

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

Directions:

This resource includes 25 coping skills posters that teach students how to manage and control their feelings. Full page and quarter-page posters are included.

1. Count to 10
2. Be mindful
3. Breathe
4. Read a book
5. Listen to music
6. Draw or paint
7. Bounce on a ball
8. Play with dough
9. Take a break
10. Hug a plushie
11. Go to the Calm Corner
12. Drink water
13. Use tools
14. Talk a walk
15. Connect with others
16. Play
17. Exercise
18. Journal
19. Imagine a happy place
20. Stretch
21. Think positive
22. Blow bubbles
23. Enjoy nature
24. Talk it out
25. Ask for help

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help!

PS I so appreciate when you please leave feedback on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! 😊

Full Page Posters

To cope with my feelings, I can...

COUNT TO 10



Count slowly from 1 to 10.
Take a deep breath in and out.
Count down slowly from 10 to 1.
Take another deep breath in and out.

To cope with my feelings, I can...

BE MINDFUL



Be present in the "here and now."

Pay special attention to my breathing.

Focus on my five senses.

Take in the beauty of the world around me.

To cope with my feelings, I can...

BREATHE



Put my hand on my tummy.
Take a deep breath in through my nose.
Blow out slowly through my mouth.
Notice my tummy rising and falling.

To cope with my feelings, I can...

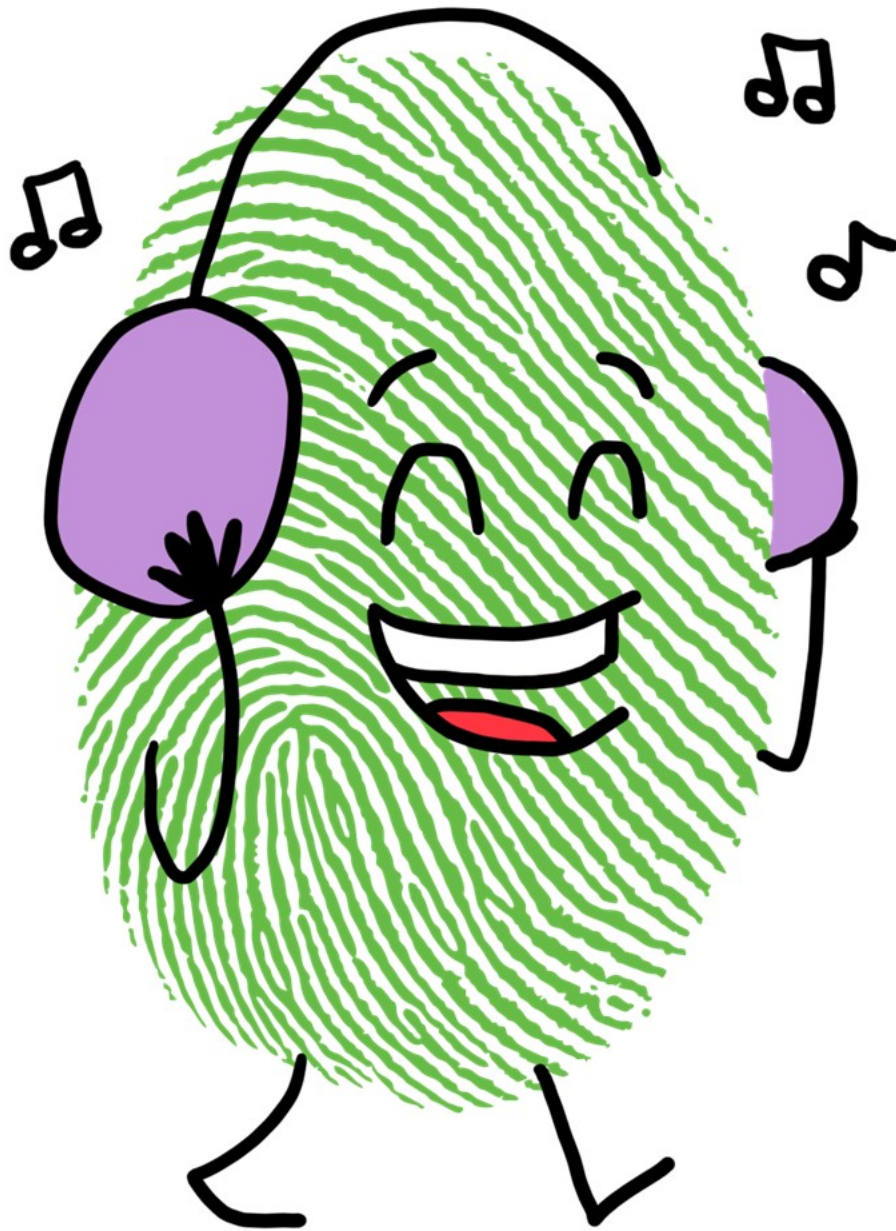
READ A BOOK



Grab my favorite story, find a comfy spot,
and take a deep dive into a book.
Reading can reduce stress, calm my body,
and grow my brain.

