

○ 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](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# ASCA MINDSETS & BEHAVIORS:

## Mindset Standards:

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

## Behavior Standards:

- B-SMS 2: Self-discipline and self-control
- B-SMS 7: Effective coping skills
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment



# **DIRECTIONS PAGE 1:**

**This lesson will take approximately 45 minutes to complete.**

## **Recommended Sequence:**

1. Review the PowerPoint or digital for Google Slides presentation.
2. Choice of activities:
  - Coping skills cards
  - Question cards
  - Worksheets
3. Display the posters in your space.

## **PowerPoint Presentation:**

PowerPoint and digital for Google Slides versions of the same presentation are included. This presentation first teaches students what coping skills are and when we might use them. Then, it teaches students all about 16 different coping skills: how they work and how they help us. As you go through the presentation, engage students by:

- Modeling the coping skill then asking students to act it out, too
- Asking them to share if the coping skill seems helpful or not helpful, and why
- Asking them to share about a time when they have used this coping skill (or could use it, if they haven't tried it before)

## **Coping Skills Cards:**

There are endless ways to use these coping skills cards! 16 color and black/white cards are included. Here are some ideas for you:

- **Coping Choice Deck:** Let kids pick a card when they're feeling overwhelmed and try that coping skill. Keep the cards in your Calm Corner!

# DIRECTIONS PAGE 2:

- **Morning Check-In:** Start the day by having each child choose a card they can use if they need help with their feelings during the day.
- **Coping Skills Toolbox:** Have each child choose their favorite 3–5 coping cards to keep in their bag, folder, or desk.
- **Charades:** Let kids take turns choosing a card, acting it out, then having their classmates guess which skill they're showing.
- **Scenarios:** Give kids a scenario (i.e. your brother broke your tablet, you are late for school, you have a big test today) and ask them to choose the card that they would use to cope with those feelings.
- **Sorting Game:** Ask students to sort the cards into 2 piles:
  - Coping skills that seem helpful to them and coping skills that seem unhelpful to them
  - Coping skills they have tried and coping skills they haven't tried

## Question Cards:

2 different versions of coping skills cards are included in full color and black/white. These cards can be used in small groups, large group, and with individual students to generate reflection and discussion.

- **Quarter-page cards:** A total of 40 quarter-page cards are included. They show an image and ask students to share which coping skill that child could use to manage their feelings. Students can also share how they think the child in the photo is feeling, and why.
- **Three-quarter-page cards:** One card for each of the 16 coping skills is included. These cards ask students 3 questions about the coping skill. Students can write their responses on the lines.

## Worksheets:

16 worksheets are included, one for each coping skill, in full color and



# **DIRECTIONS PAGE 3:**

black/white. You can randomly assign a coping skill to students or let them choose which coping skill they'd like to explore/write about.

## **Posters:**

16 decorative posters are also included, one for each coping skill.  
Please display these in your space.

## **Questions, comments, or suggestions?**

Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help!

PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality materials, and helps my small business grow. 😊

