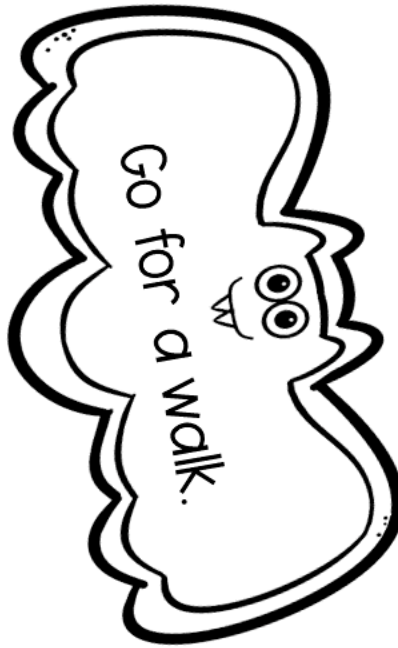
Take slow  
deep  
breaths.

# COPING SKILLS COOKIES



# COPING SKILLS COOKIES





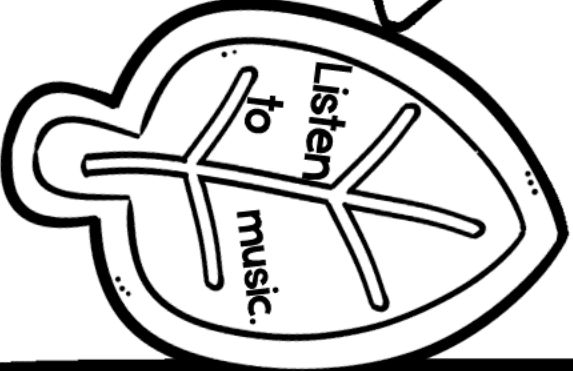
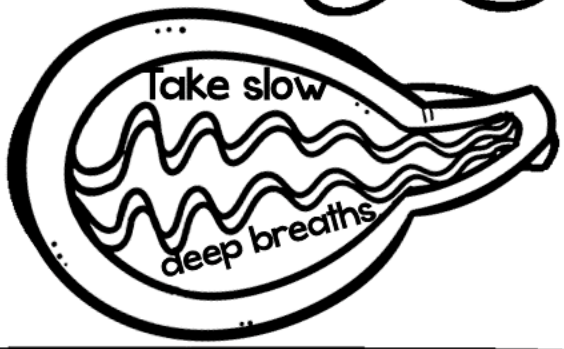
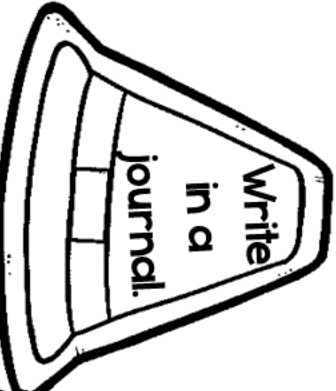
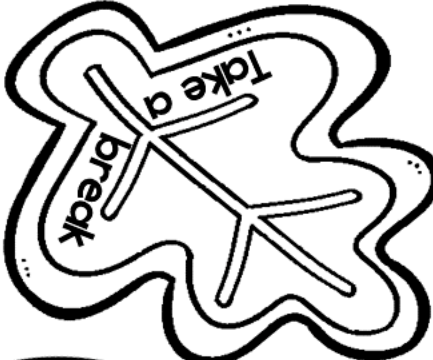
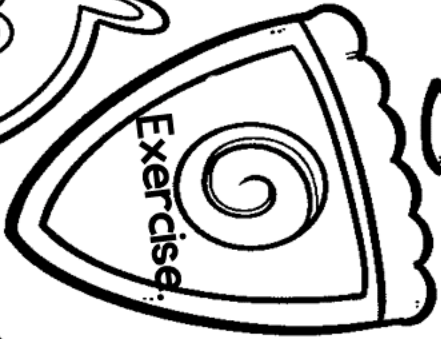
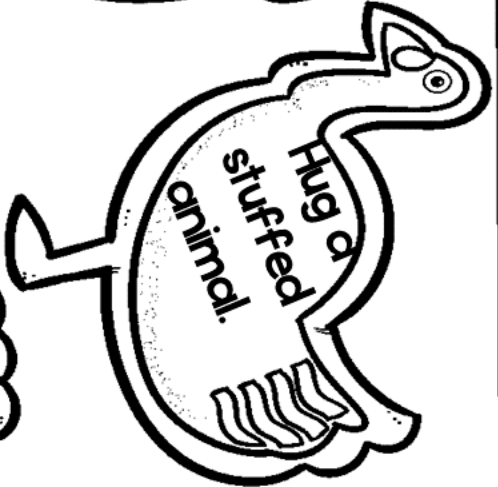
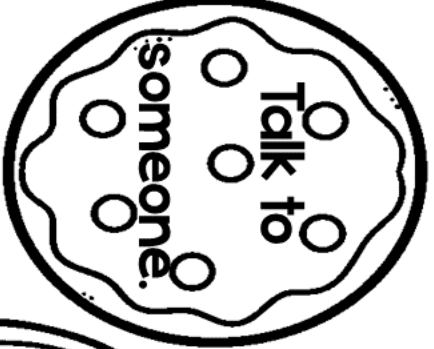


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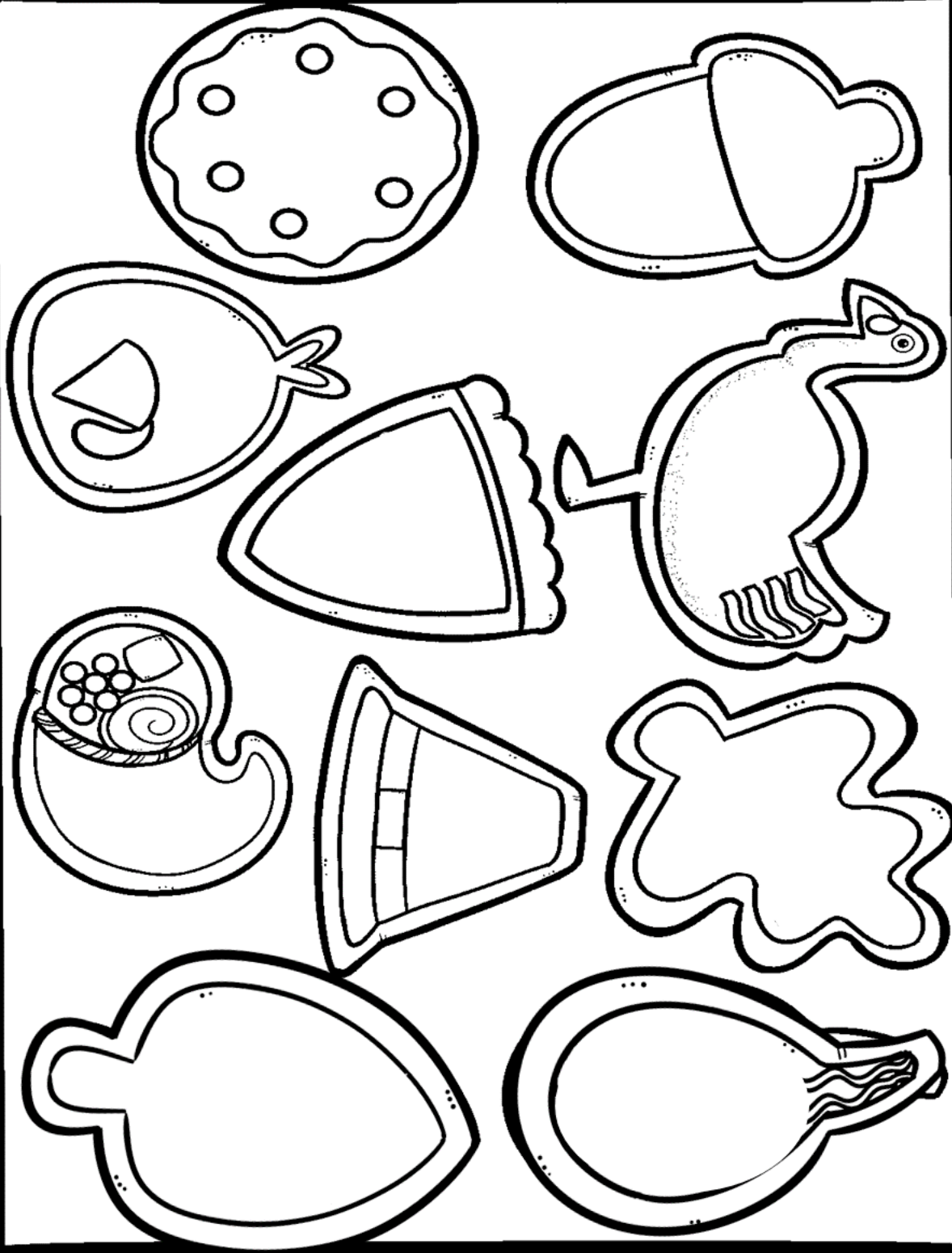
COPING SKILLS

COOKIES

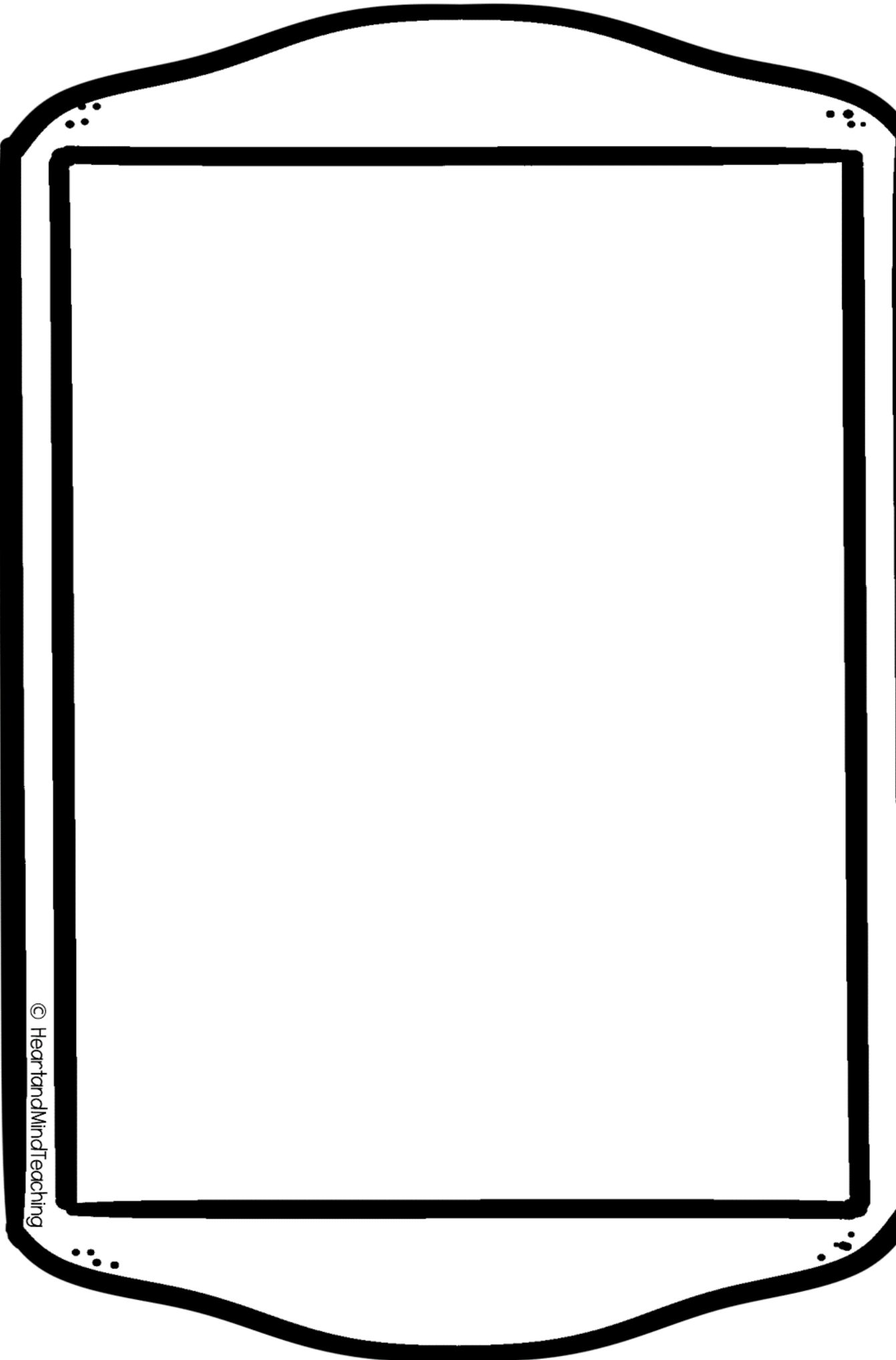
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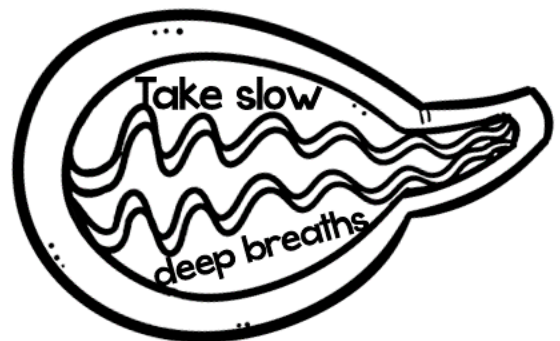
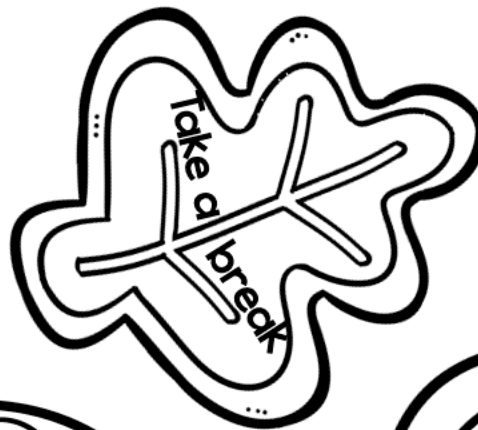
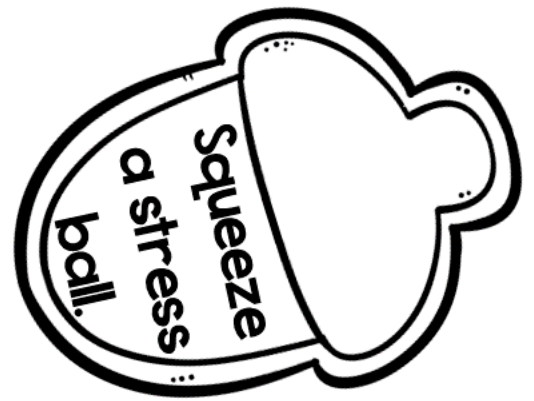