To cope with my feelings, I can...

LISTEN TO MUSIC

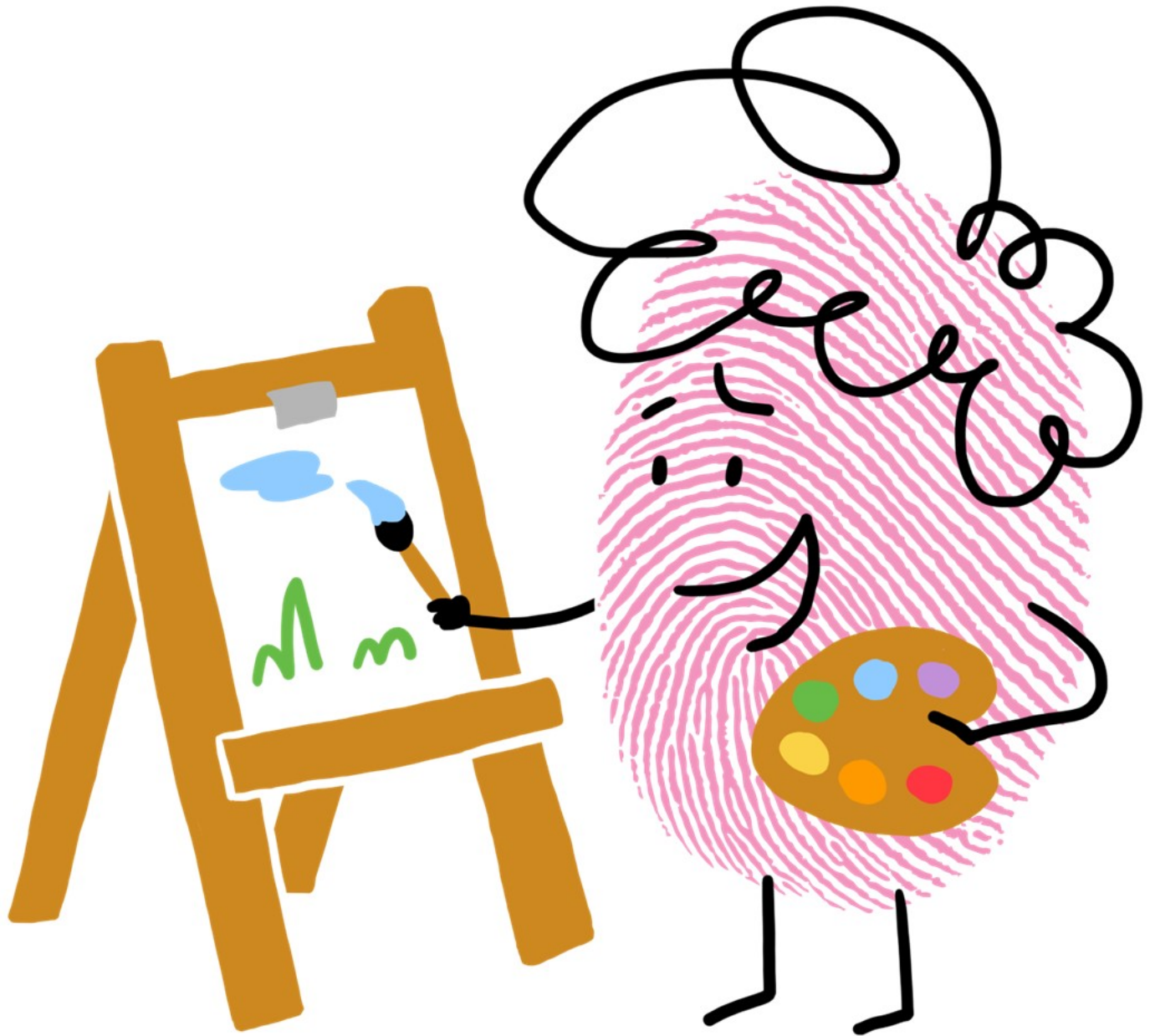


Listen to music that makes me happy.

Sing, dance, and jam to the beat.

Music can lower my stress, elevate my mood,
and brighten my day.

