


MUSIC city COUNSELOR

THANK YOU FOR YOUR PURCHASE!



 *laura sathout*

Please contact me any time at laura@musiccitycounselor.com if you have questions, suggestions, or requests for resources! I am here for you!

LET'S CONNECT!



 **WEBSITE:** www.musiccitycounselor.com

 **MEMBERSHIP:** www.counselorcollab.com

DIRECTIONS:

This folded craft activity teaches students 10 coping skills. It's a great resource to use in classroom lessons, with individual students, and with small groups of kids.

I included both a blank inside page and an inside page full of text. You may choose to have students create the resource with the text written in OR you may prefer to have students write in the text themselves as you teach it and/or in their own words.

MATERIALS NEEDED:

- Printed materials
- Glue sticks
- Scissors
- Pencils
- Crayons or markers

TO MAKE THE FOLDED ACTIVITY:

1. Please see the sample on the next page!
2. Please print the front labels page and the inside page of your choice (with or without text).
3. Please color the coping skills on the front labels.
4. Please color the Calm Corner scene on the inside page.
5. Please cut out each of the front labels individually.
6. On the inside page, please cut along the dotted lines so you have 10 attached strips (5 on each side).
7. Please fold each of the 10 strips inward towards the center of the page.
8. Please glue each of the front labels onto the blank front of the strips. Please make sure they're glued in the correct order, so the clipart faces on the outside match the inside labels and descriptions.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! ☺ PS Please take a moment to leave a review on this resource on my TpT store!

SAMPLE

I Can Practice

COPING SKILLS

I Can Practice
COPING SKILLS

6 

7 

8 

9 

10 

BREATHE
Take a deep breath in through your nose. Count to 5. Then, breathe out slowly through your mouth.

COUNT TO 10
Close your eyes. Count slowly from 1 to 10. Take 2 deep breaths in and out. Repeat until you feel calm.

TAKE A BREAK
Sit or lay down in a comfy spot. Relax your body and brain. Breathe. Think happy and positive thoughts.

GROUND
Be present in the here and now. Focus on your 5 senses: things you can see, feel, hear, touch, and smell.

TALK IT OUT
Talk out your feelings with a friend or trusted grown-up. You never have to deal with your emotions alone!

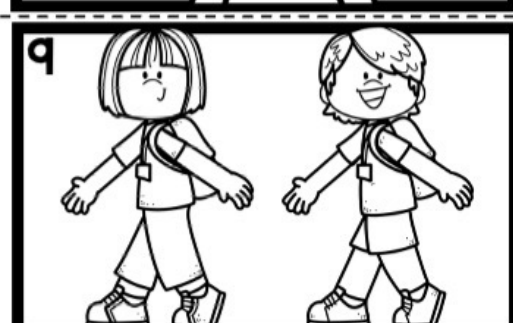
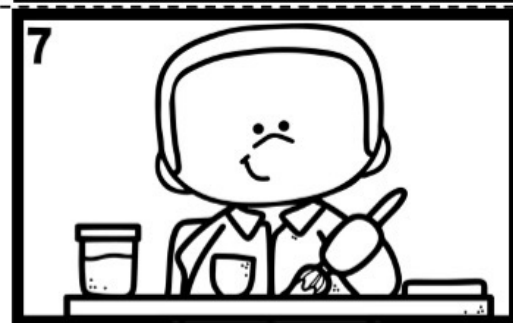


6 JOURNAL
Write about your feelings, thoughts, and experiences. This helps you figure things out and feel calm.

7 DRAW OR PAINT
Let your feelings out on paper by drawing or painting about them. This offers clarity and peace.



FRONT LABELS



I Can Practice COPING SKILLS

1 BREATHE

Take a deep breath in through your nose. Count to 5. Then, breathe out slowly through your mouth.

2 COUNT TO 10

Close your eyes. Count slowly from 1 to 10. Take 2 deep breaths in and out. Repeat until you feel calm.

3 TAKE A BREAK

Sit or lay down in a comfy spot. Relax your body and brain. Breathe. Think happy and positive thoughts.

4 GROUND

Be present in the here and now. Focus on your 5 senses: things you can see, feel, hear, touch, and smell.

5 TALK IT OUT

Talk out your feelings with a friend or trusted grown-up. You never have to deal with your emotions alone!

6 JOURNAL

Write about your feelings, thoughts, and experiences. This helps you figure things out and feel calm.

7 DRAW OR PAINT

Let your feelings out on paper by drawing or painting about them. This offers clarity and peace.

8 LISTEN TO MUSIC

Listen to music that makes you happy. Sing and dance to the beat. Music lowers stress and brings joy.

9 GO FOR A WALK

Move your body and take a walk. Go outside in nature, if you can! Breathe and think positive as you walk.

10 THINK POSITIVE

Think happy thoughts. Say kind things to yourself. Imagine you are in a calm and peaceful place.



BREATHE

1

I Can Practice COPING SKILLS

6

JOURNAL

COUNT TO 10

2

7 DRAW OR PAINT

TAKE A BREAK

3



8 LISTEN TO MUSIC

GROUND

4

9 GO FOR A WALK

TALK IT OUT

5

10 THINK POSITIVE



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