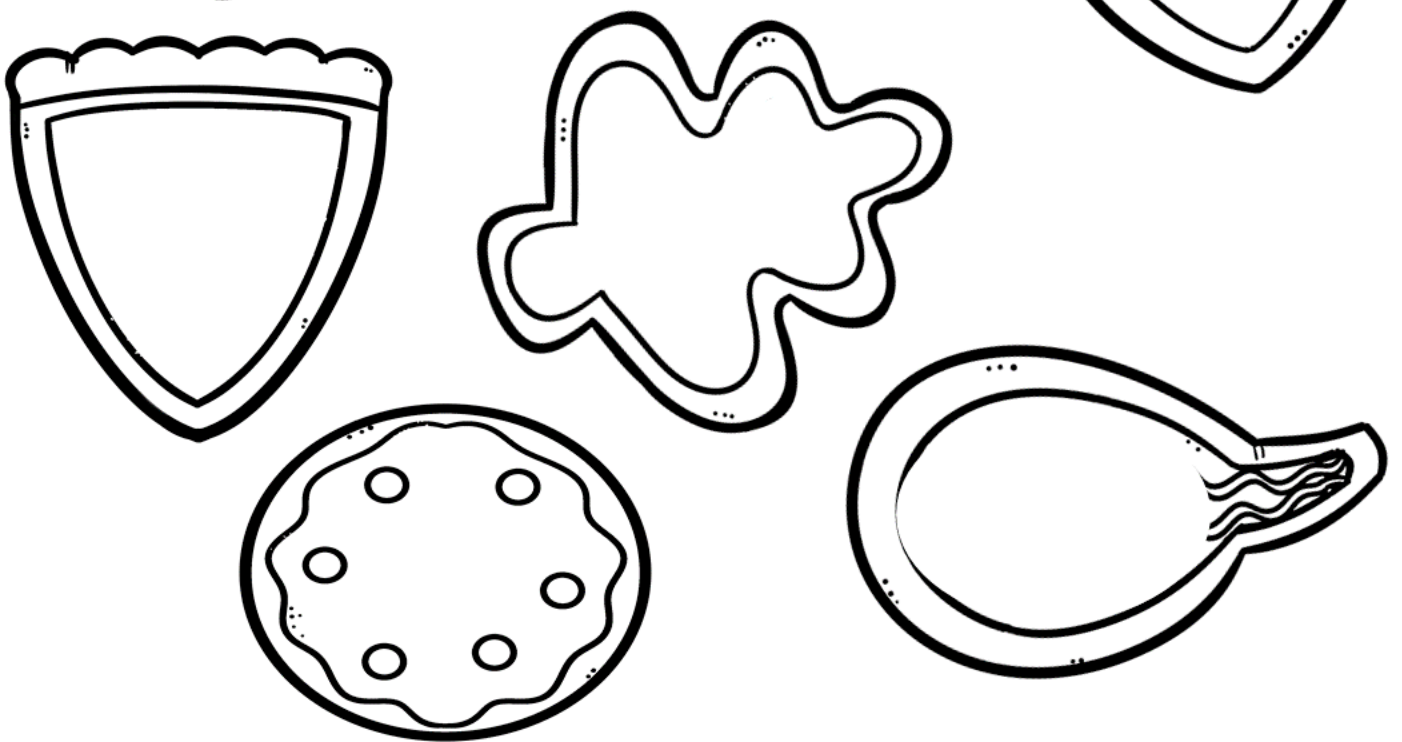
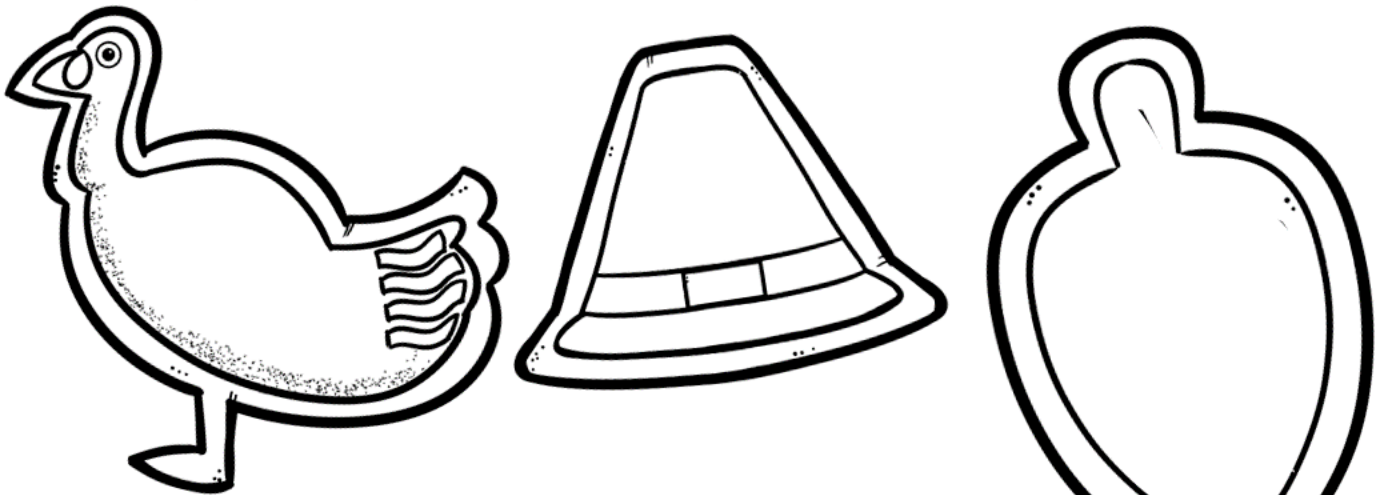
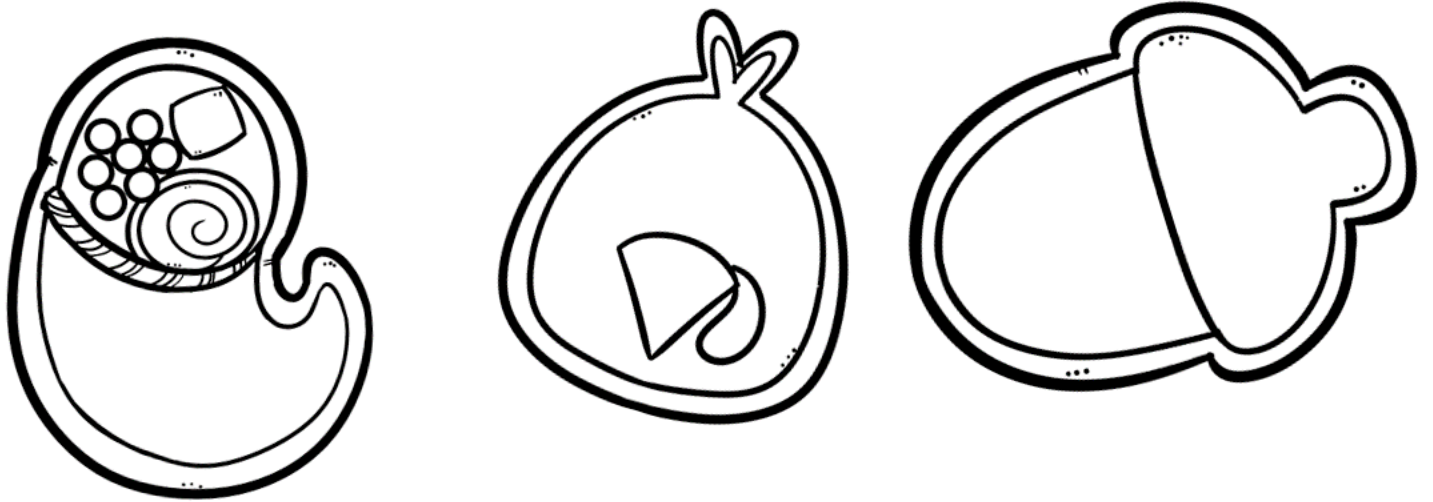
# COPING SKILLS COOKIES



# COPING SKILLS COOKIES





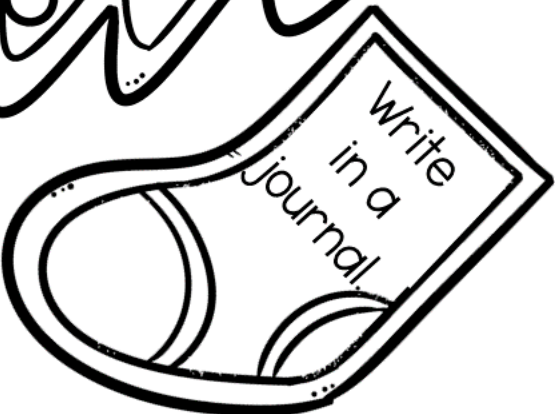
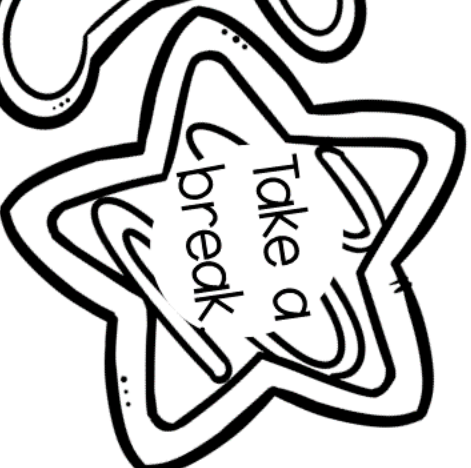
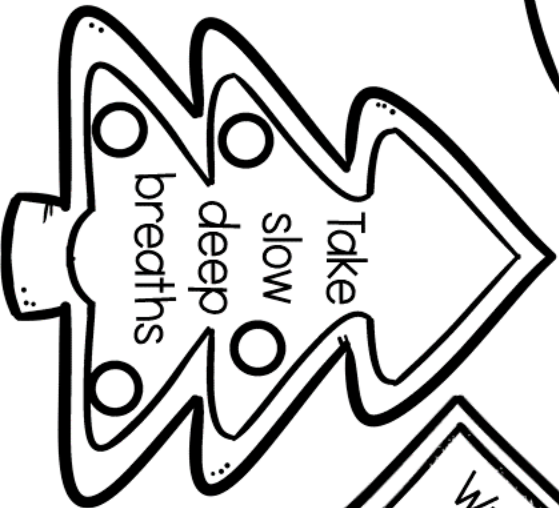
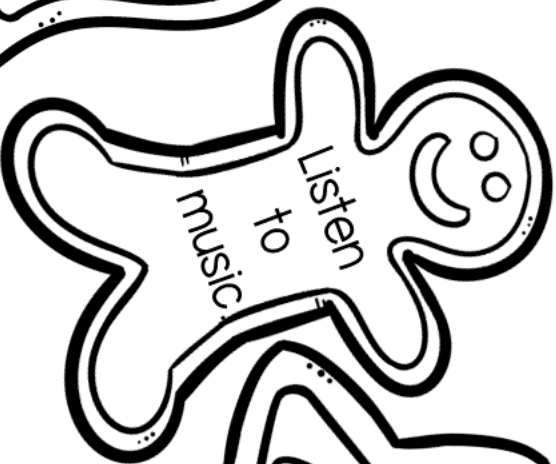
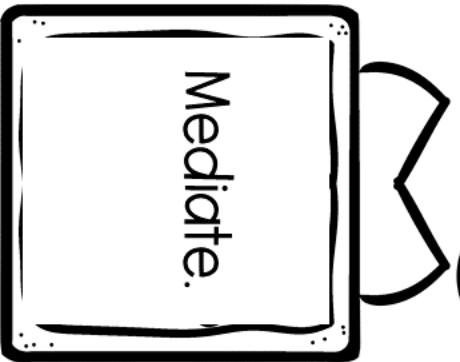


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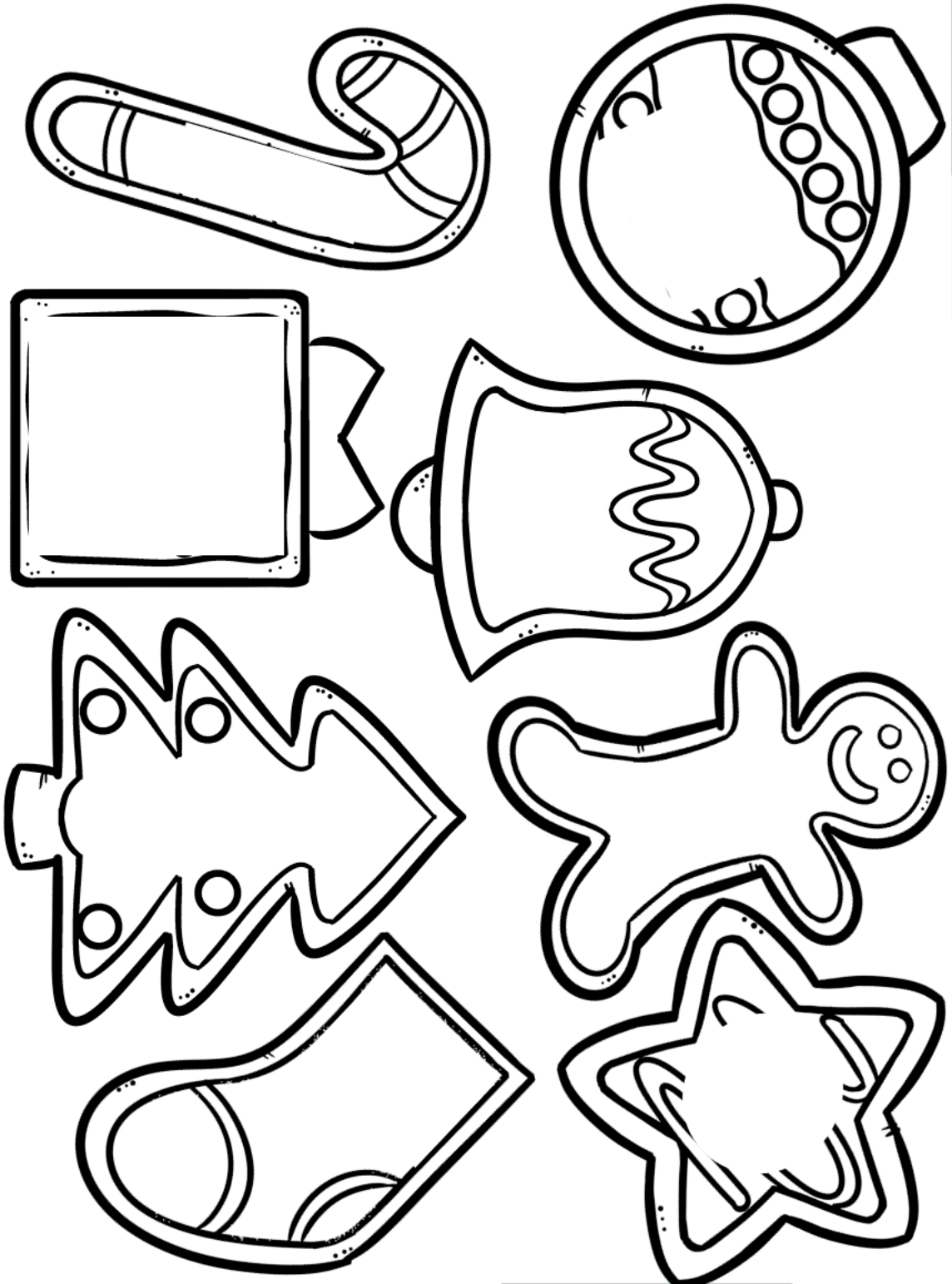
COPING SKILLS

COOKIES

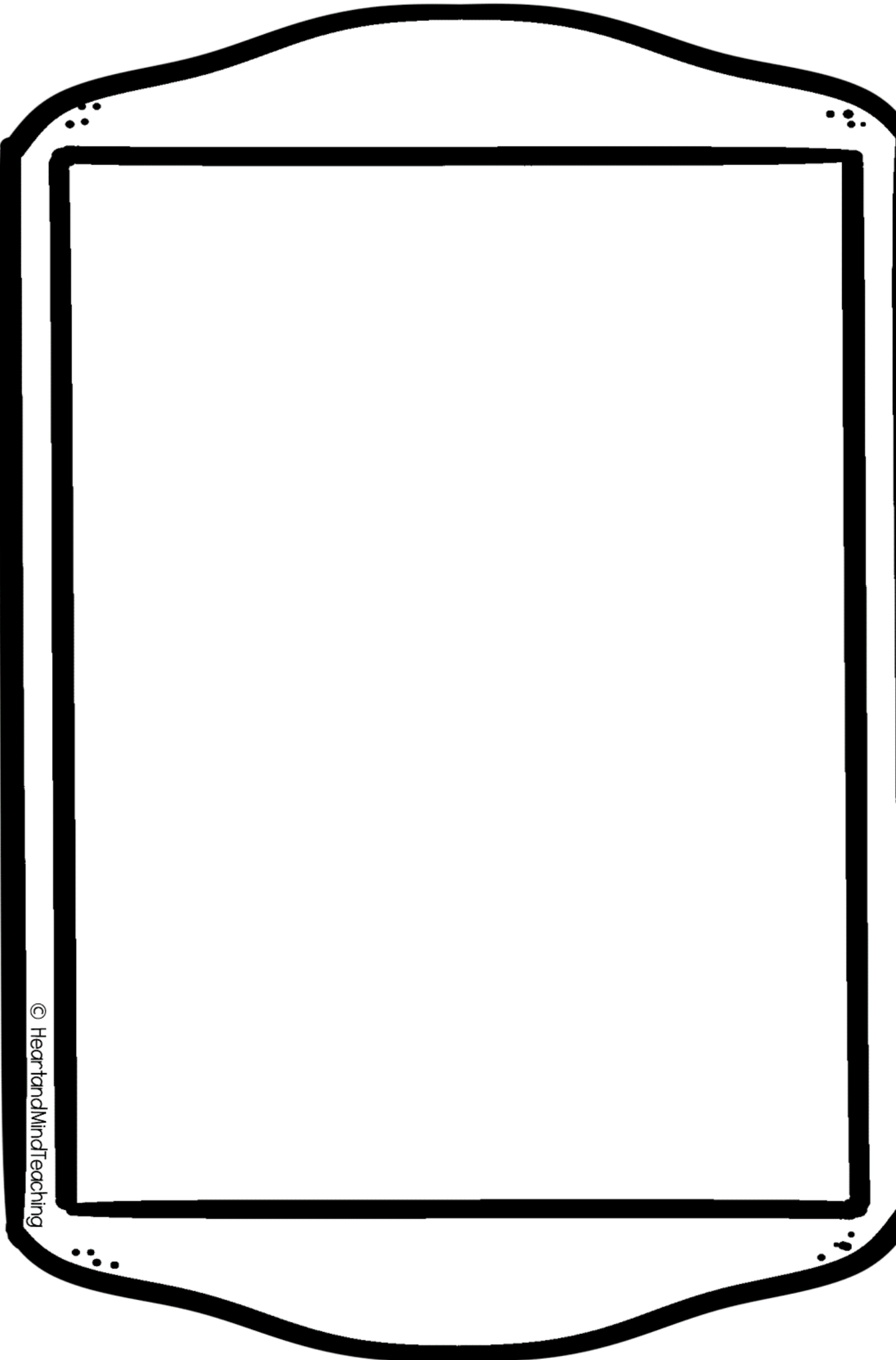
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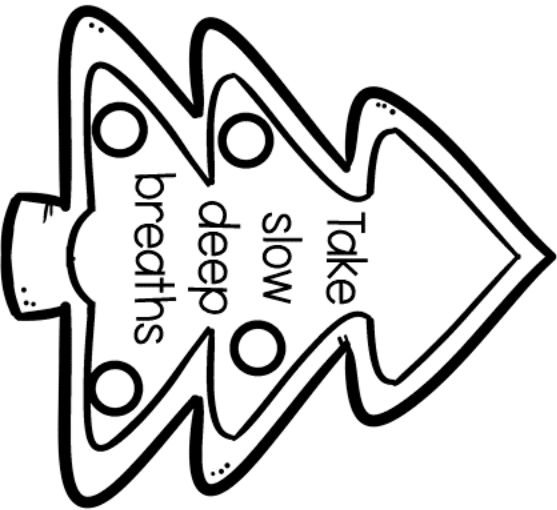
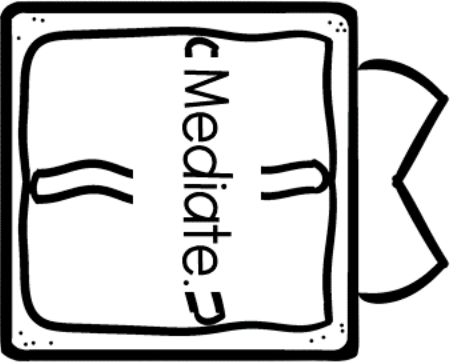
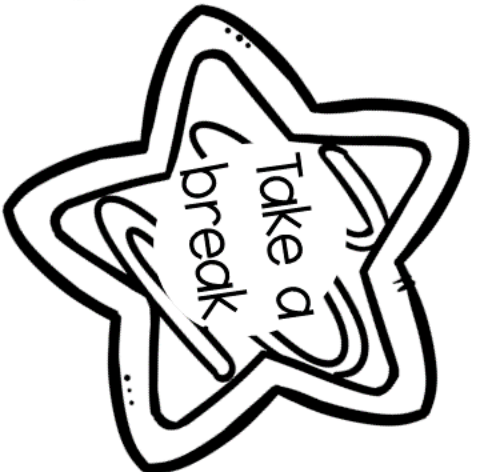
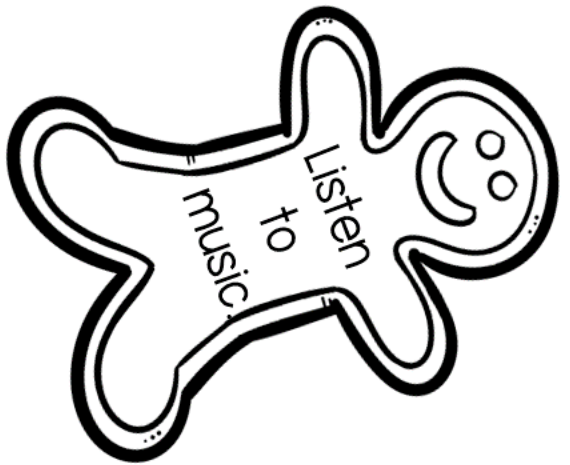