To cope with my feelings, I can...
DRAW OR PAINT



Draw or paint about my feelings, thoughts, and experiences.

Let it all out and express myself on paper.
Art can offer clarity, peace, and calm.

To cope with my feelings, I can...

BOUNCE ON A BALL



Sit and bounce on a therapy ball.

Bouncing can help me focus and concentrate.
It can help me feel more alert and energetic.

Bouncing can calm my body and brain.

To cope with my feelings, I can...

PLAY WITH DOUGH



Squish, roll, squeeze, smash, sculpt, and play.

Build creations that express my feelings.

Create feelings faces with my dough.

Use my imagination and let my feelings out.

To cope with my feelings, I can...

TAKE A BREAK



Take a break. Have a rest.

Put my head down on my desk.

Go to the Calm Corner or a comfy spot.

Clear my brain and relax my body.

To cope with my feelings, I can...

HUG A PLUSHIE



Find my favorite stuffed animal.

Give my plushie a big hug.

Pay attention to how it feels and smells.

Notice how soothing and comforting it is.

To cope with my feelings, I can...

GO TO THE CALM CORNER



Go to the Calm Corner and sit in a comfy spot.

Take deep breaths and count to 10.

Use the sensory tools and fidgets to calm my body and brain.

To cope with my feelings, I can...

DRINK WATER



Take a break and grab a drink of water. Water lowers stress and hydrates my body. It also energizes my body and makes my brain feel more focused and clear.

To cope with my feelings, I can...

USE TOOLS



Use sensory tools like stress balls, fidget spinners, pop-its, glitter bottles, and squishy balls. Tools help me focus and reset my body and mind.

To cope with my feelings, I can...

TAKE A WALK



Move my body and take a nice walk.

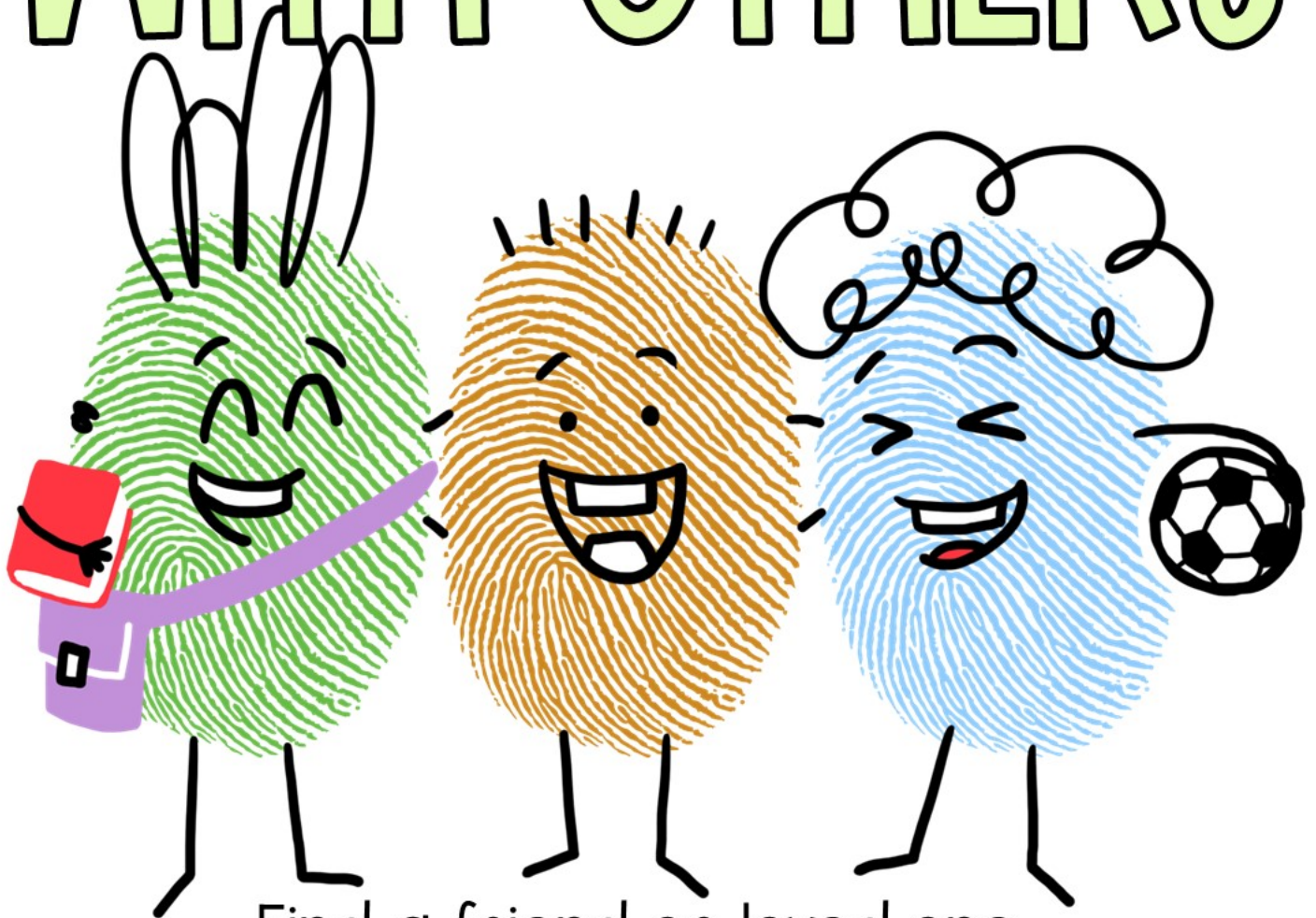
Go outside, if I can!