# Posters

## COPING SKILLS

Take deep  
**BREATHS**



Count from  
**1 TO 10**



**STRETCH**  
your body



Draw or  
**COLOR**



Ask for a  
**HUG**



**TALK**  
it out



Go to the Calm  
**CORNER**



Take a  
**BREAK**



Listen to  
**MUSIC**



Think  
**POSITIVE**





# COPIING SKILLS



**Breathe**



**Count to 10**



**Stretch**



**Be mindful**



**Read**



**Use tools**




**Be in nature**



**Walk**



# COPIING SKILLS



**Listen to music**



**Think positive**



**Journal**




**Color**



**Hug**



**Talk it out**



**Calm Corner**



**Take a break**



# Take deep **BREATHS**



# Count from 1 TO 10





# STRETCH your body



# Be MINDFUL





# Read A BOOK



# Use sensory TOOLS





# Spend time in NATURE



# Go for a WALK

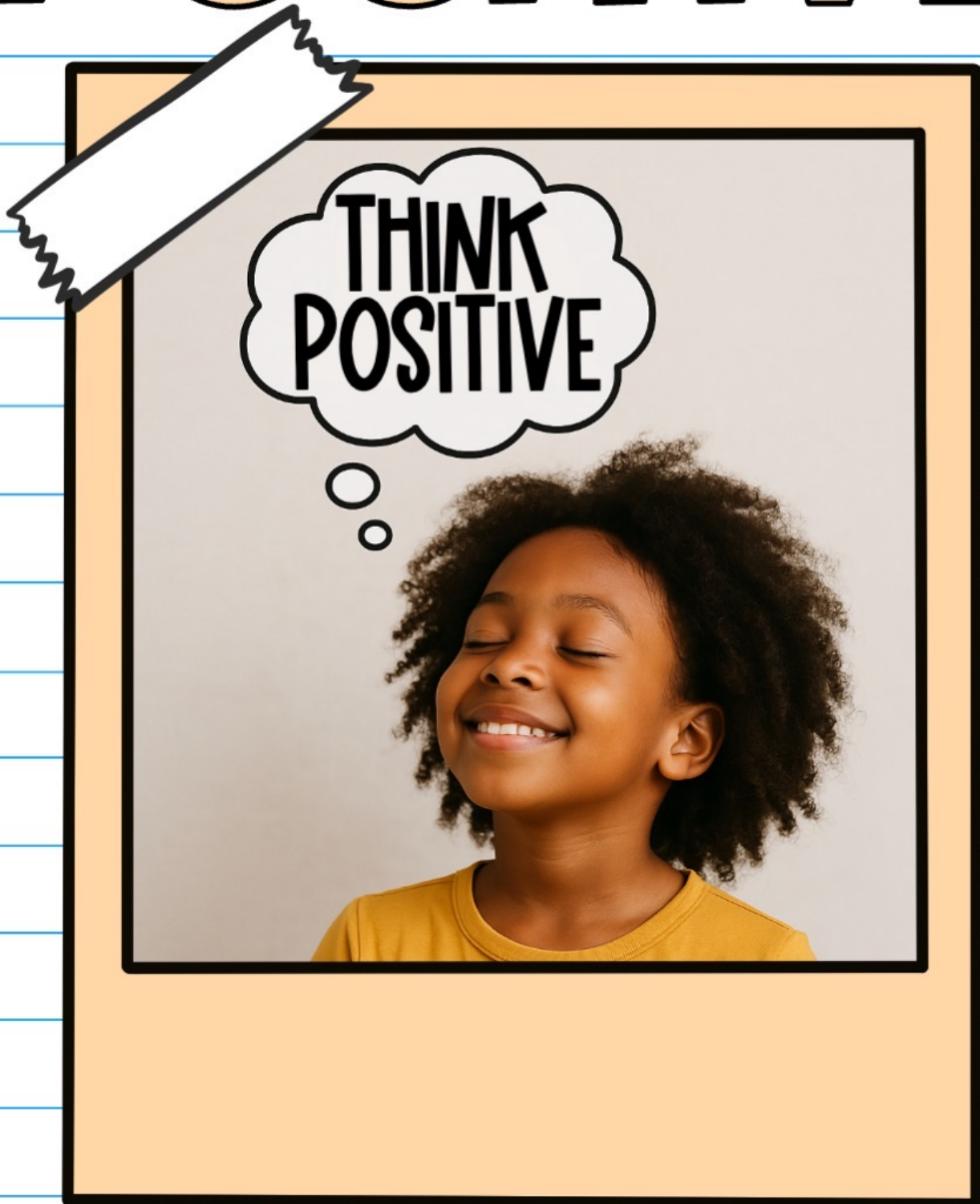




# Listen to MUSIC

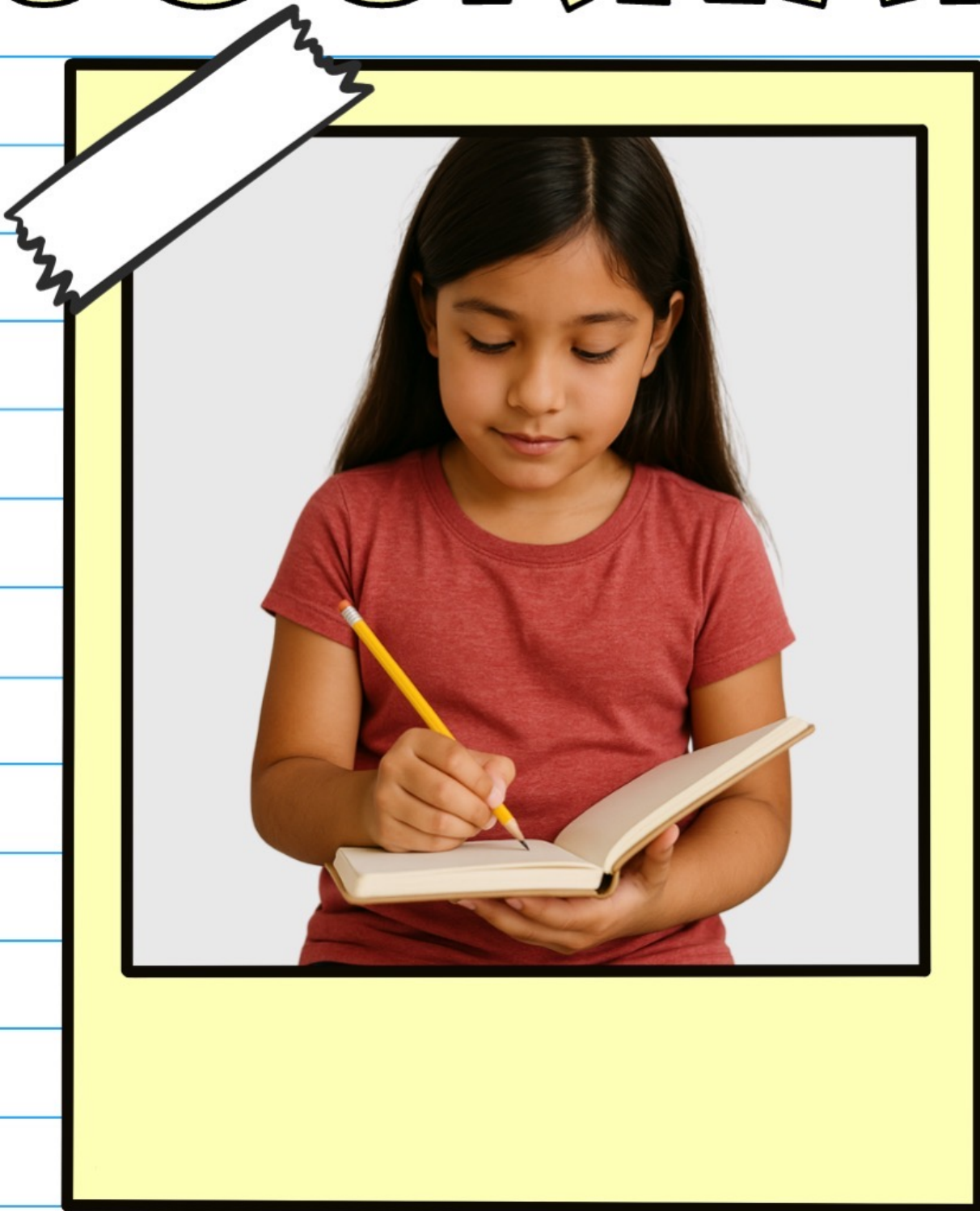


# Think POSITIVE





# Write in a **JOURNAL**



# Draw or COLOR





# Ask for a HUG

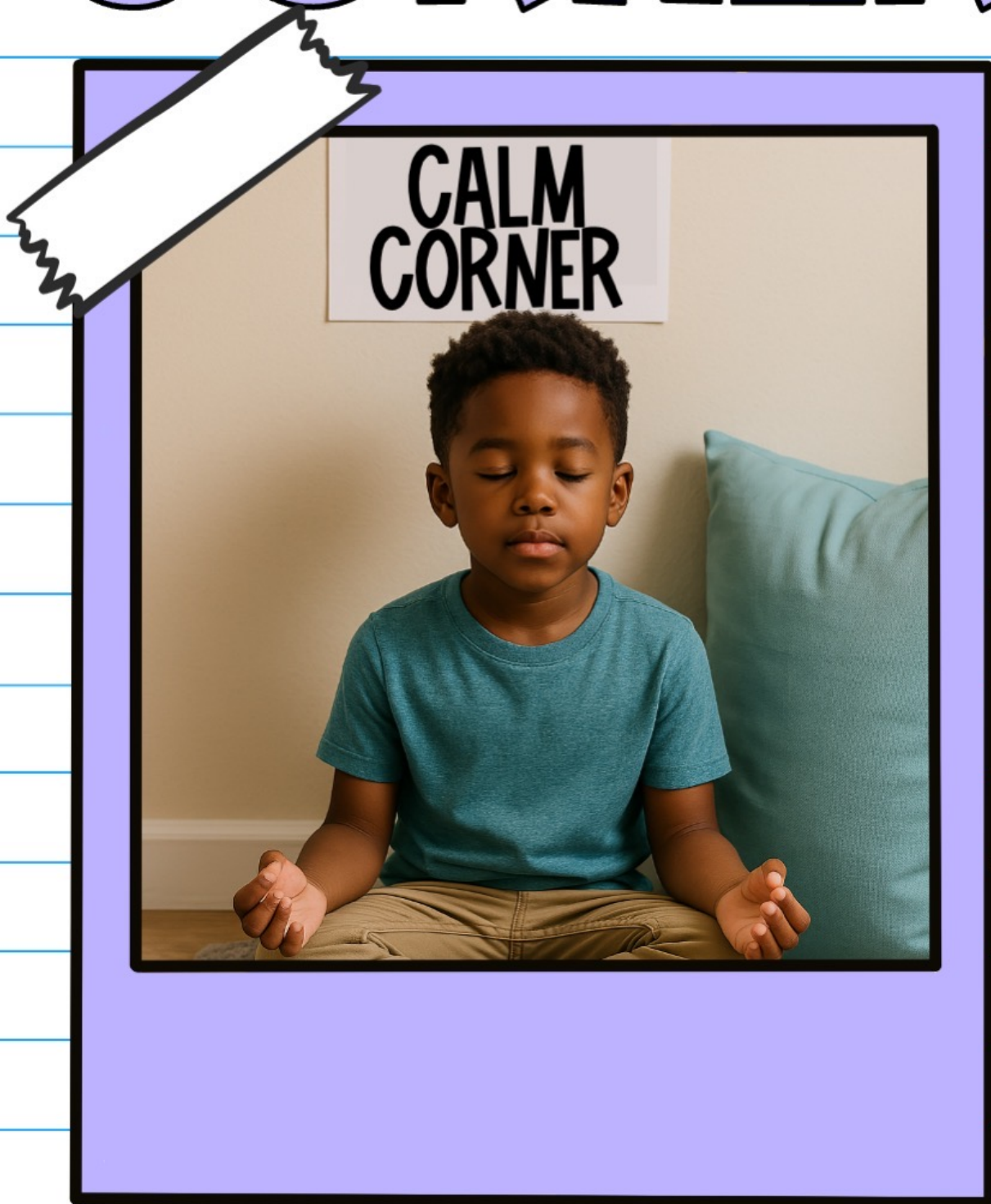


# TALK it out





# Go to the Calm CORNER



# Take a **BREAK**





Coping  
Skills  
Cards,  
Color



# Breathe



# Count to 10



# Stretch



# Be mindful





**Read**



**Use tools**



**Be in nature**



**Walk**





**Listen to music**



**Think positive**



**Journal**



**Color**





**Hug**



**Talk it out**



**Calm Corner**



**Take a break**

# Coping