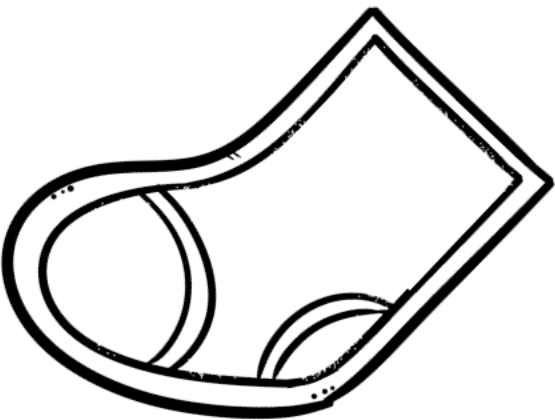
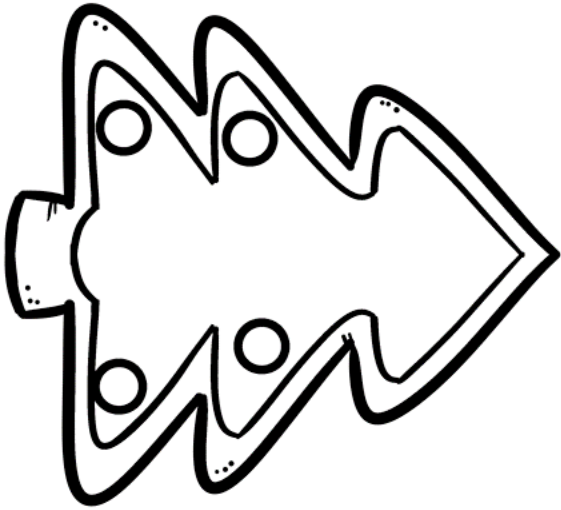
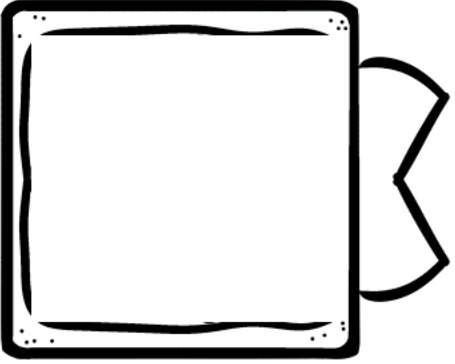
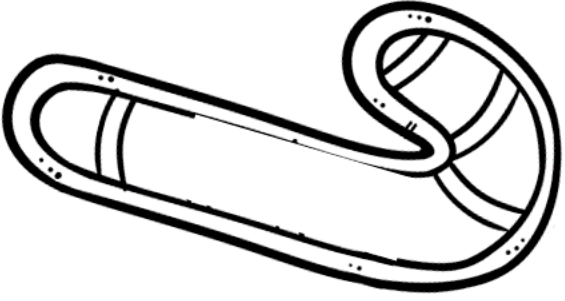
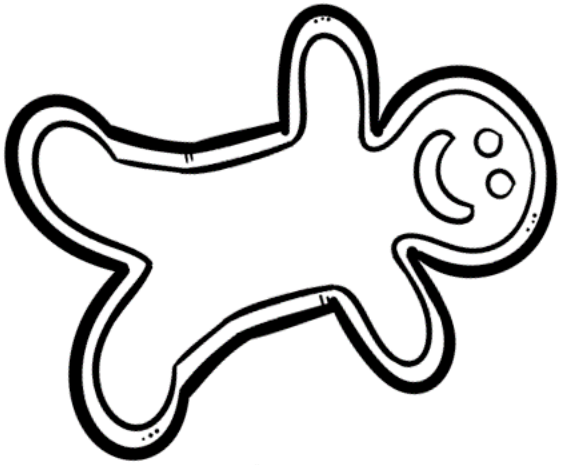
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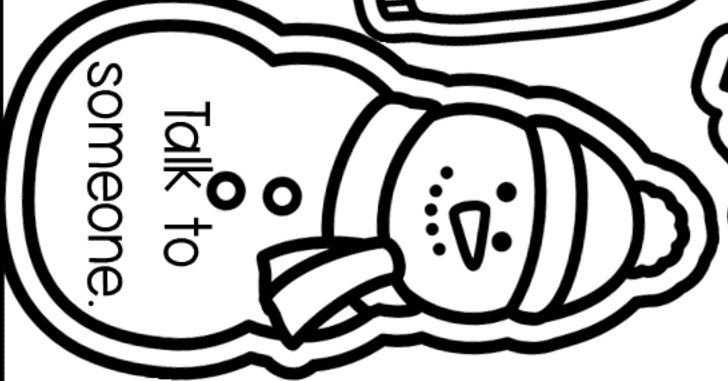
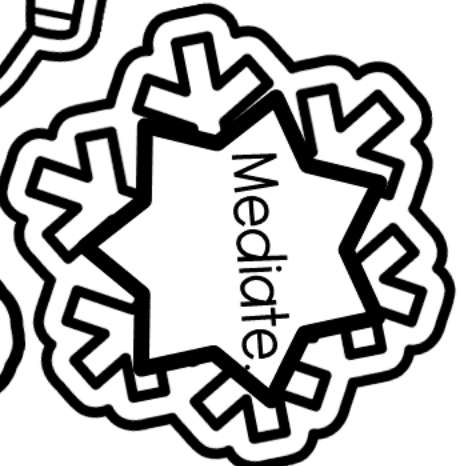
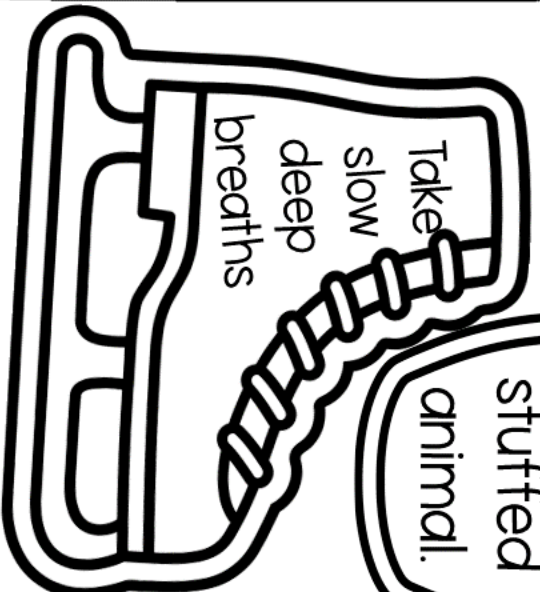
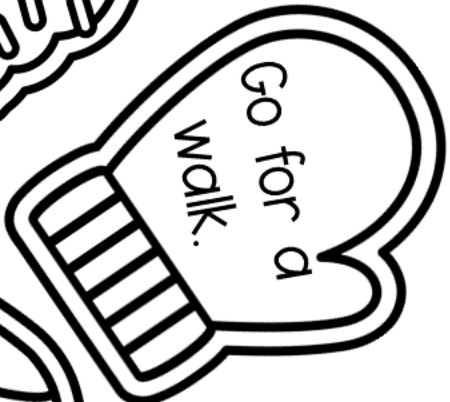
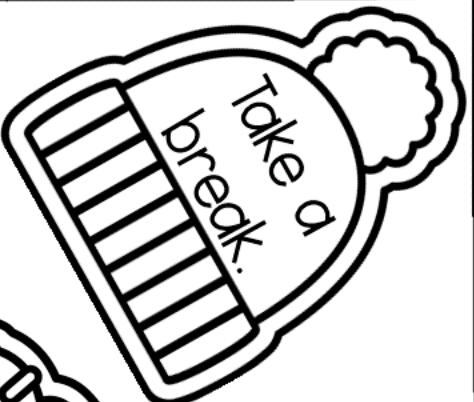


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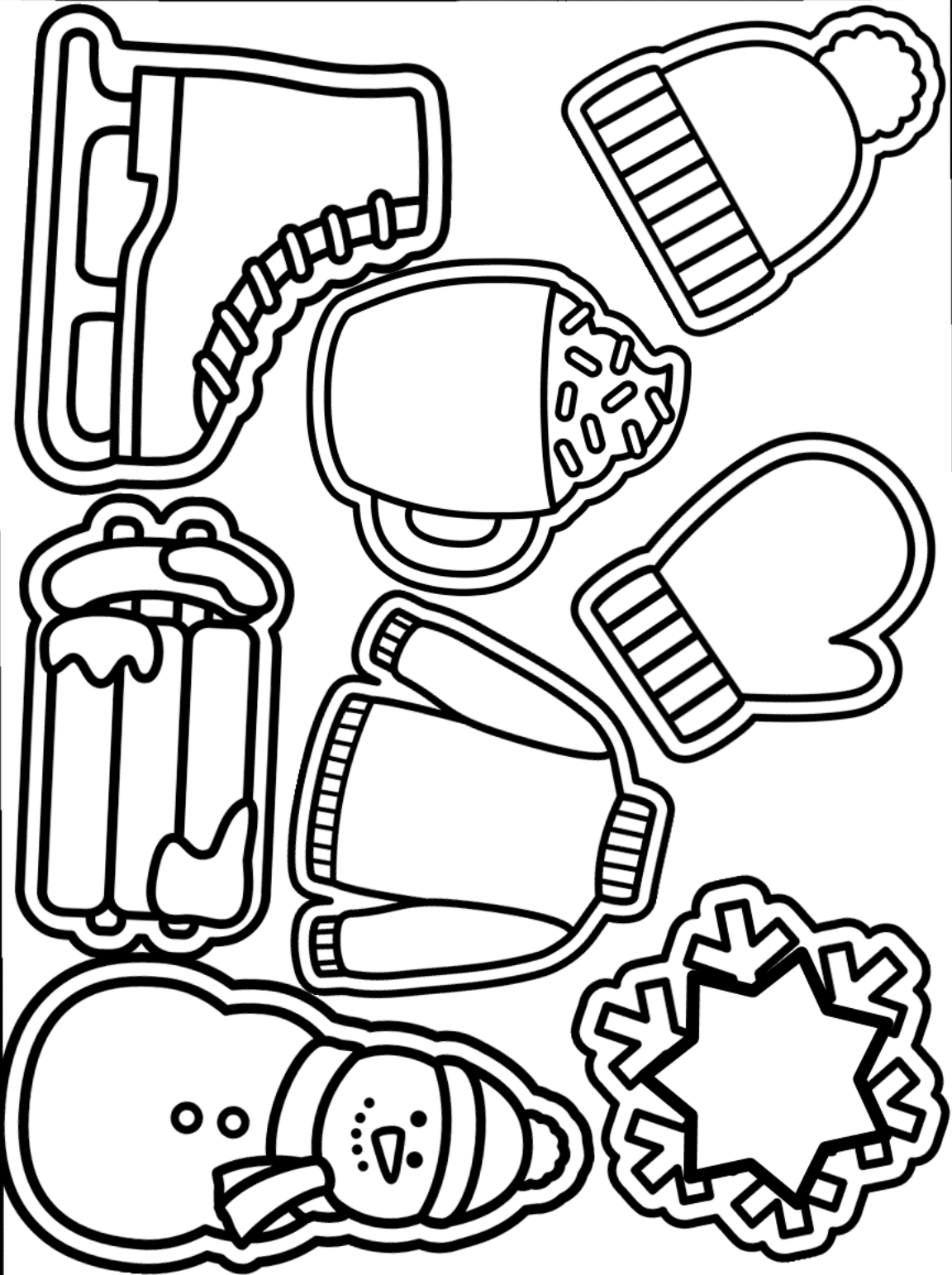
COPING SKILLS