Pay attention to my five senses.

Feel the cool breeze and listen to nature.

To cope with my feelings, I can...

CONNECT WITH OTHERS



Find a friend or loved one.

Connect and spend quality time together.
Talk out my feelings, do something fun, ask
for support, or ask for a hug.

To cope with my feelings, I can...

PLAY



Play focuses my brain on something other than what is worrying or bothering me. I can get creative, use my imagination, and be active. Doing something I like brings joy and peace.

To cope with my feelings, I can...

EXERCISE



Get up and move my body.

Exercise releases endorphins: chemicals that bring happiness and energy to my body.

Run, jump, skip, play, hop, ride, or walk!

To cope with my feelings, I can...

JOURNAL



Writing lets me express my feelings and let them out. When I journal, I can process and make sense of my emotions and thoughts. I feel more in control of my story.

To cope with my feelings, I can...

IMAGINE A HAPPY PLACE



Close my eyes.

Imagine a happy, peaceful, and calm place.
Focus on my five senses: what do I see, hear,
feel, smell, and taste there?

To cope with my feelings, I can...

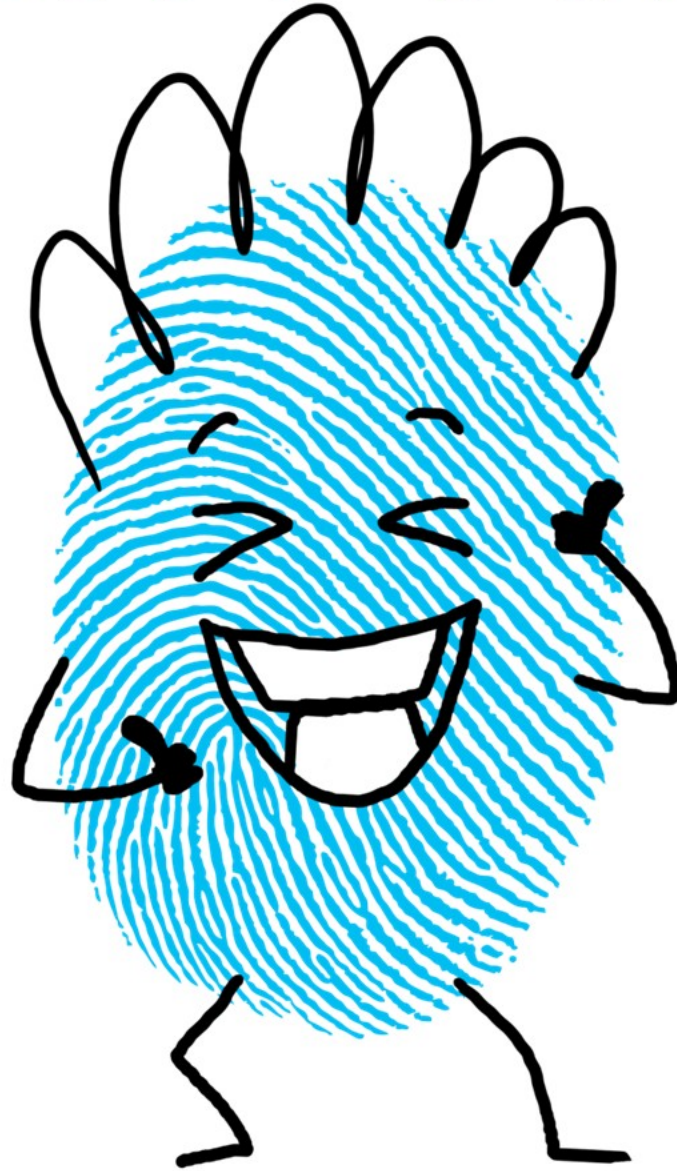
STRETCH



Take a deep breath in and out. Reach my arms up to the sky as high as I can. Take another breath in and out. Then reach down to touch my toes. Notice how my body and brain feel: refreshed, refocused, and calm.