Skills Cards, Black & White





**Breathe**



**Count to 10**



**Stretch**



**Be mindful**



**Read**



**Use tools**



**Be in nature**



**Walk**

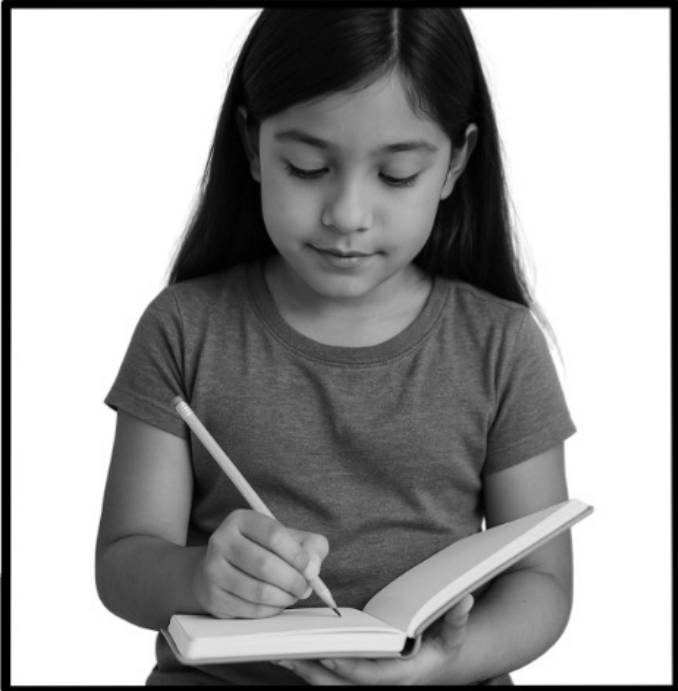




**Listen to music**



**Think positive**



**Journal**



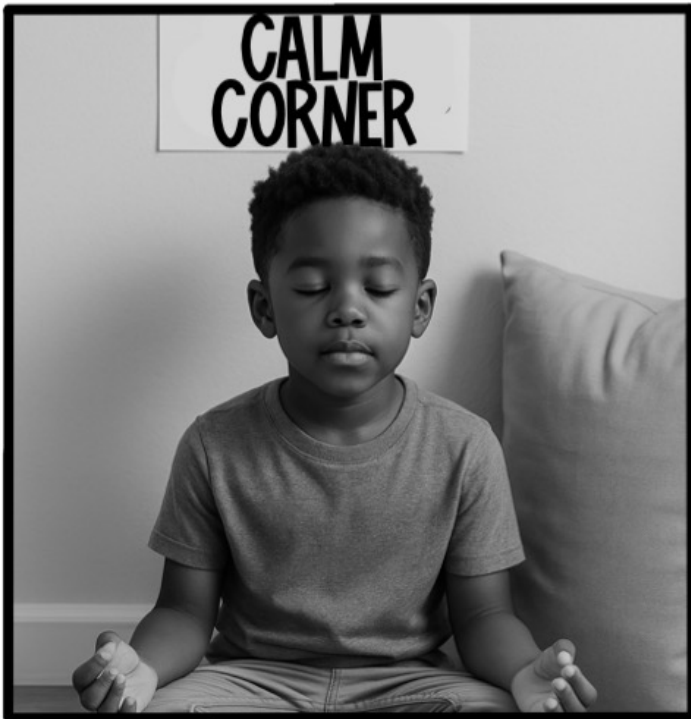
**Color**



**Hug**



**Talk it out**



**Calm Corner**



**Take a break**



Question  
Cards,  
Color



Which coping skill  
is Juan using?



Which coping skill  
is Finn using?



Which coping skill  
is Ashley using?



Which coping skill  
is Asia using?





Which coping skill  
is Maya using?



Which coping skill  
is Ricki using?



Which coping skill  
is Kelly using?