COOKIES

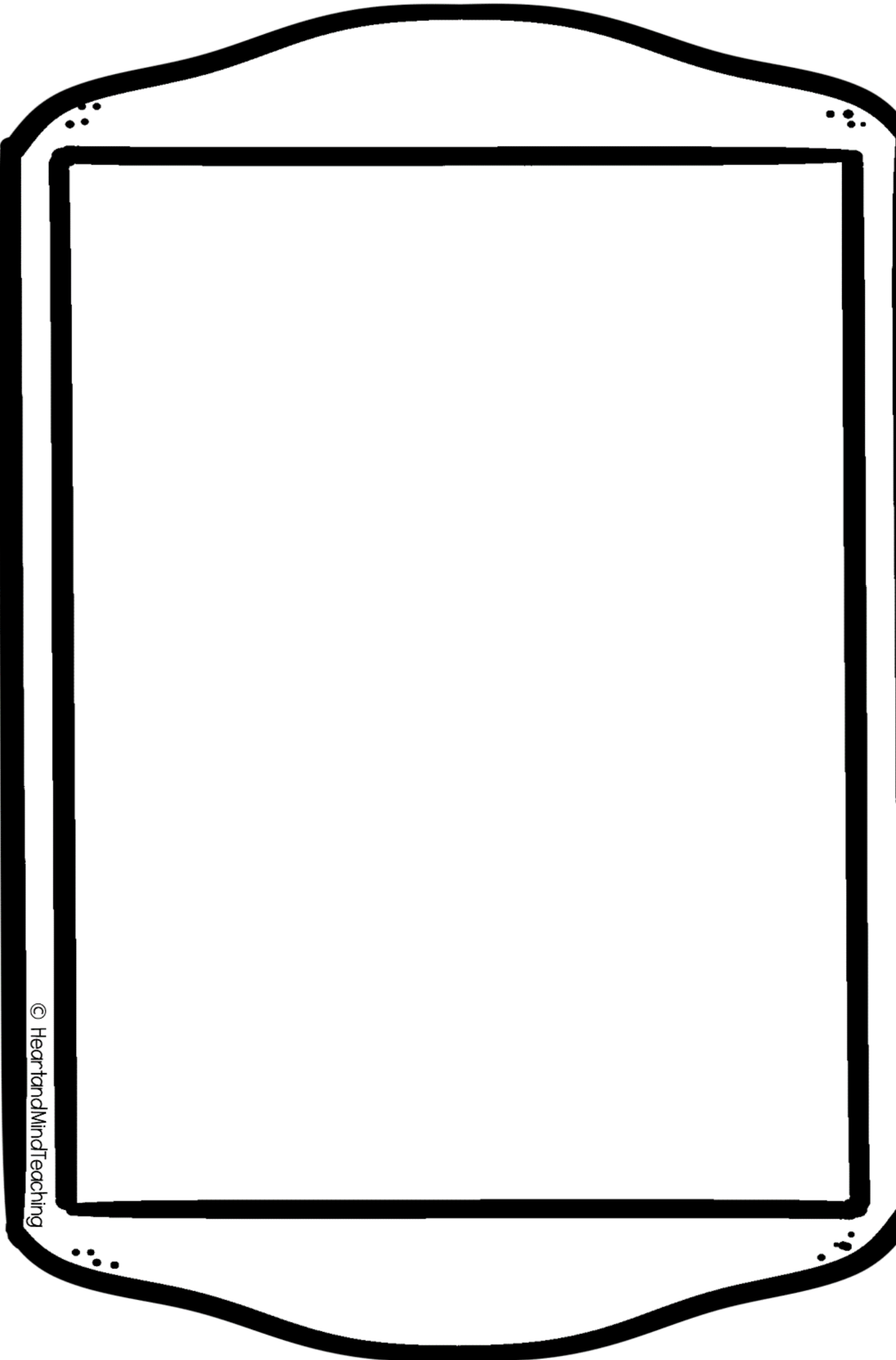
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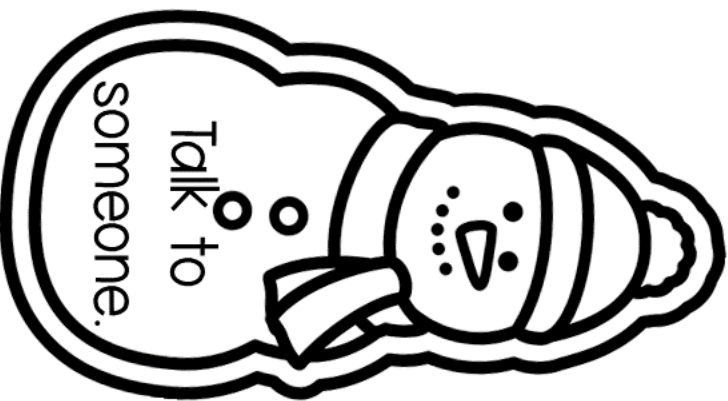
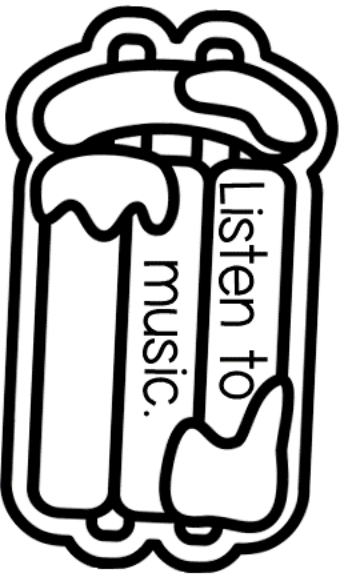
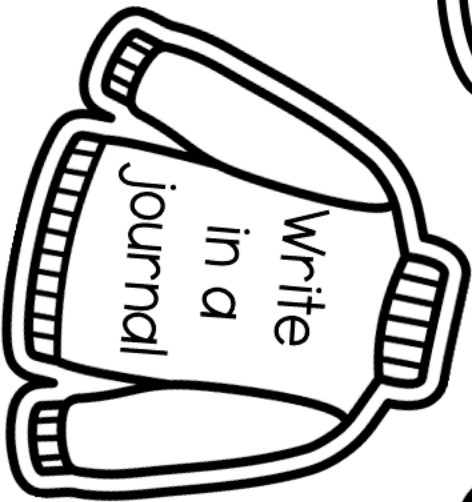
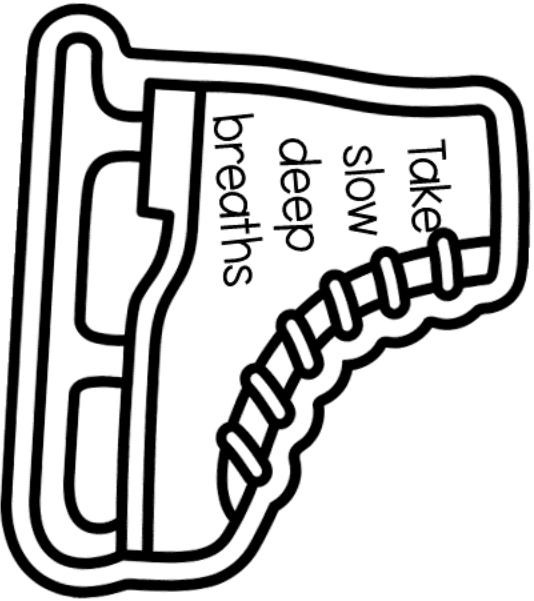
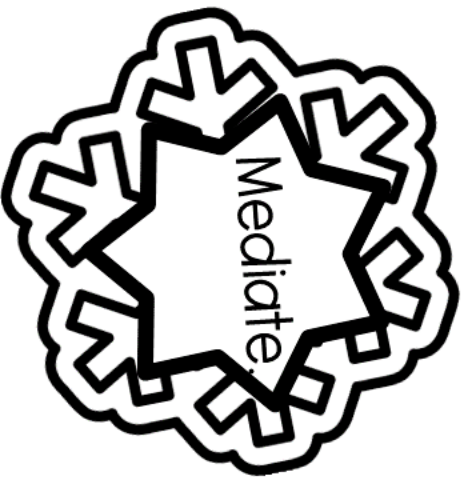
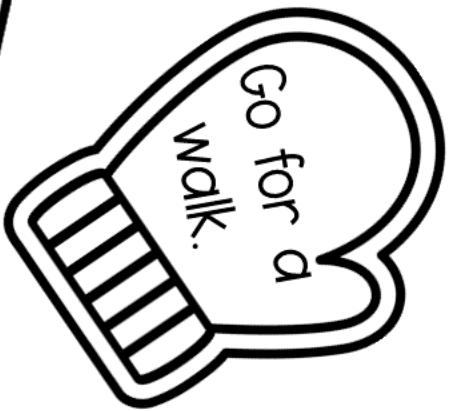
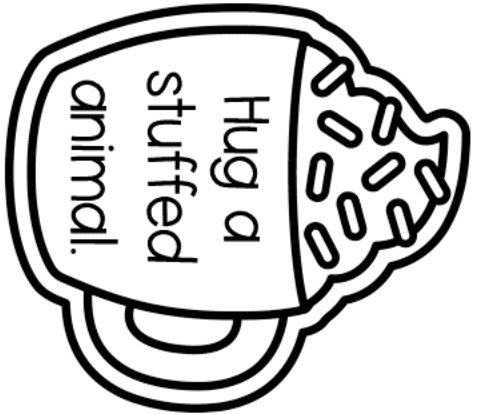
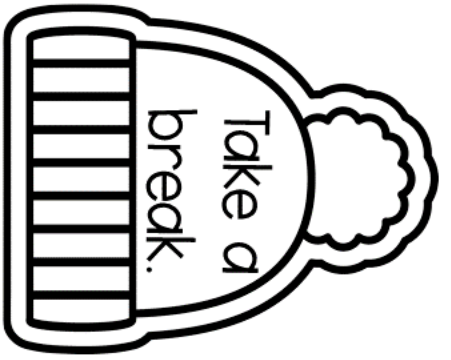


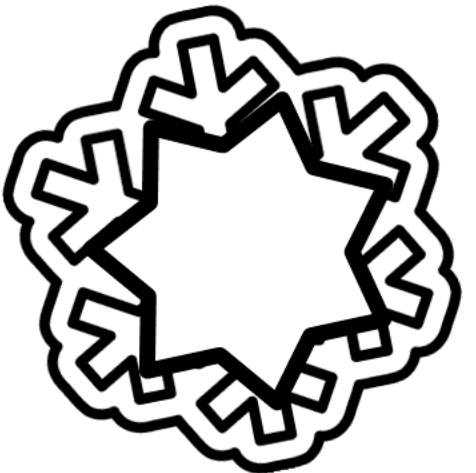
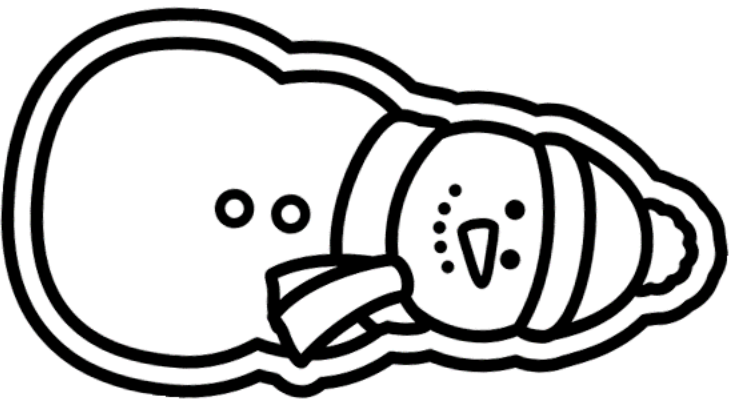
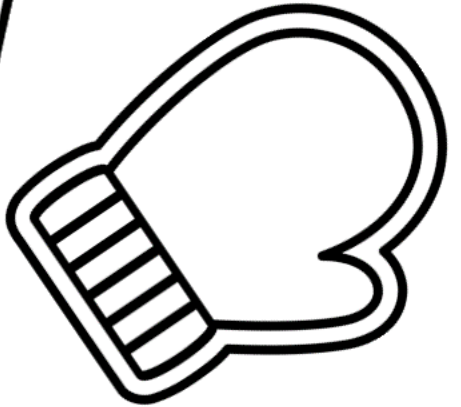
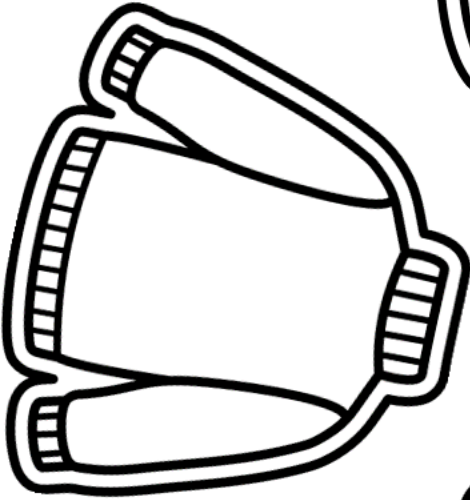
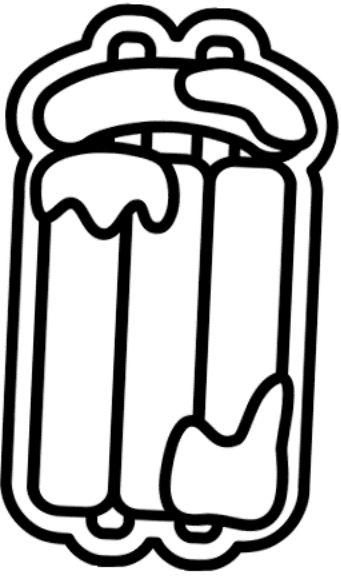
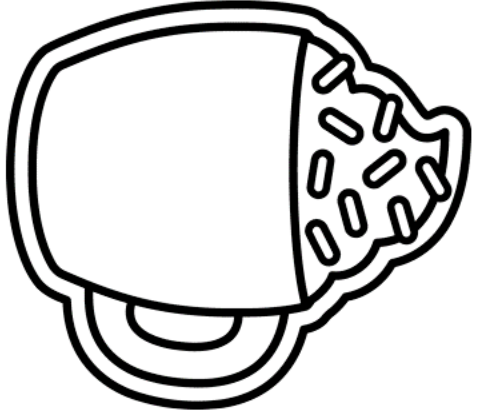
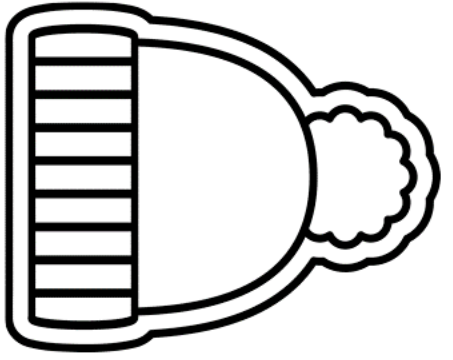
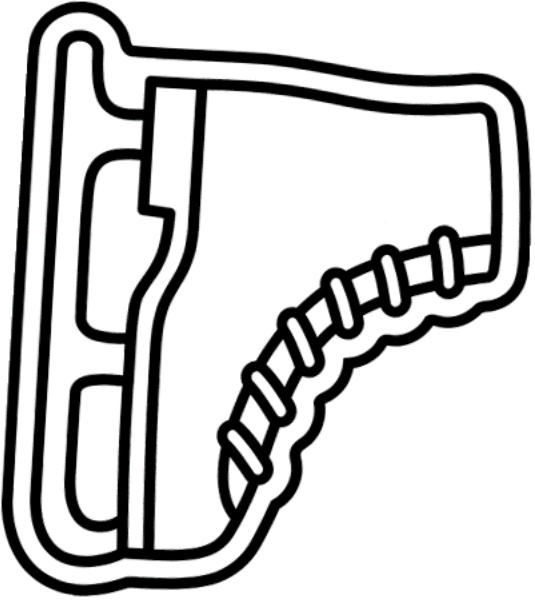
# COPING SKILLS COOKIES



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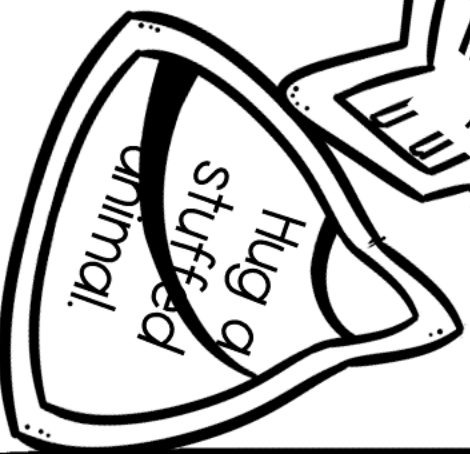
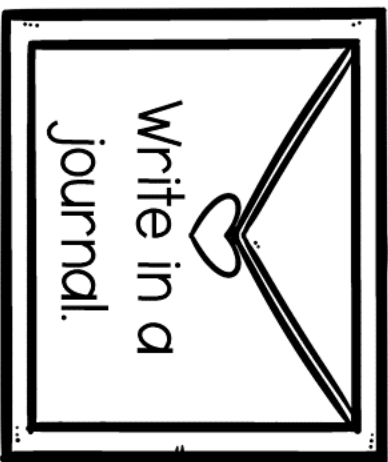
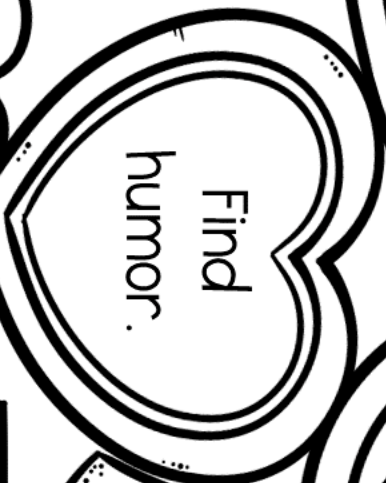
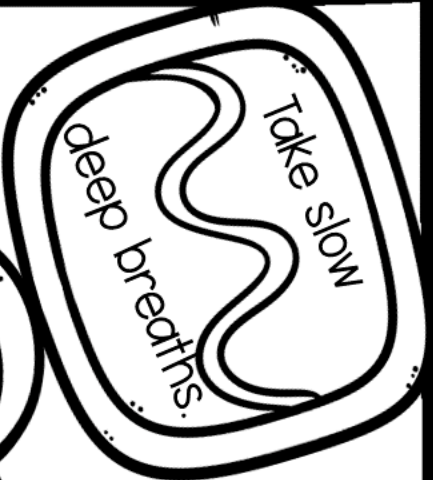
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COPING