To cope with my feelings, I can...

THINK POSITIVE

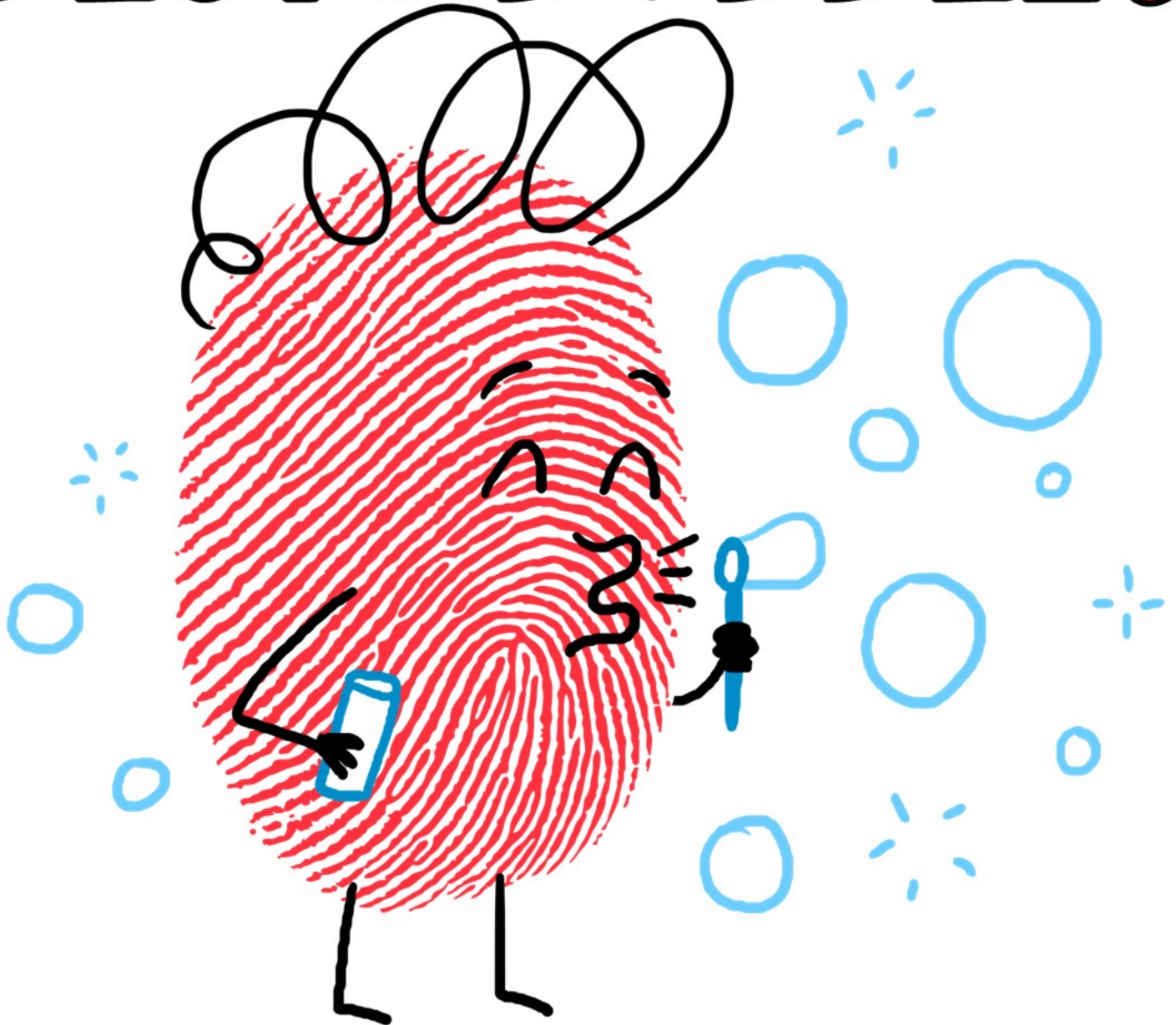


Expect good things to happen – and appreciate them when they do!

Change negative thoughts into positive ones.
Practice positive affirmations like, "I am smart!
I am strong! I can do anything!"