Which coping skill  
is Cassie using?





just breathe Which coping skill is Kendrick using?



just breathe Which coping skill is Harriett using?



just breathe Which coping skill is Carla using?



just breathe Which coping skill is Carlos using?





Which coping skill is Amy using?



Which coping skill is Caleb using?



Which coping skill is Patrick using?



Which coping skill is Mariyah using?





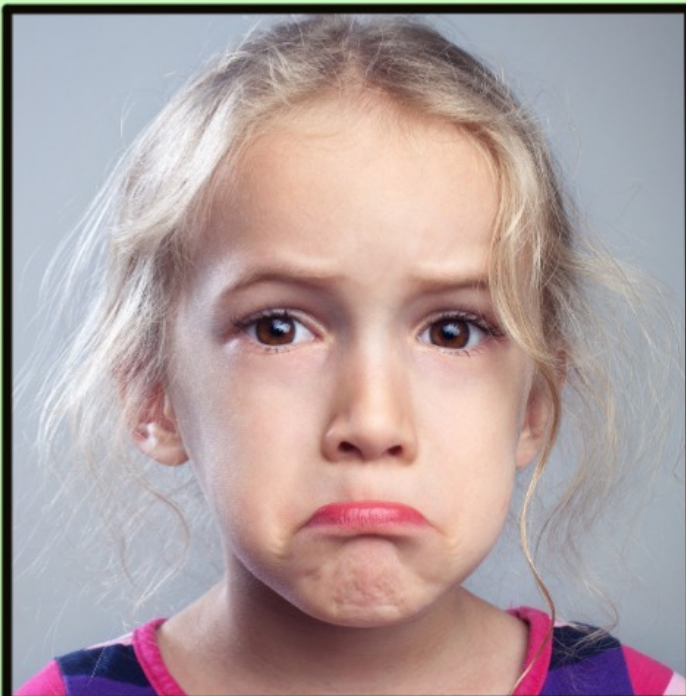
Which coping skill  
can Mike use?



Which coping skill  
can Sally use?



Which coping skill  
can Angela use?



Which coping skill  
can Beth use?

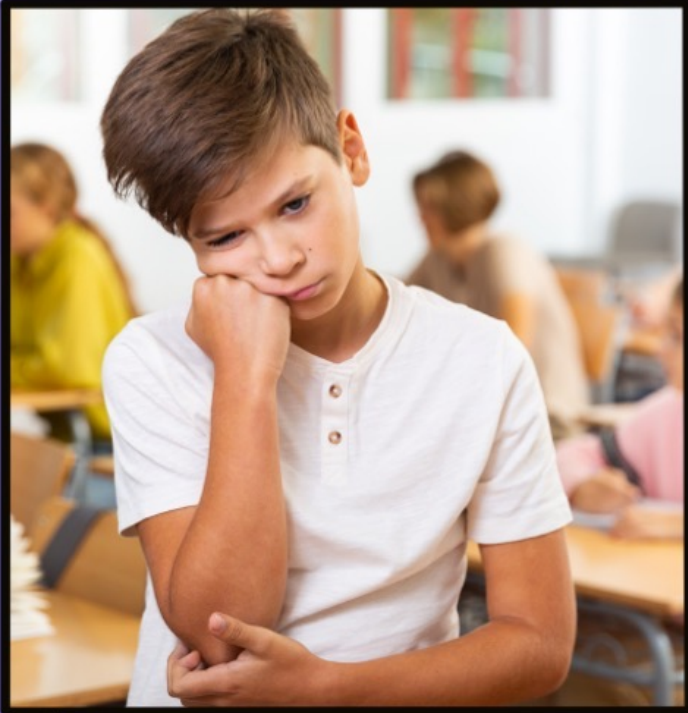




Which coping skill  
can Carl use?