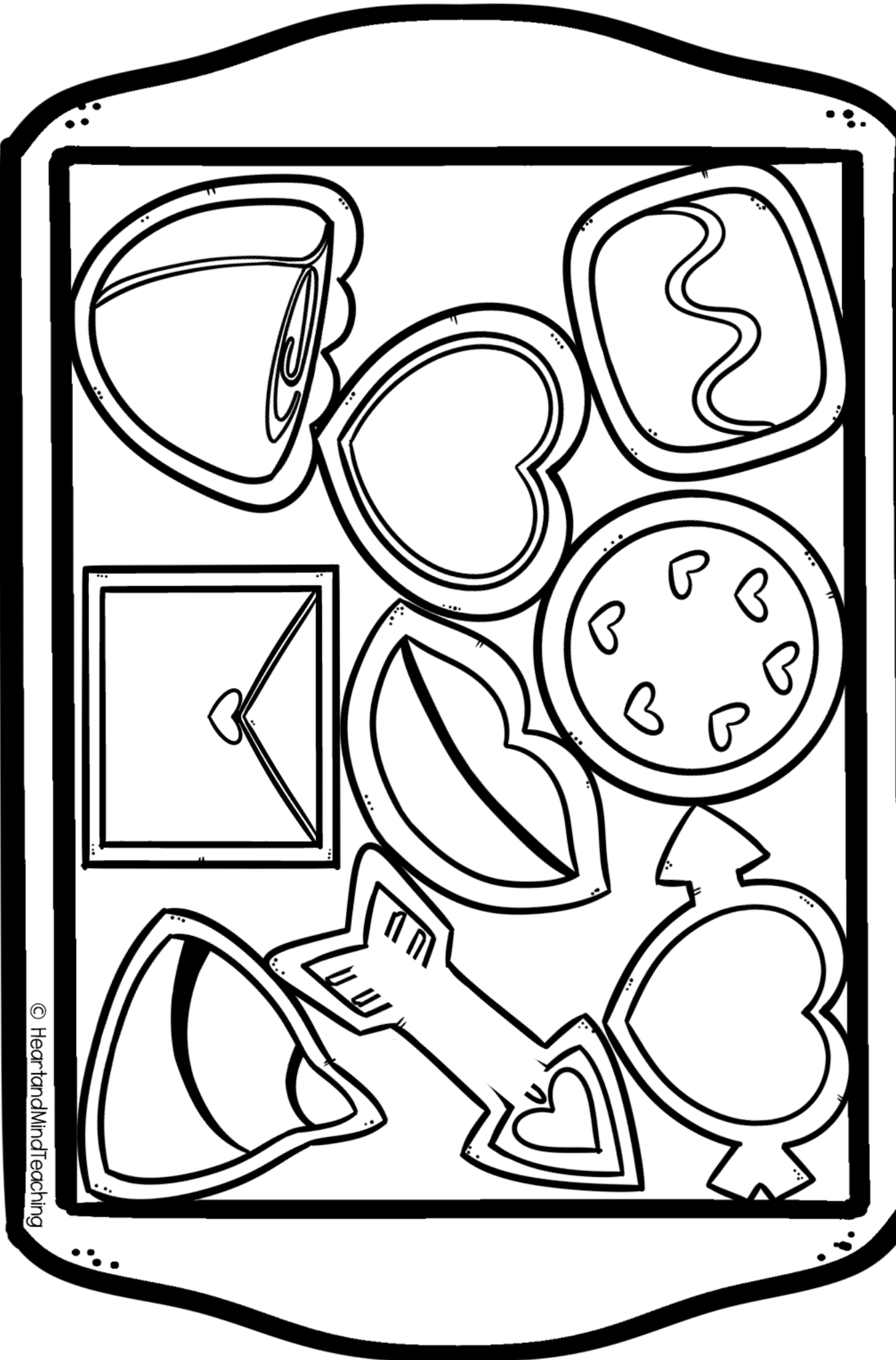
SKILLS

COOKIES

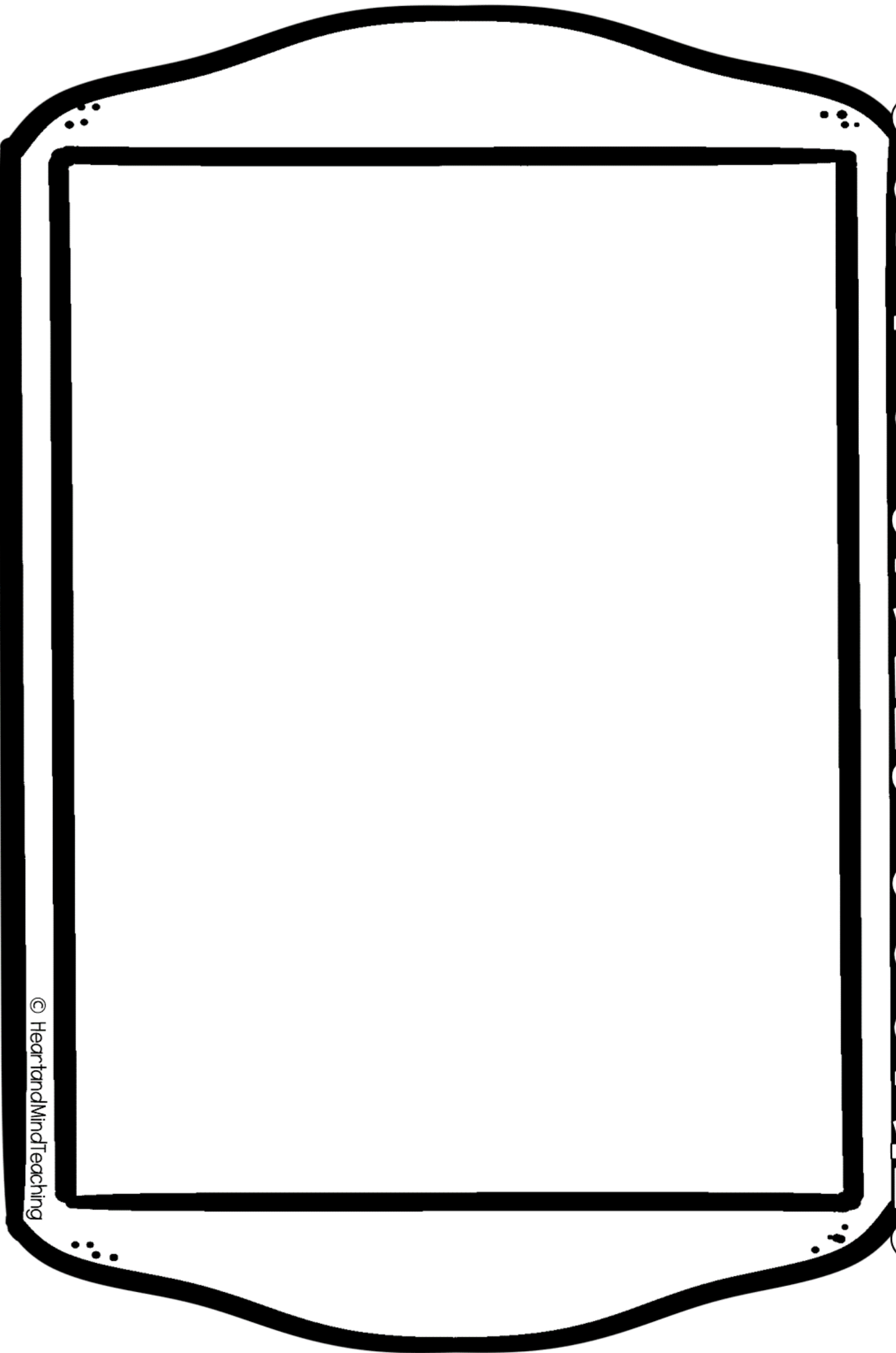
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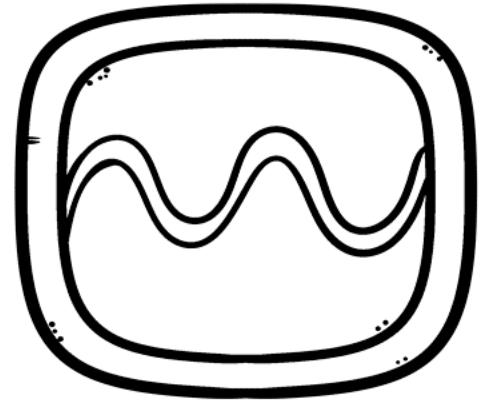
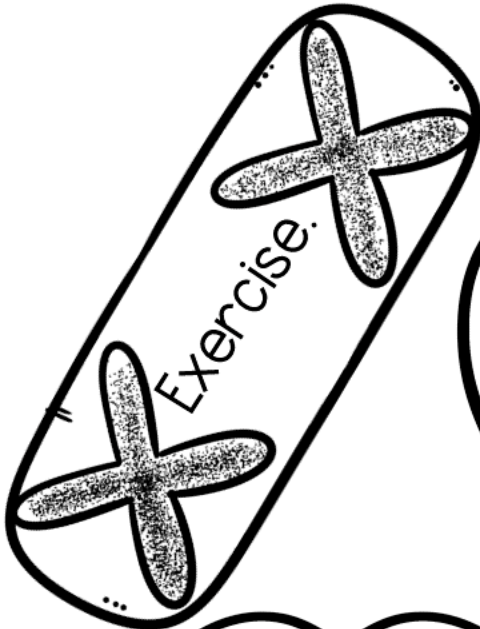
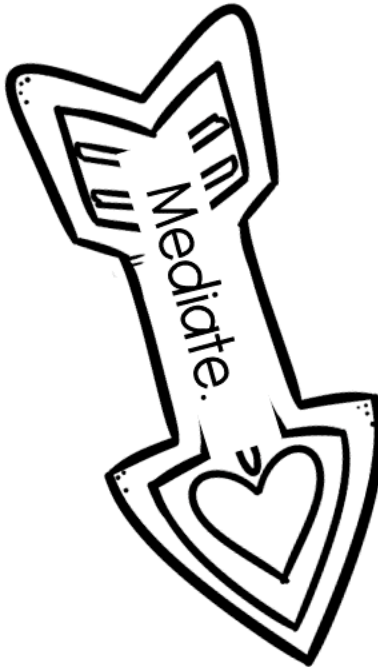
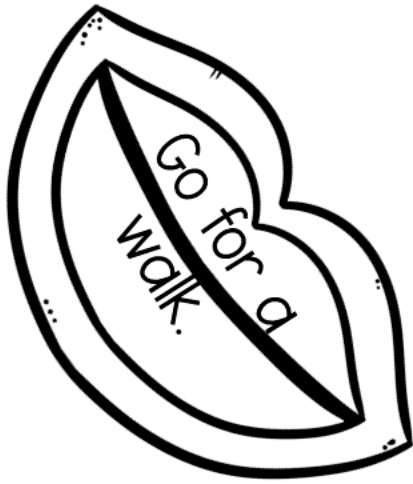


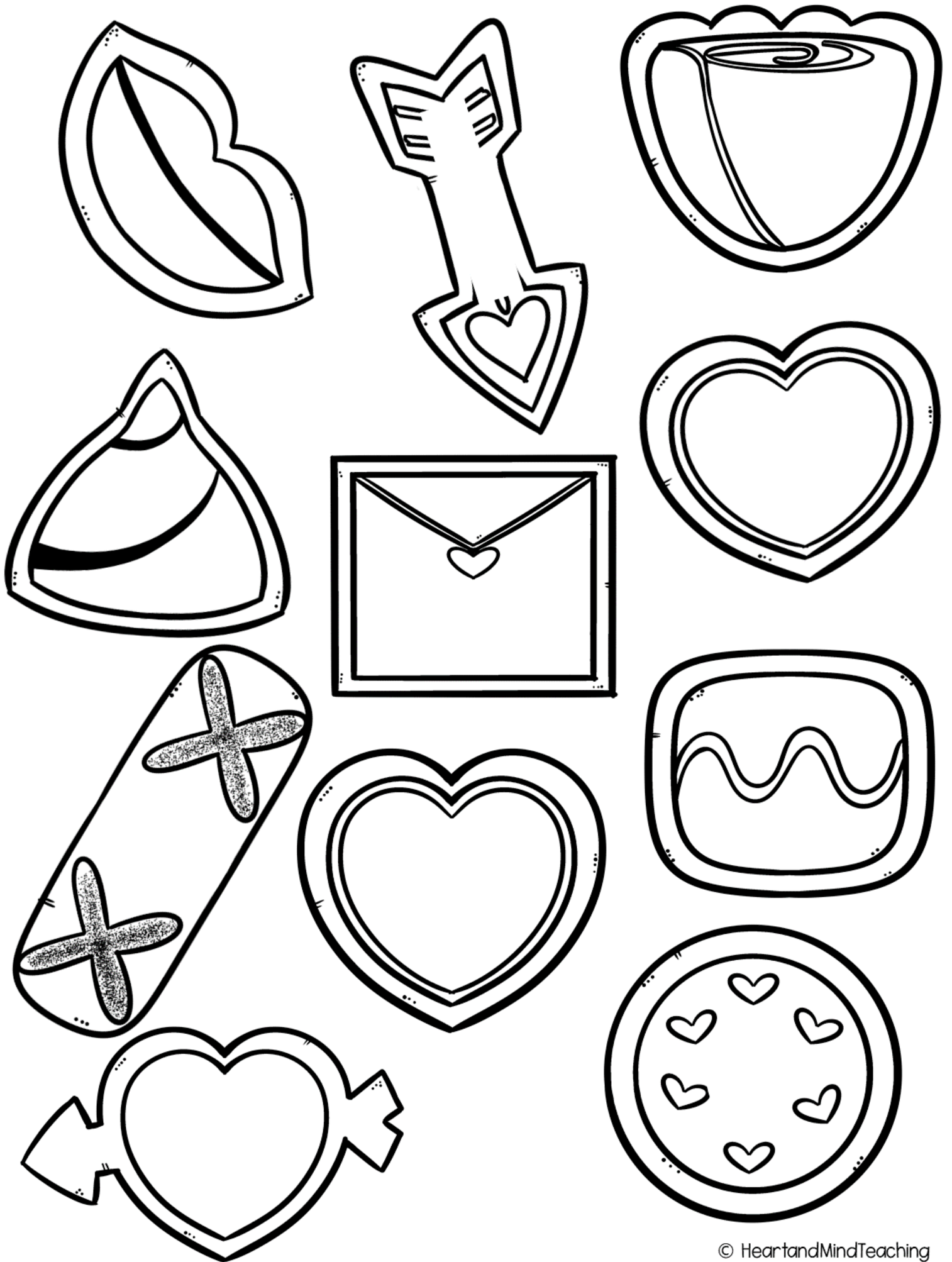
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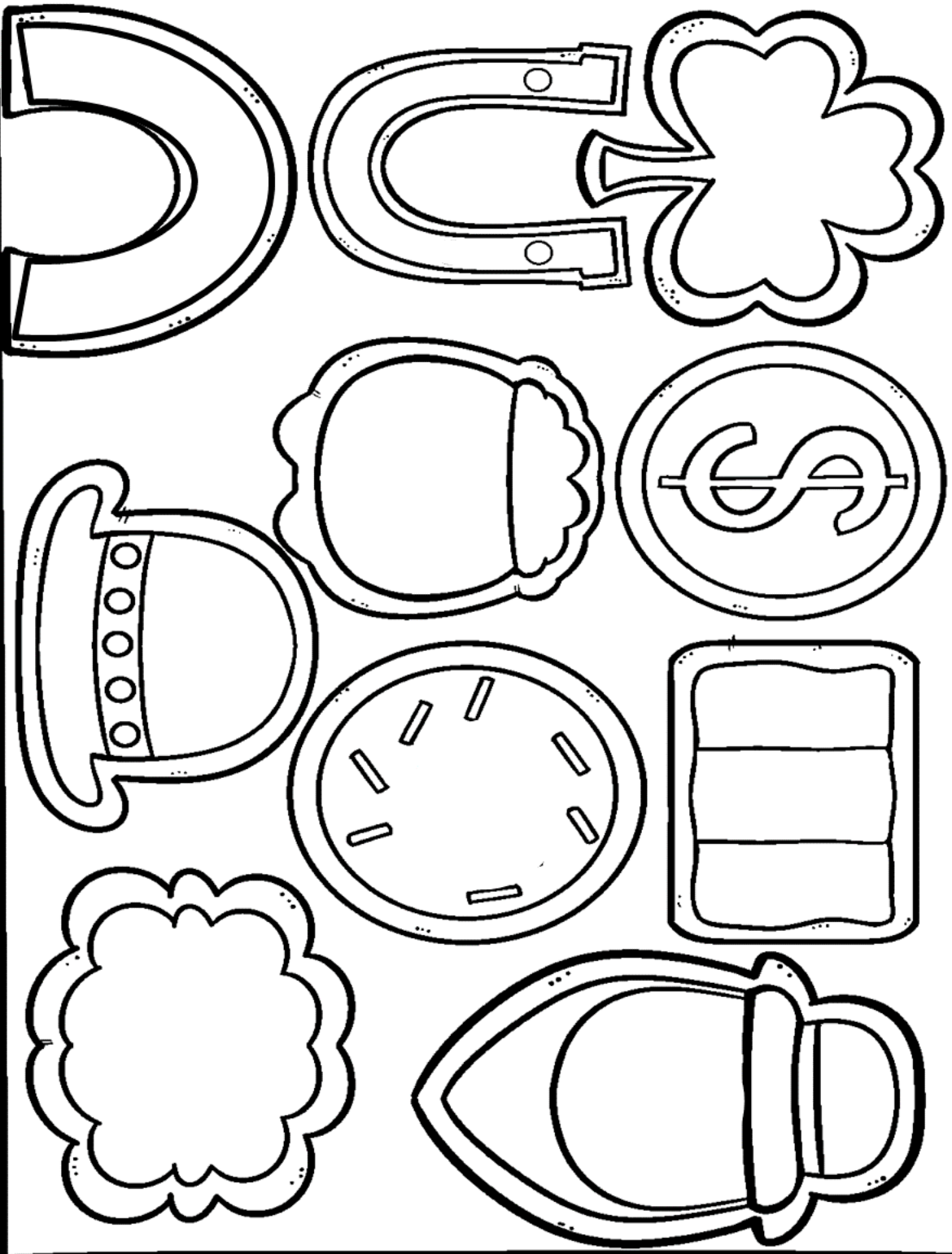
ST. PATRICK'S

DAY COPING

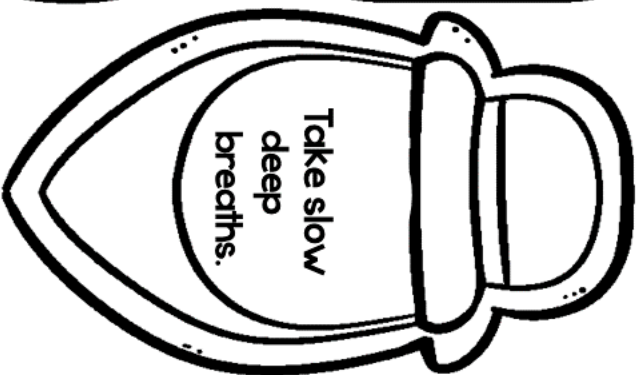
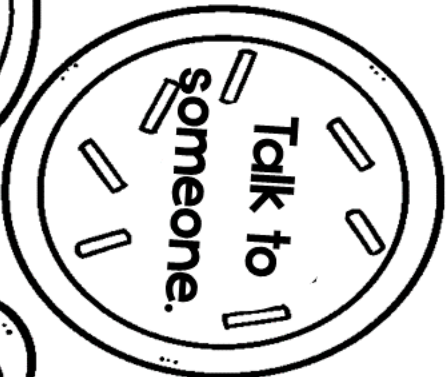
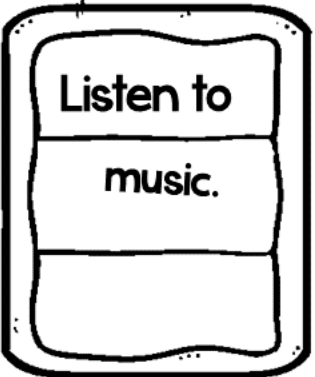
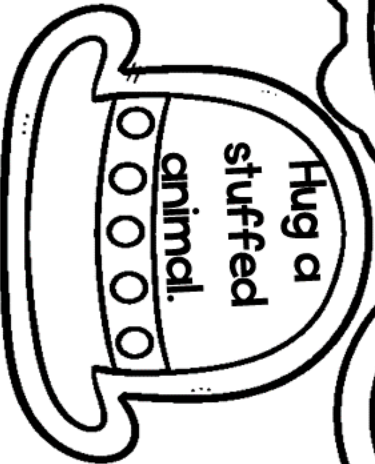
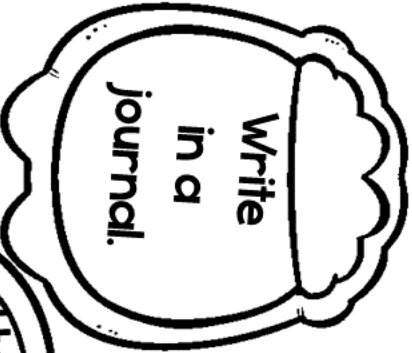
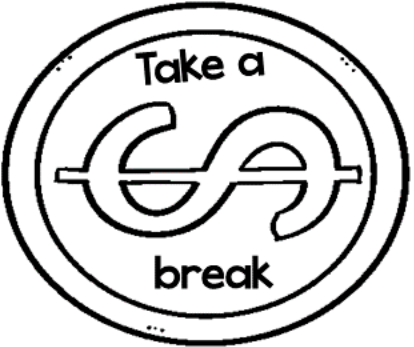
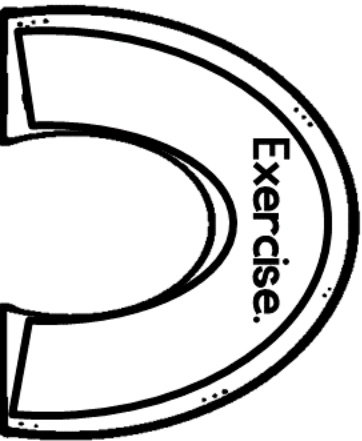
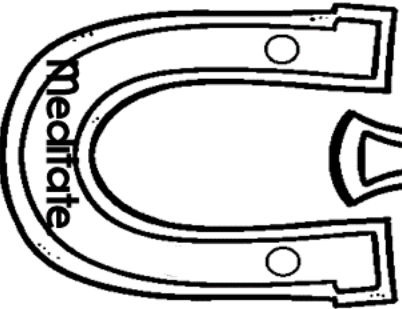
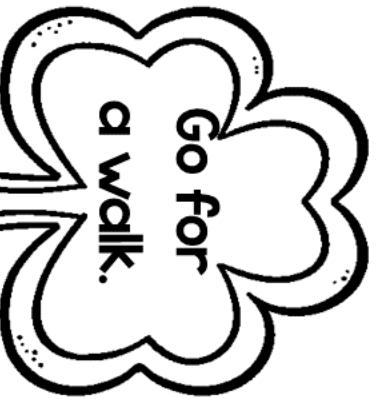
SKILLS