To cope with my feelings, I can...

BLOW BUBBLES



Take a deep breath in. Gently blow out onto the bubble wand and blow as many bubbles as I can. Imagine that my worries are inside of each bubble. Watch them pop and blow away.

To cope with my feelings, I can...

ENJOY NATURE

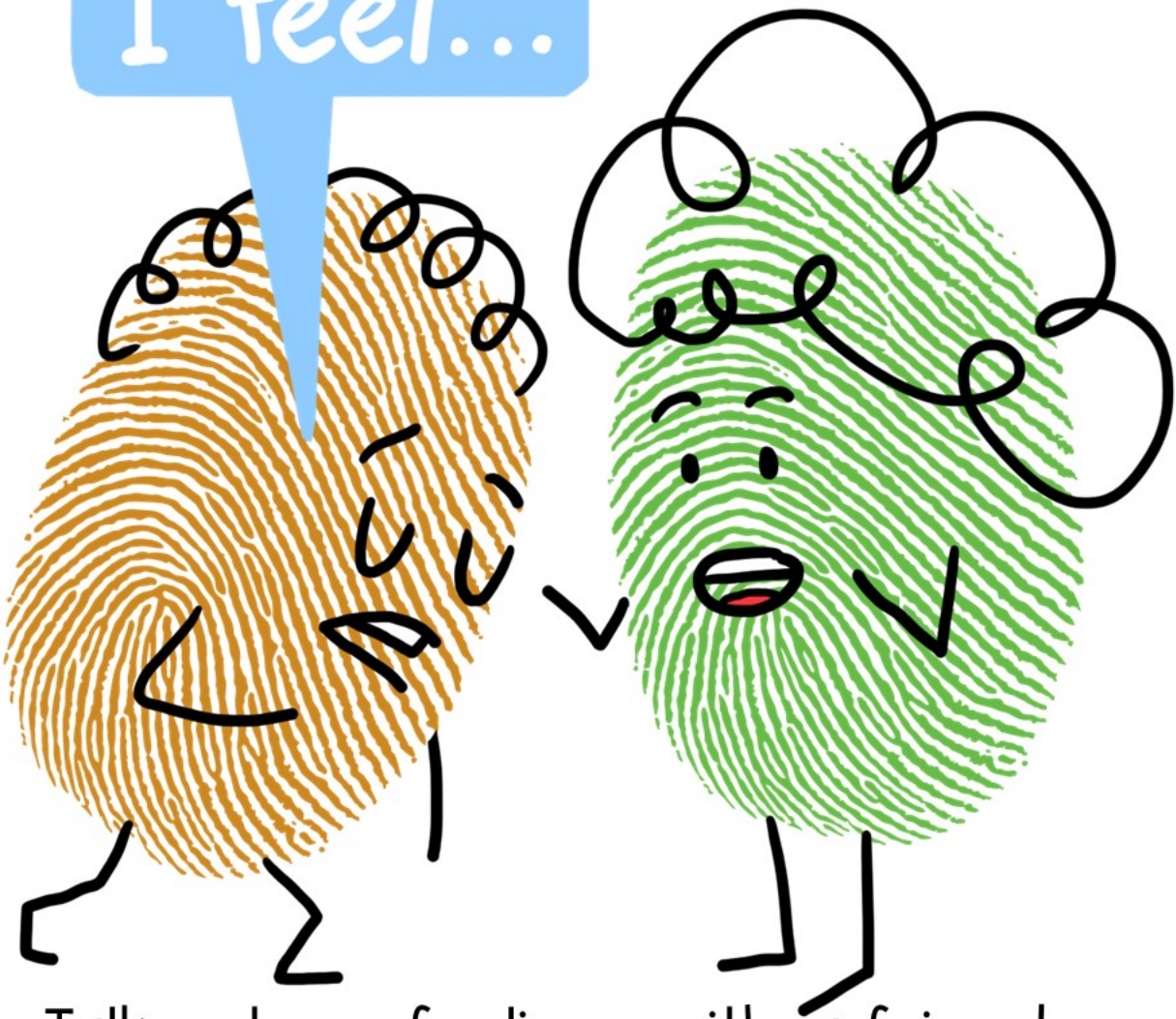


Get outside and enjoy the great outdoors. Notice how nature looks, smells, sounds, and feels. Lay on the grass and look up at the clouds. Pick flowers. Feel the wind in my hair.

To cope with my feelings, I can...