Which coping skill  
can Nancy use?



Which coping skill  
can Blake use?



Which coping skill  
can Brooke use?





Which coping skill can Rafael use?



Which coping skill can Layla use?



Which coping skill can Martin use?



Which coping skill can Mary use?





Which coping skill  
can Malachi use?



Which coping skill  
can Pierce use?



Which coping skill  
can Everett use?



Which coping skill  
can Ming use?





Which coping skill  
can Claudia use?



Which coping skill  
can Victoria use?



Which coping skill  
can August use?



Which coping skill  
can Andrea use?





Which coping skill  
can Melody use?



Which coping skill  
can Helen use?



Which coping skill  
can Sherry use?



Which coping skill  
can Aiko use?

# COPING SKILLS



Which coping skill is Juan using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Finn using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Ashley using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Asia using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Maya using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Ricki using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Kelly using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Cassie using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Kendrick using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Harriett using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Carla using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Carlos using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Amy using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS

CALM CORNER



Which coping skill is Ricki using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Caleb using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Cassie using?



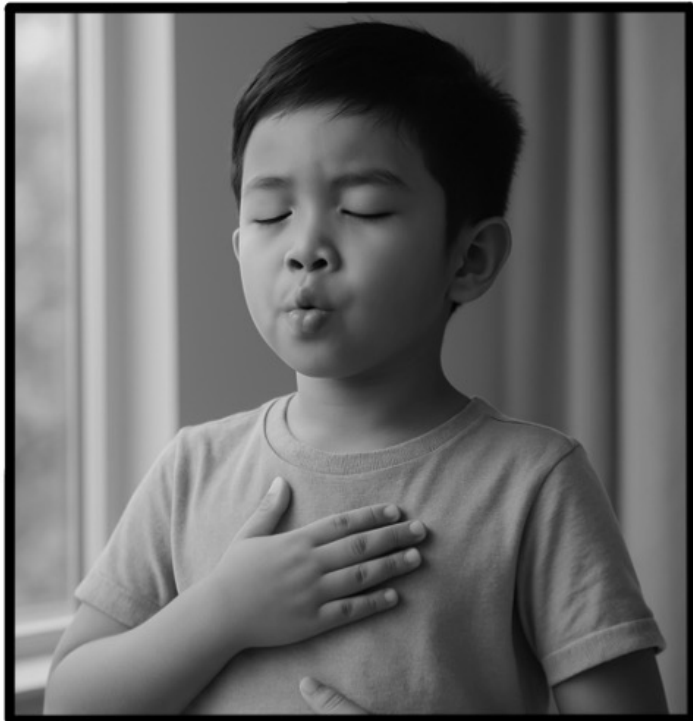
Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

Question  
Cards,  
Black &  
White





Which coping skill  
is Juan using?



Which coping skill  
is Finn using?



Which coping skill  
is Ashley using?



Which coping skill  
is Asia using?



Which coping skill  
is Maya using?



Which coping skill  
is Ricki using?



Which coping skill  
is Kelly using?



Which coping skill  
is Cassie using?





Which coping skill  
is Kendrick using?



Which coping skill  
is Harriett using?



Which coping skill  
is Carla using?



Which coping skill  
is Carlos using?