COOKIES

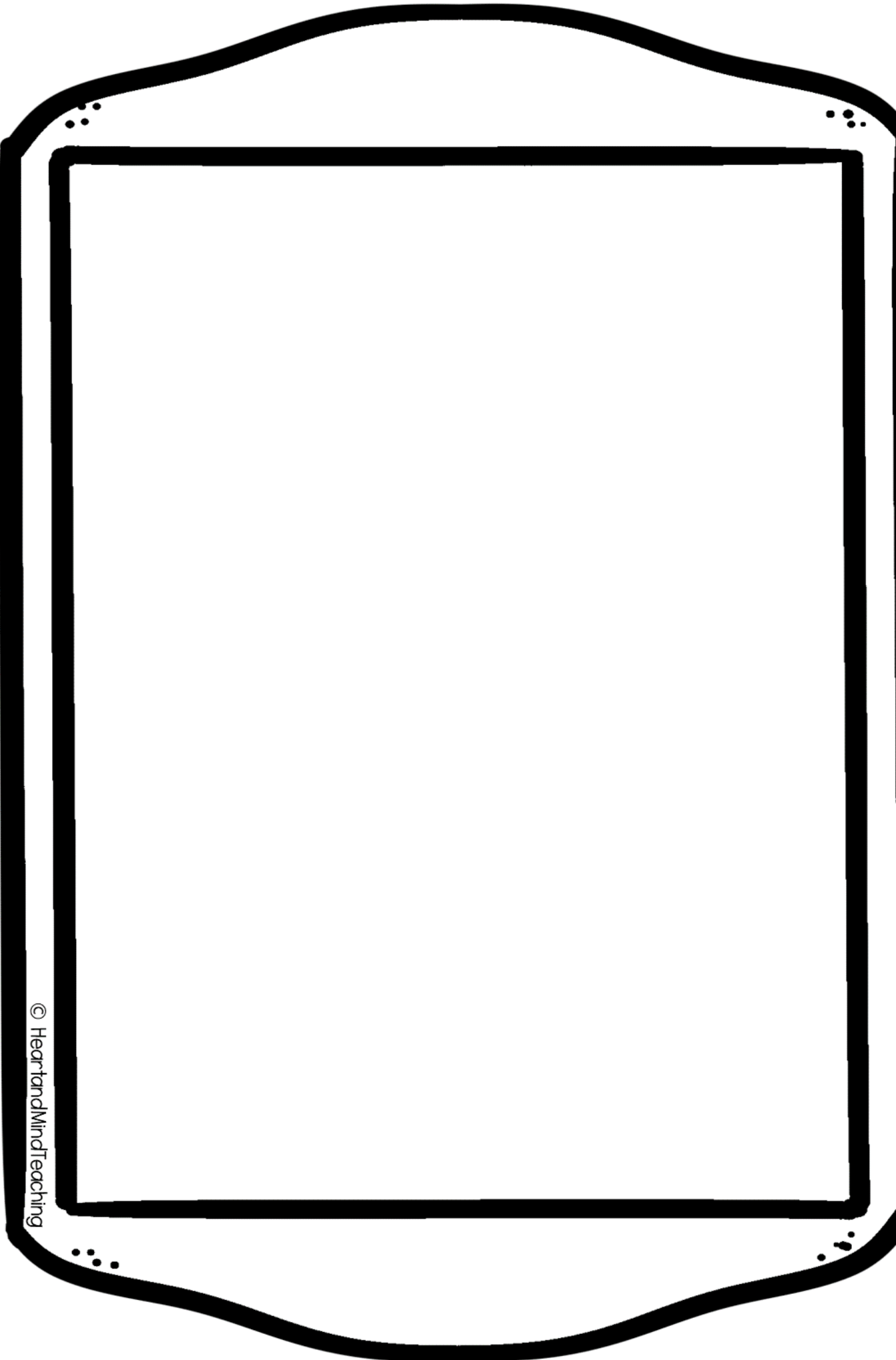
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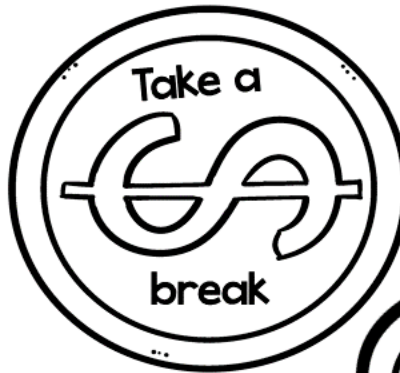
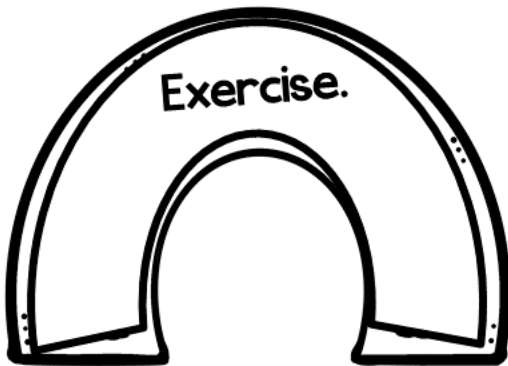
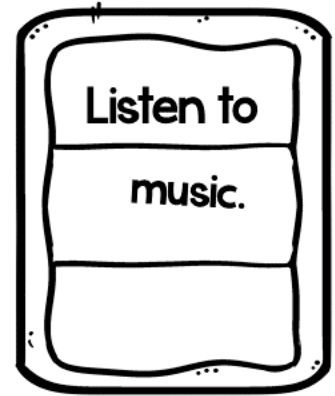
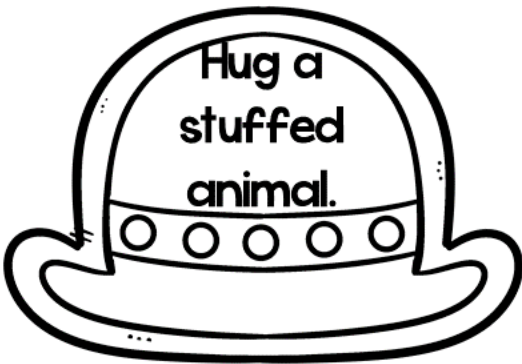
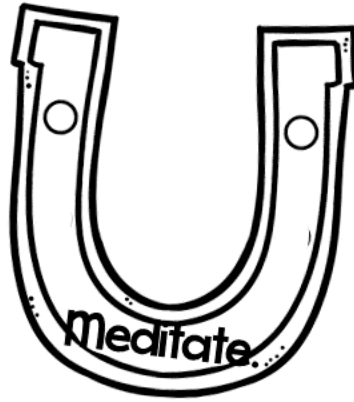


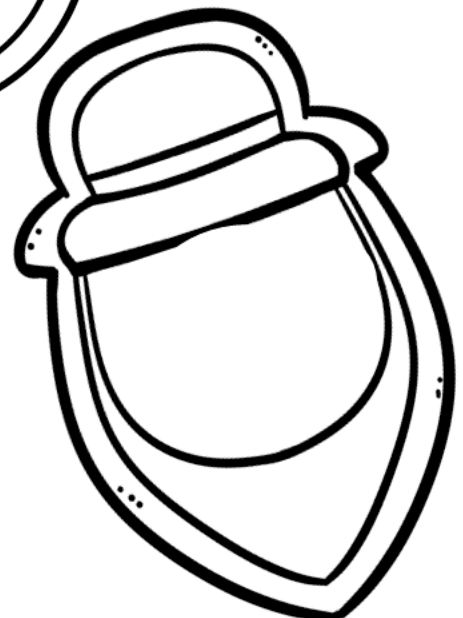
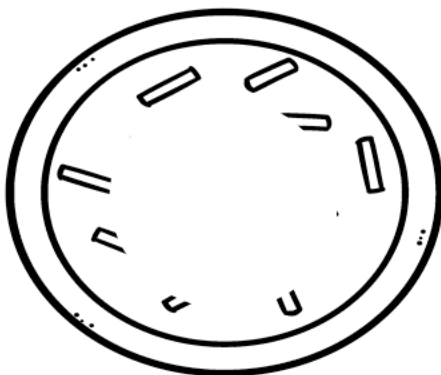
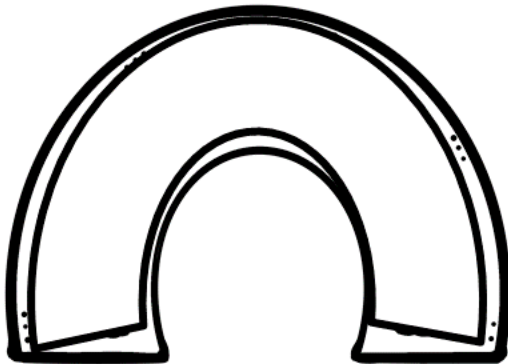
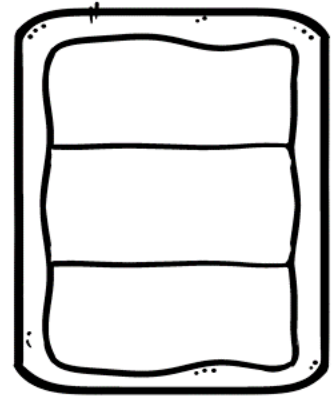
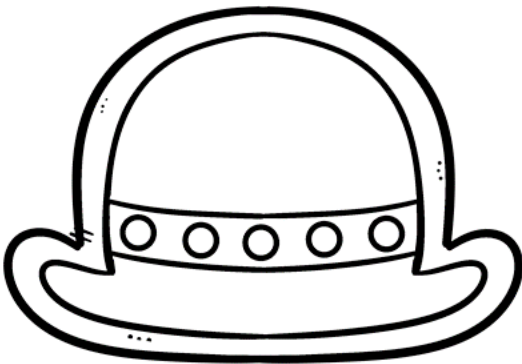
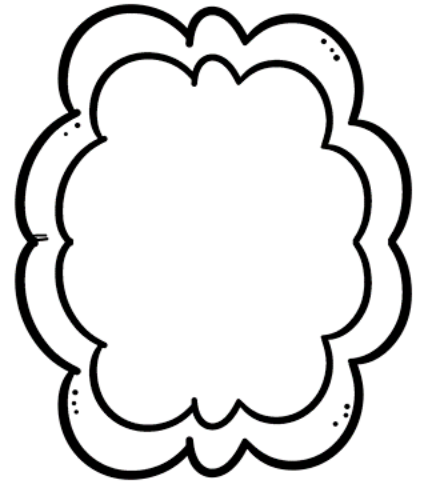
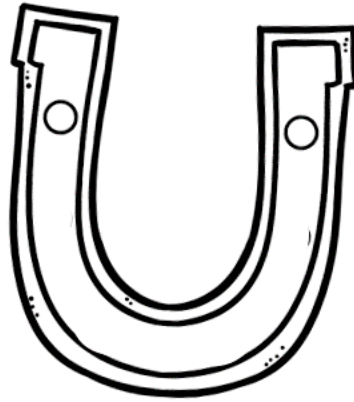
# COPING SKILLS COOKIES



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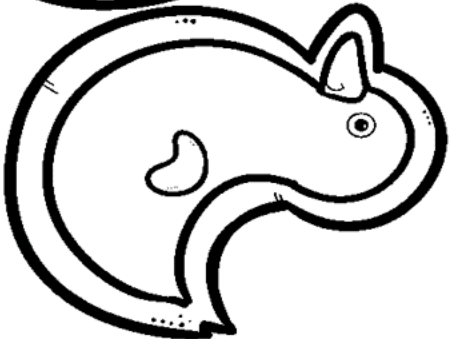
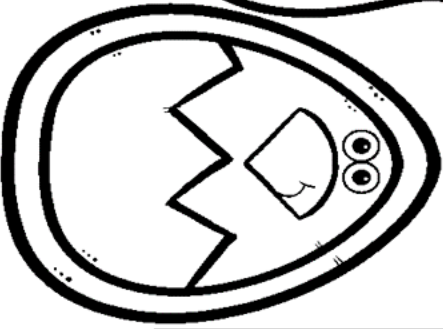
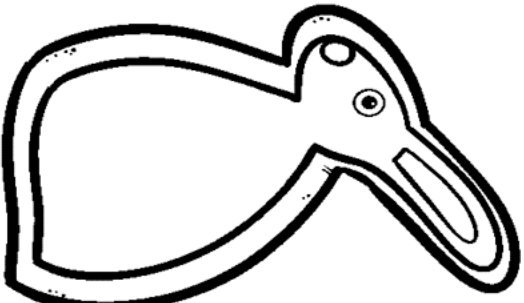
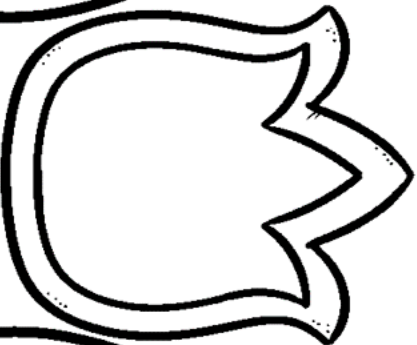
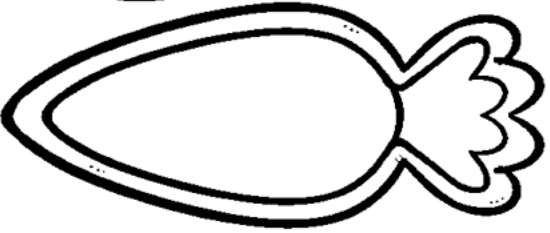
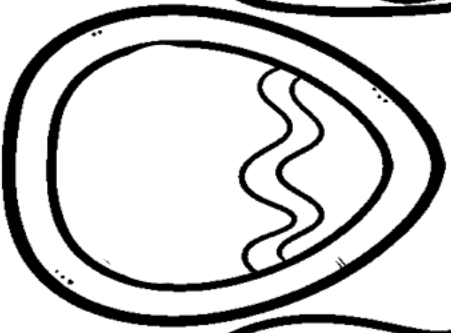
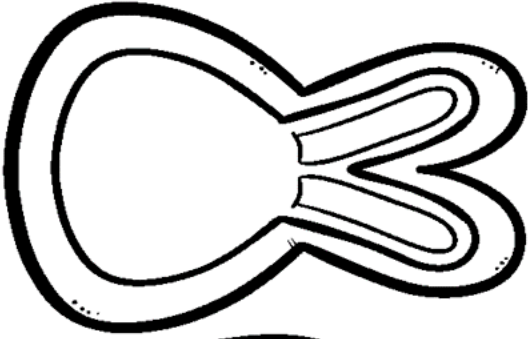
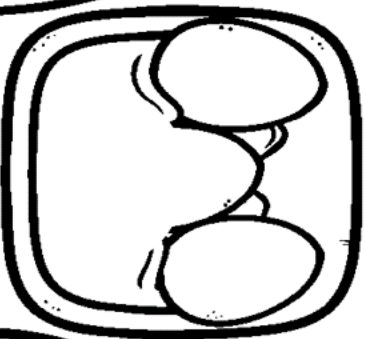
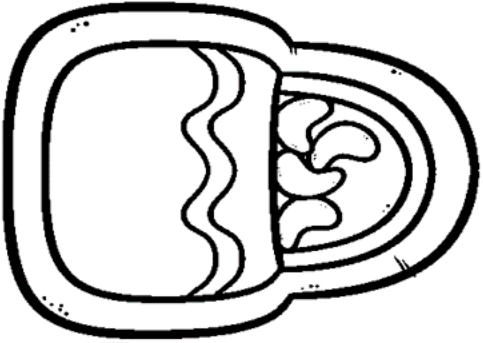
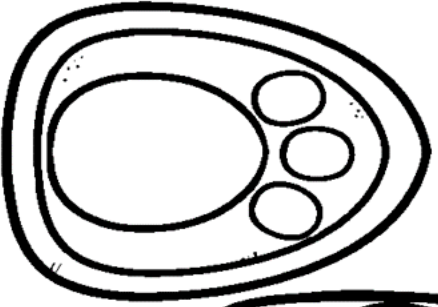
SPRING