TALK IT OUT

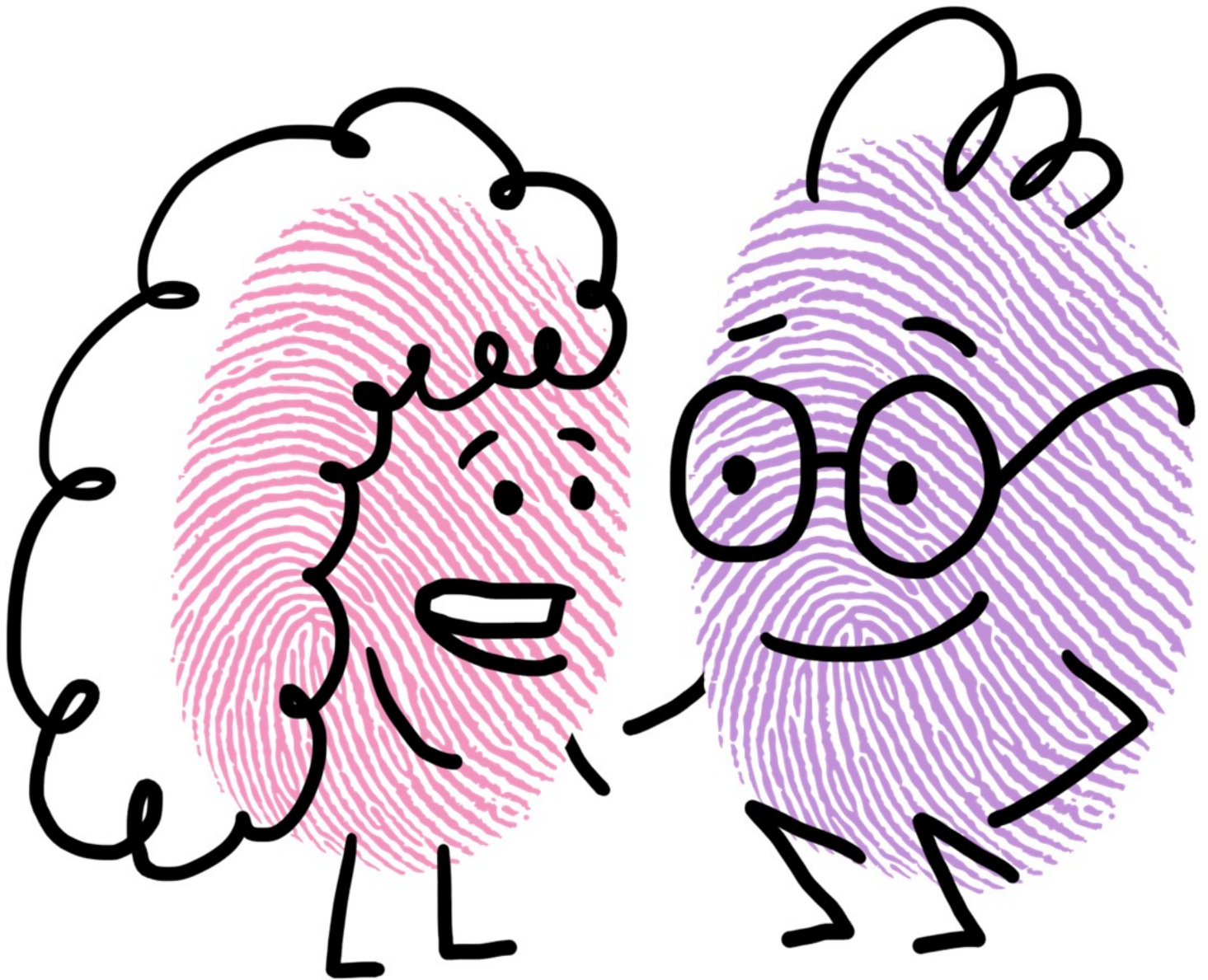
I feel...



Talk out my feelings with a friend or grown-up that I trust. Accept and embrace my emotions for what they are. Let them out by sharing them with others.

To cope with my feelings, I can...

ASK FOR HELP



If I try a couple of coping skills and can't get my feelings under control, I can ask for help.

I can ask my caregiver, teacher, school counselor, or social worker for support.