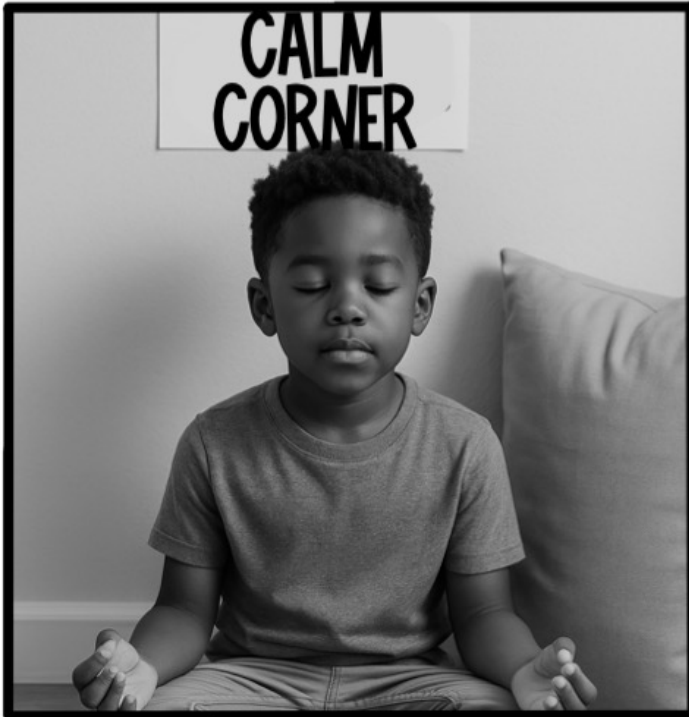


Which coping skill  
is Amy using?



Which coping skill  
is Caleb using?

© Music City Counselor



Which coping skill  
is Patrick using?

© Music City Counselor



Which coping skill  
is Mariyah using?





Which coping skill  
can Mike use?



Which coping skill  
can Sally use?



Which coping skill  
can Angela use?



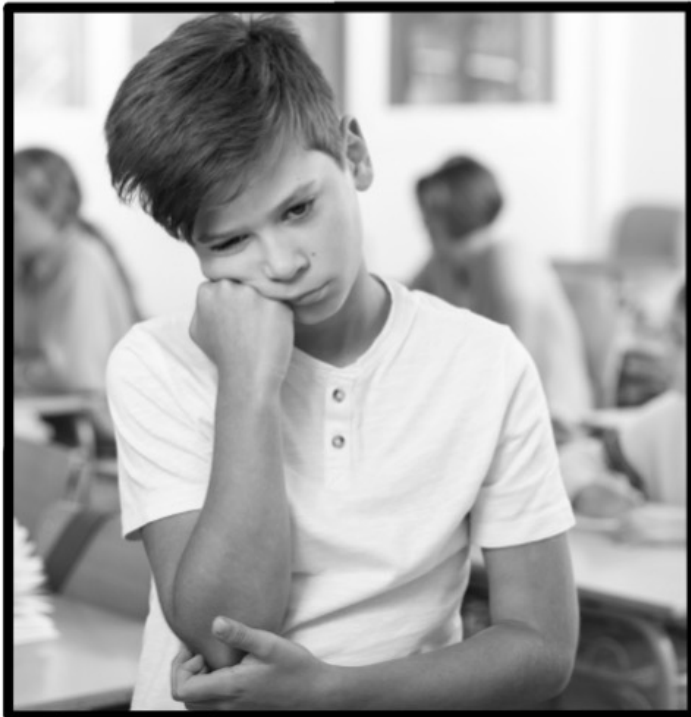
Which coping skill  
can Beth use?



Which coping skill  
can Carl use?



Which coping skill  
can Nancy use?



Which coping skill  
can Blake use?



Which coping skill  
can Brooke use?





Which coping skill  
can Rafael use?



Which coping skill  
can Layla use?



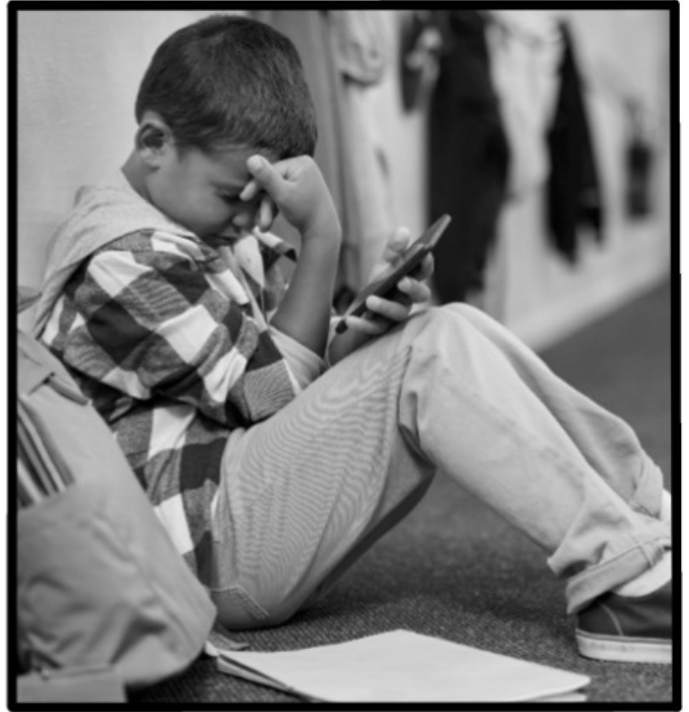
Which coping skill  
can Martin use?