COPING

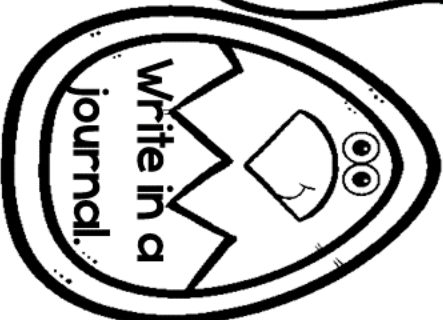
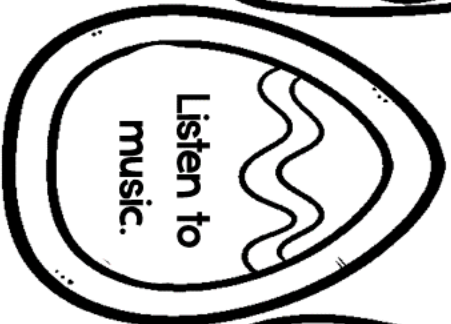
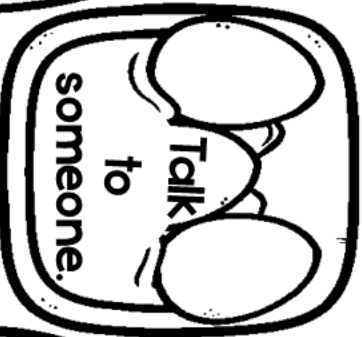
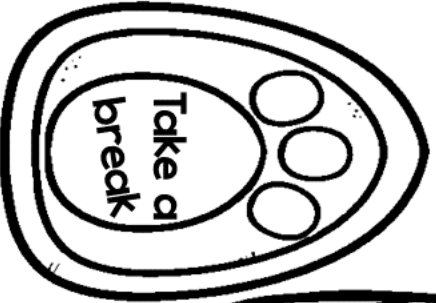
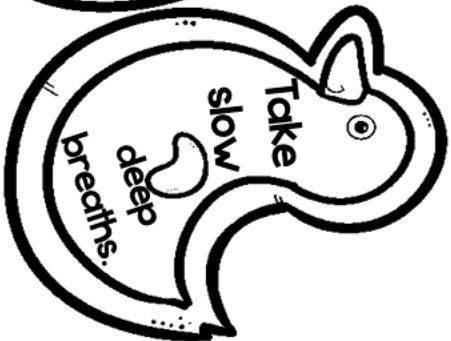
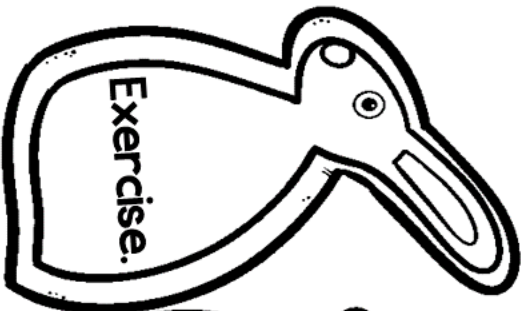
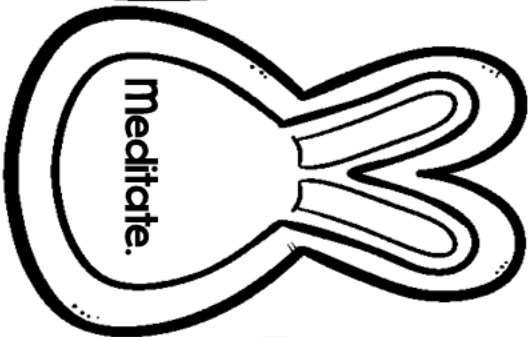
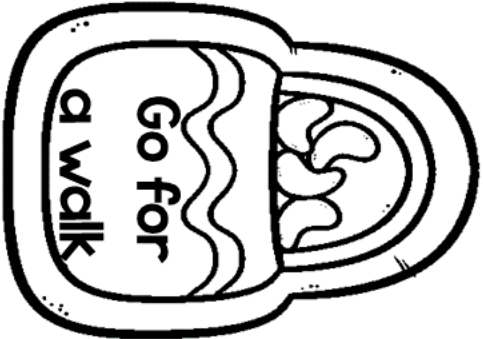
SKILLS

COOKIES

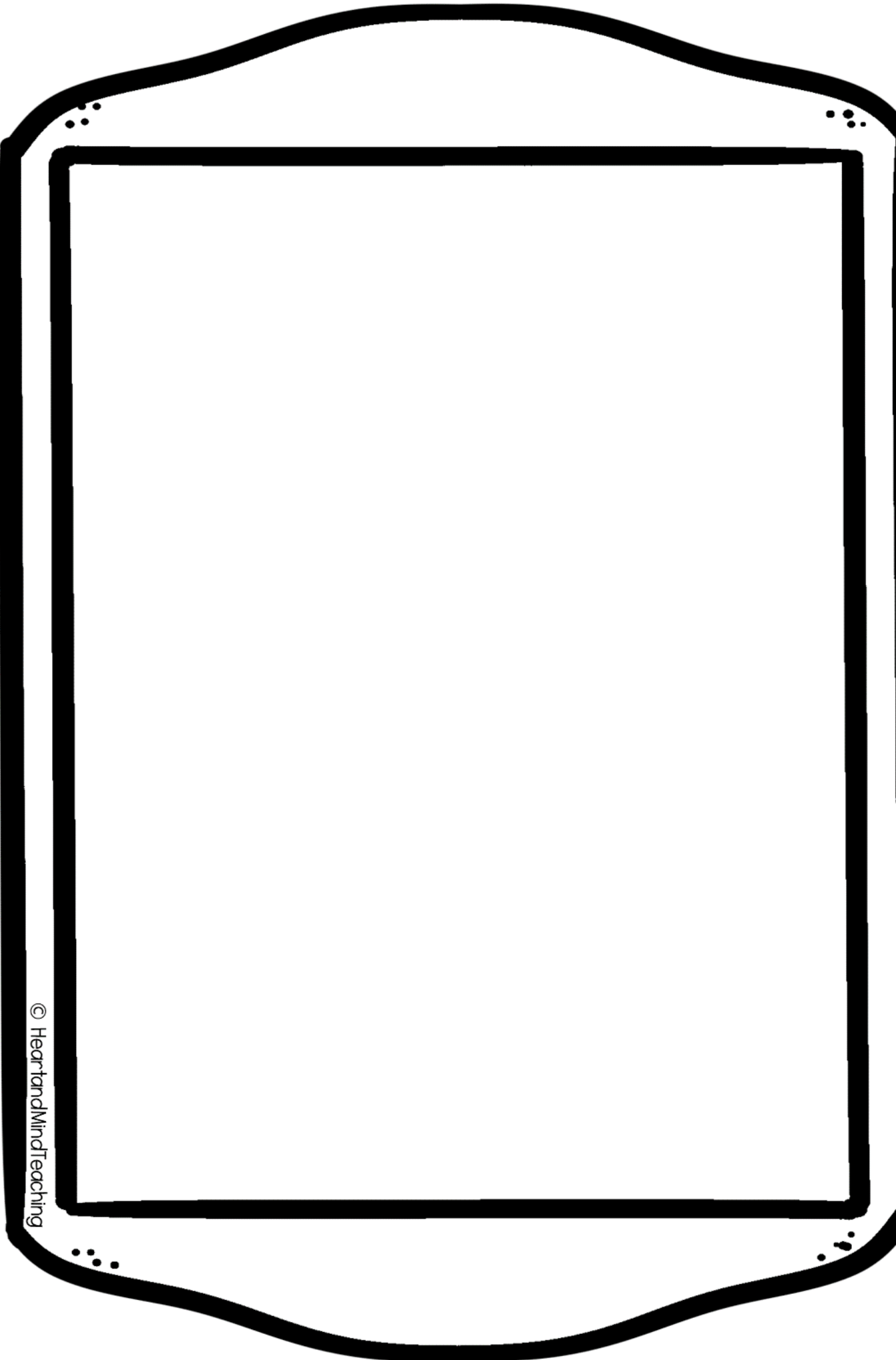
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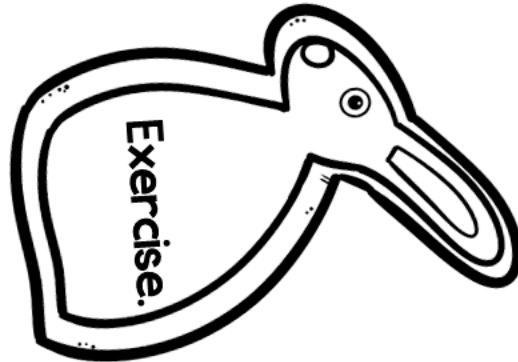


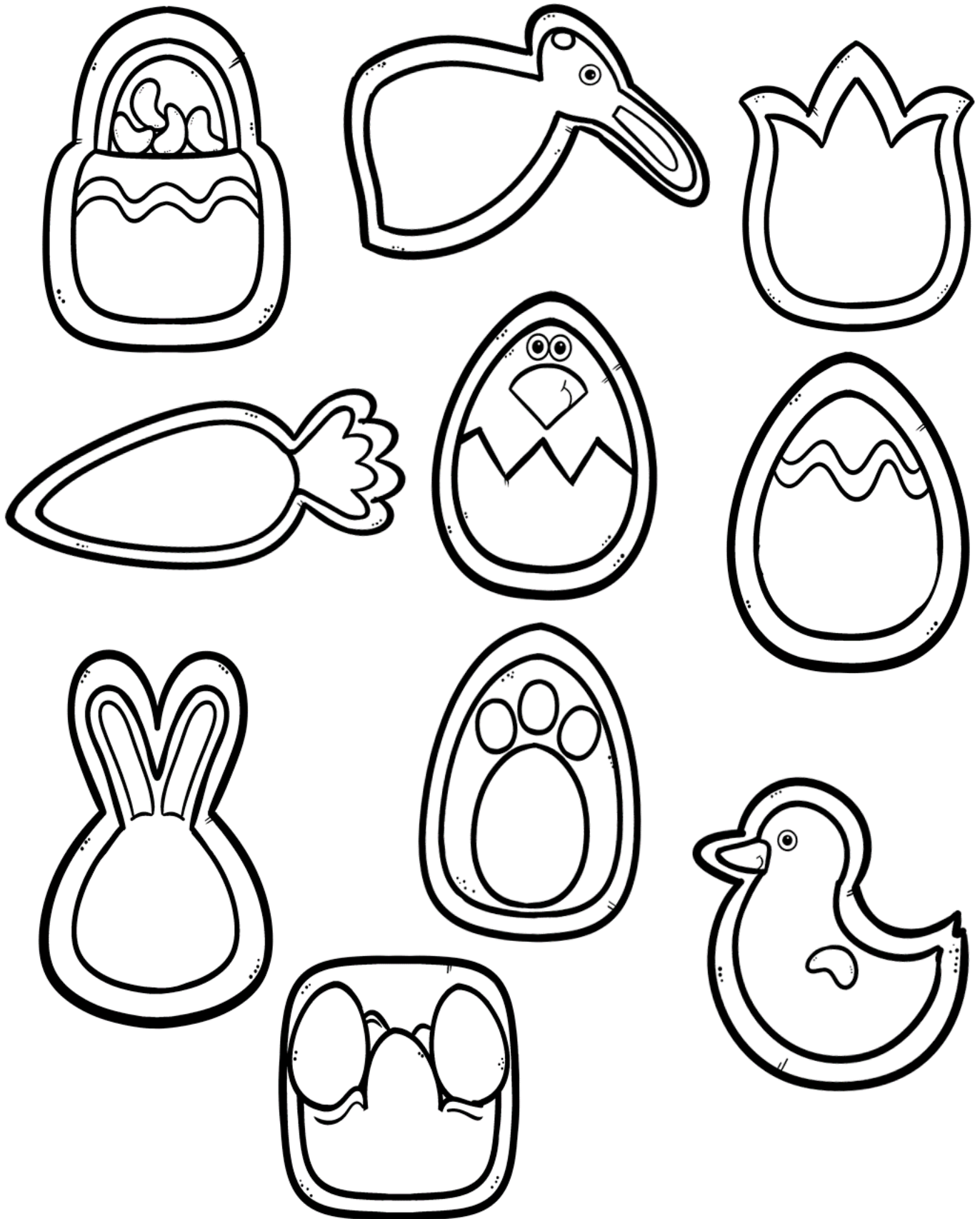
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# COPING SKILLS COOKIES





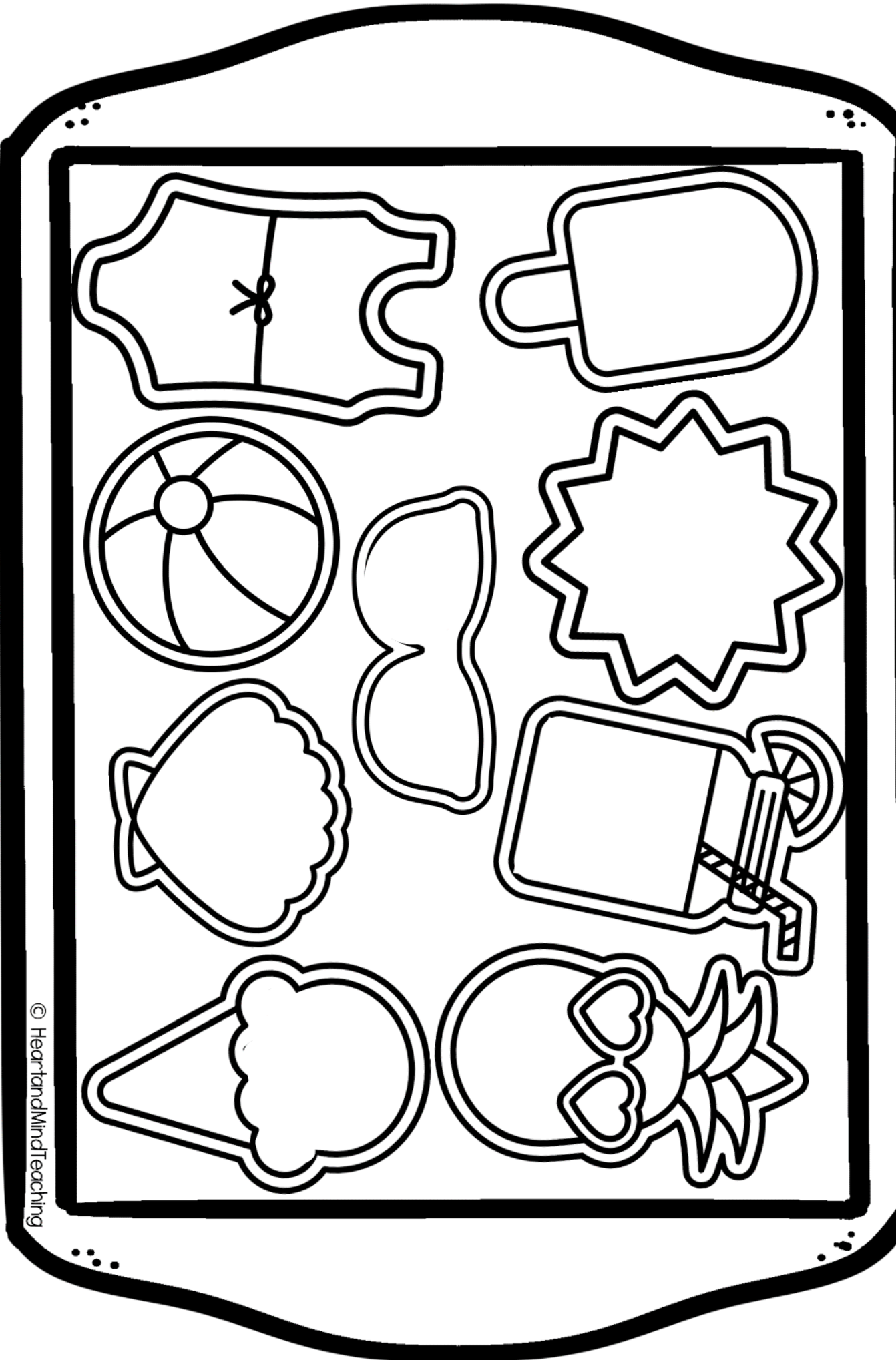


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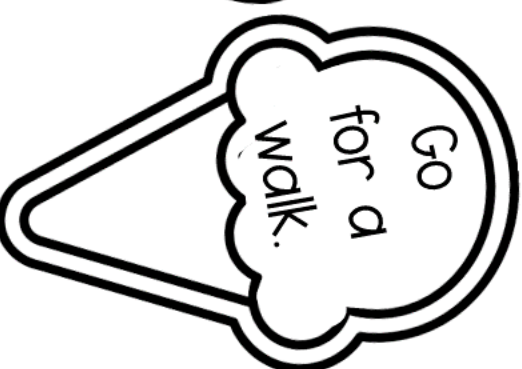
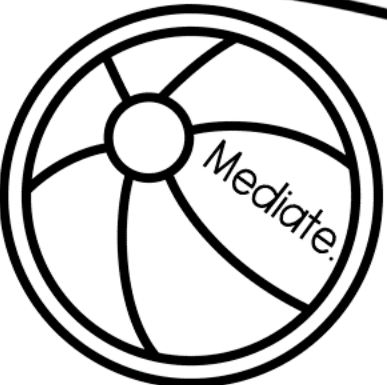
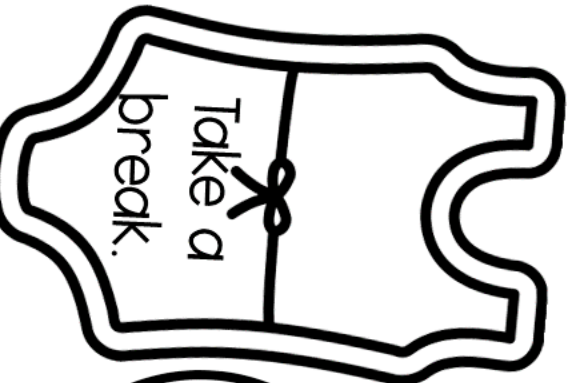
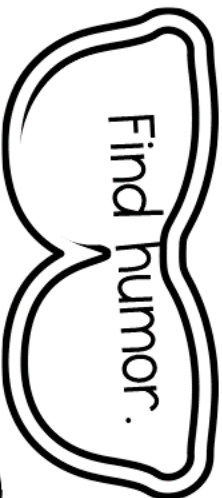
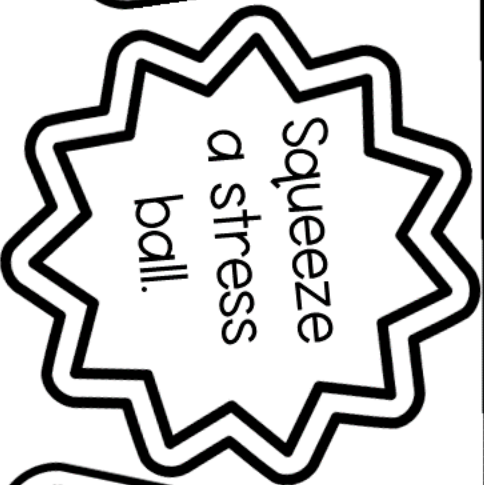
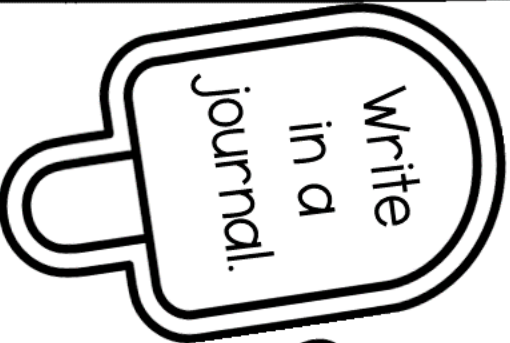
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COOKIES