Quarter

Page

Posters

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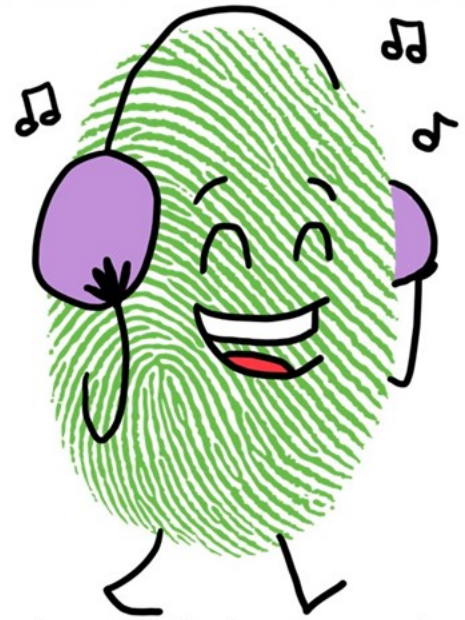


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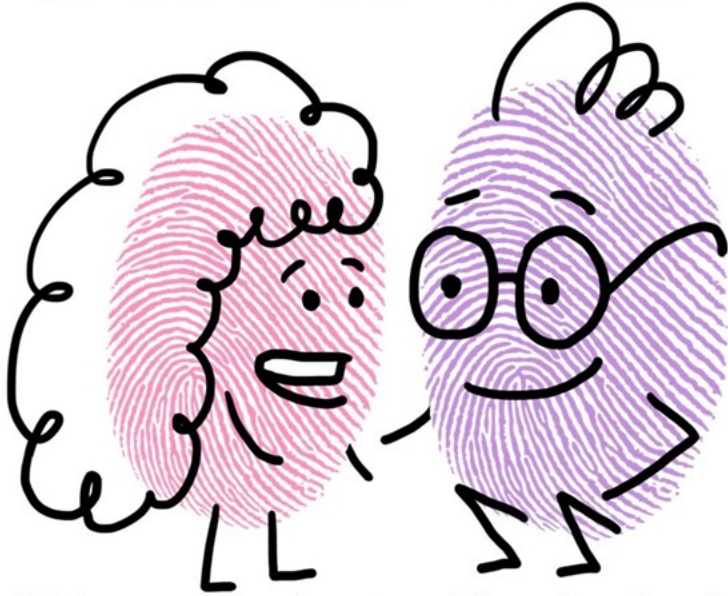


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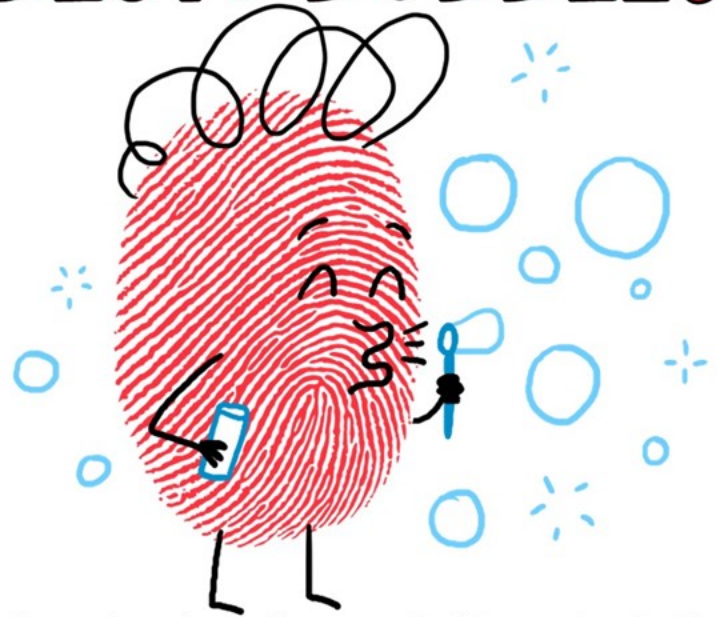


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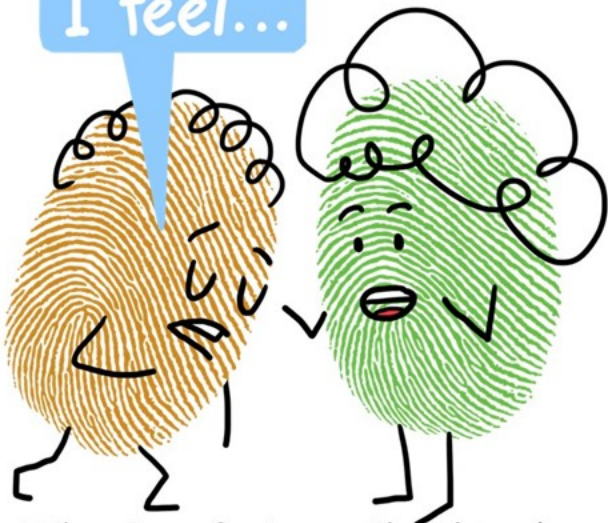
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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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