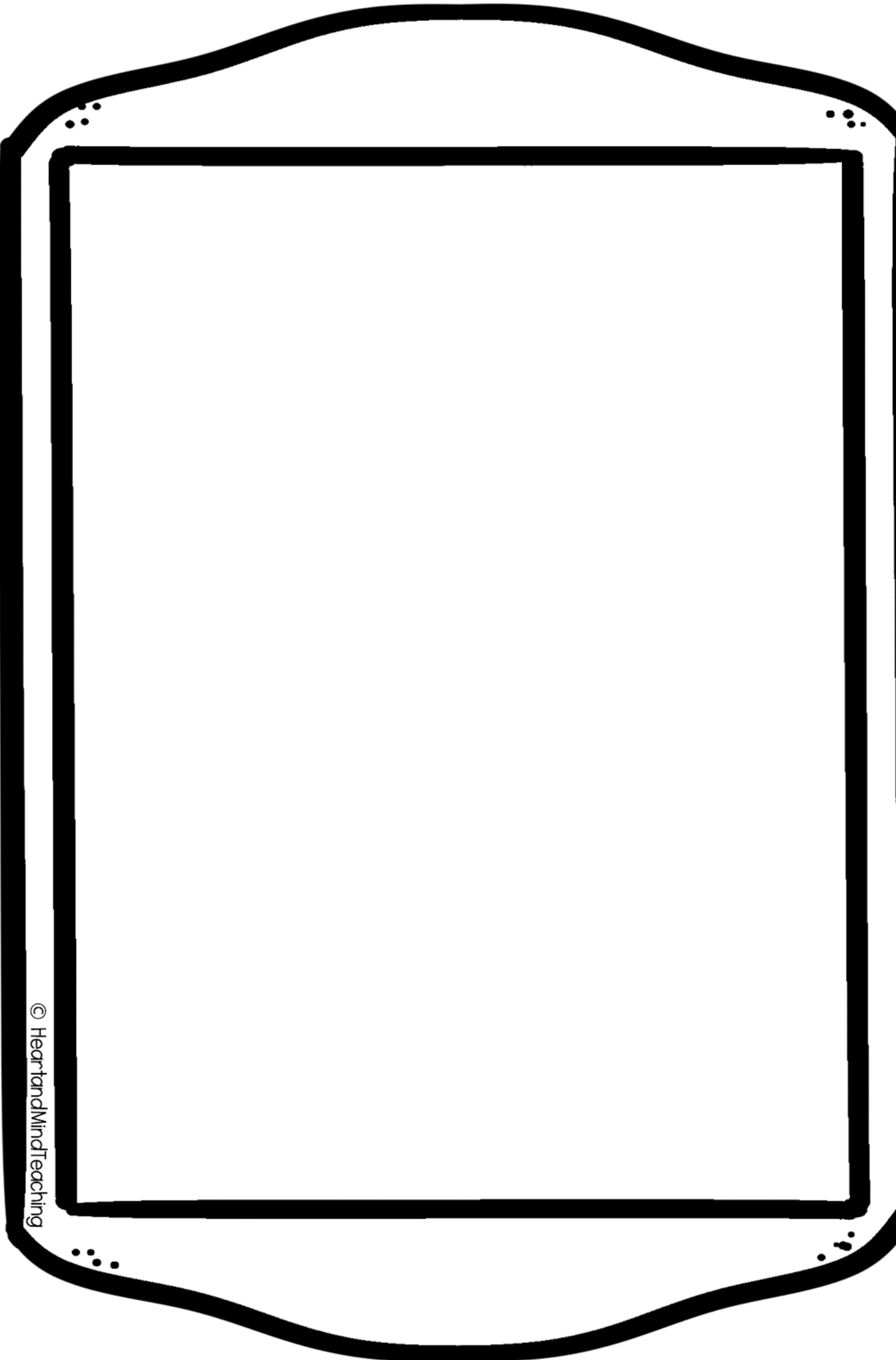
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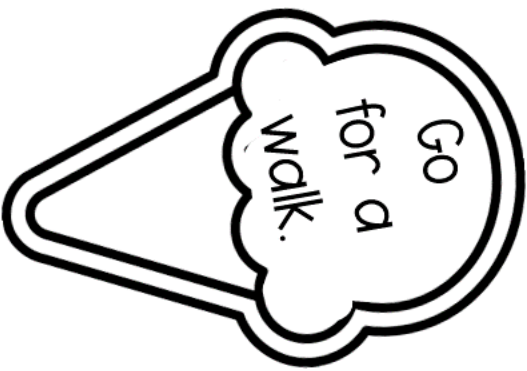
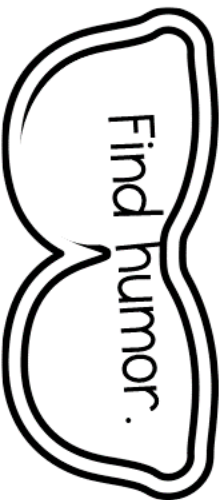
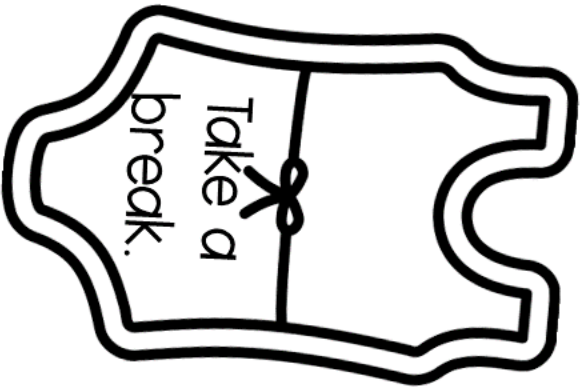
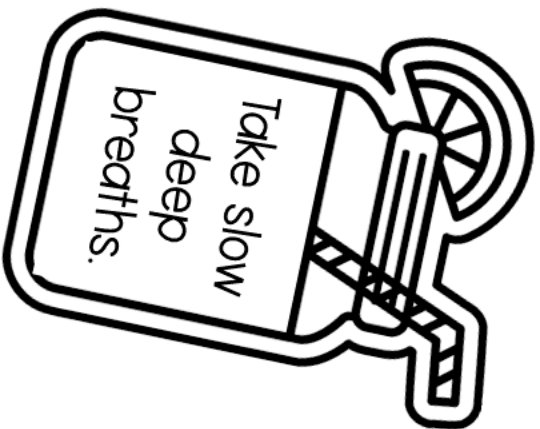
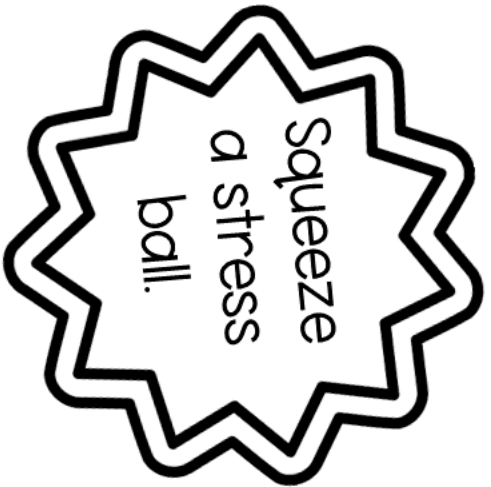
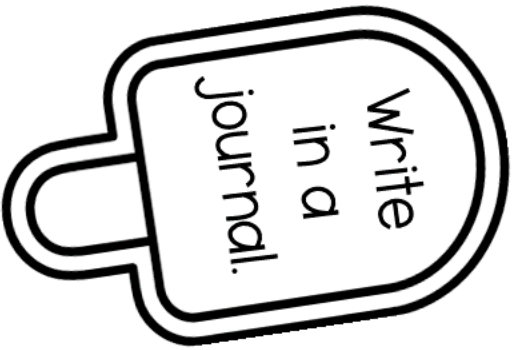


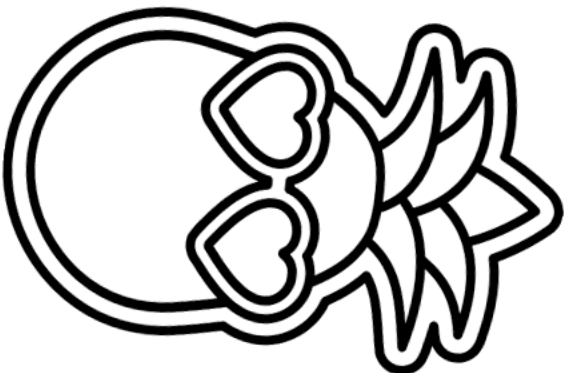
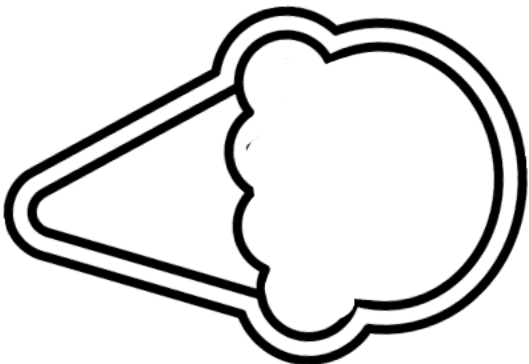
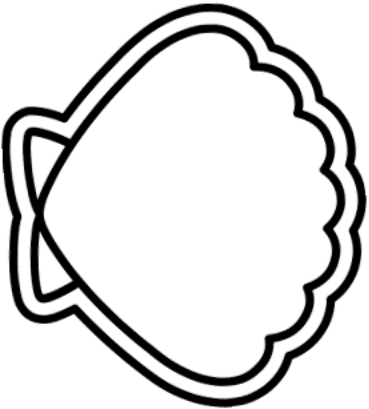
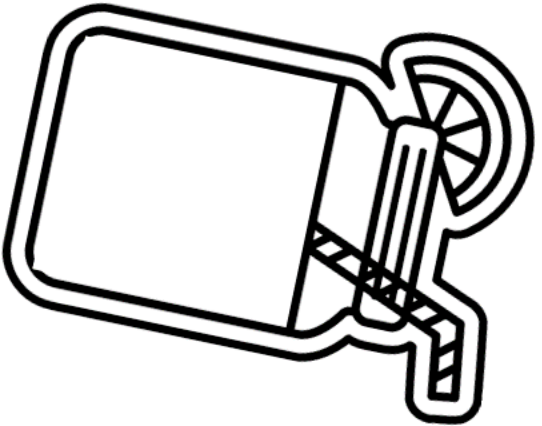
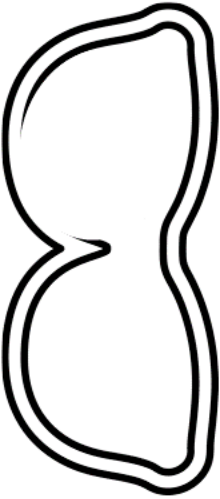
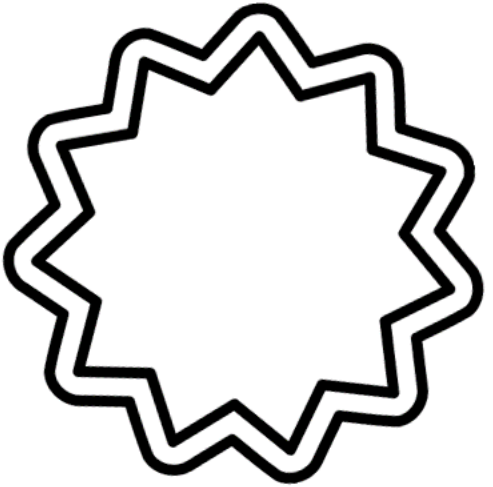
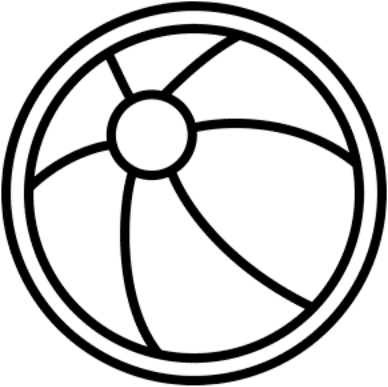
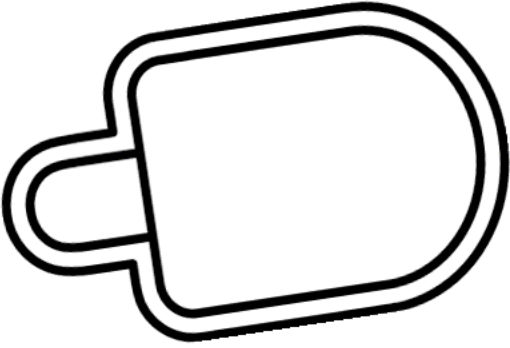
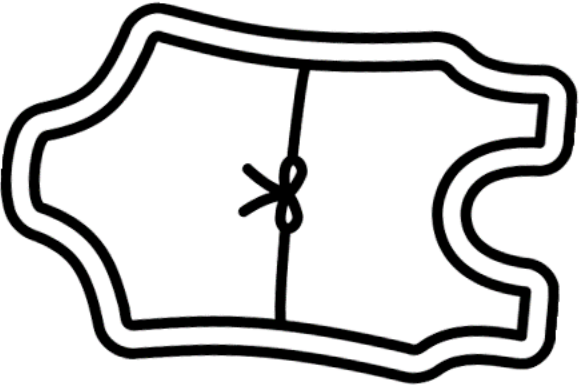
# COPING SKILLS COOKIES



# COPING SKILLS COOKIES







counseling

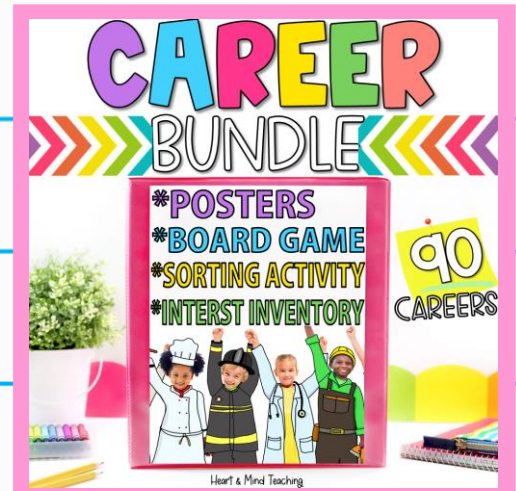
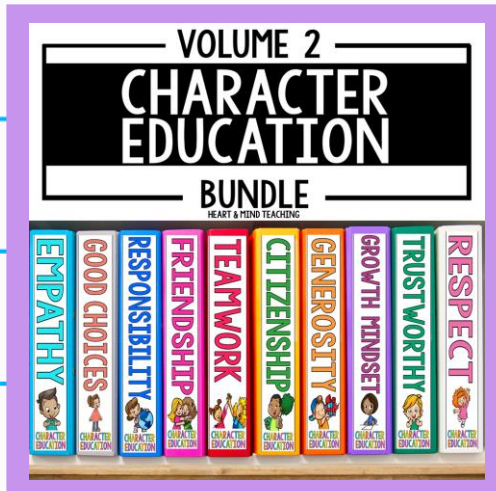
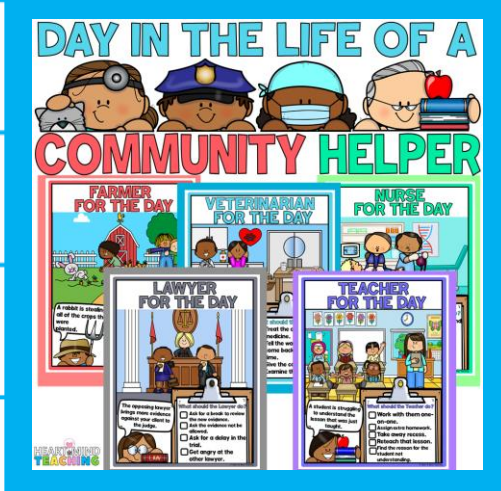
SEL

small groups

book companions

behavior

# ♡♡ Best Selling Resources



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