Which coping skill  
can Mary use?



Which coping skill  
can Malachi use?



Which coping skill  
can Pierce use?



Which coping skill  
can Everett use?



Which coping skill  
can Ming use?





Which coping skill  
can Claudia use?



Which coping skill  
can Victoria use?



Which coping skill  
can August use?



Which coping skill  
can Andrea use?



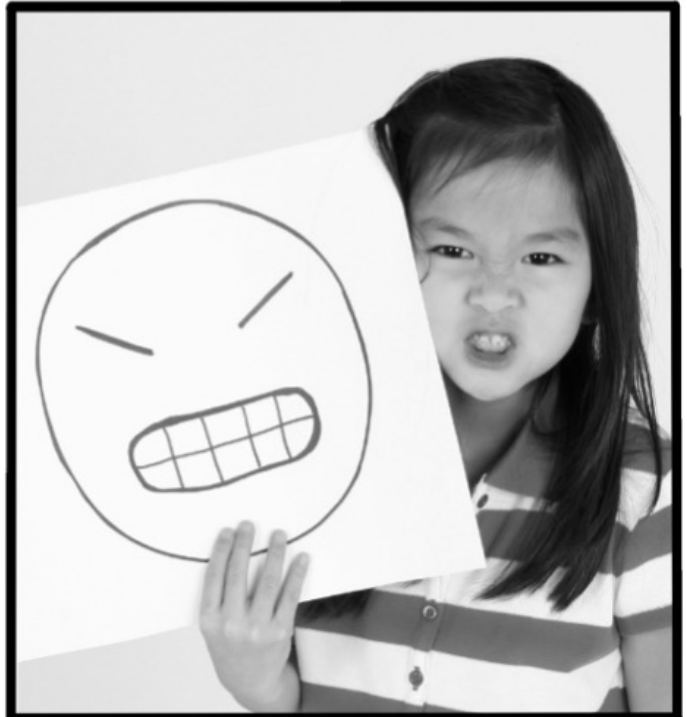
Which coping skill  
can Melody use?



Which coping skill  
can Helen use?



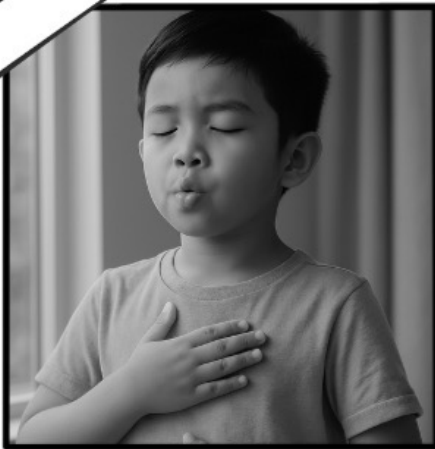
Which coping skill  
can Sherry use?



Which coping skill  
can Aiko use?



# COPING SKILLS



Which coping skill is Juan using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Finn using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Ashley using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Asia using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Maya using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Ricki using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Kelly using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Cassie using?

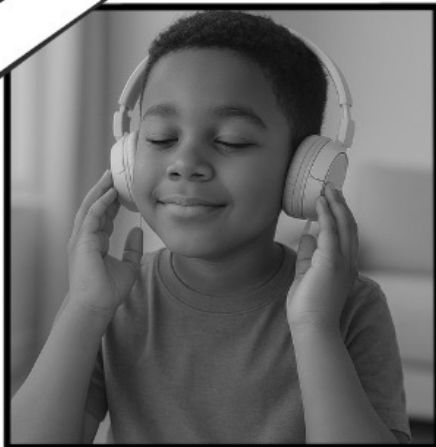


Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Kendrick using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



THINK  
POSITIVE



Which coping skill is Harriett using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Carla using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Carlos using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Amy using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

CALM CORNER



# COPING SKILLS



Which coping skill is Ricki using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

# COPING SKILLS



Which coping skill is Caleb using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.



# COPING SKILLS



Which coping skill is Cassie using?



Does this coping skill seem helpful to you?  
Why or why not?



Describe a time in which this coping skill might be a good choice.

Worksheets,  
Color

Name: \_\_\_\_\_

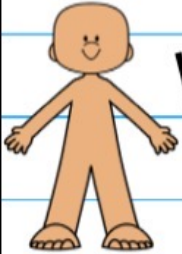
# BREATHE



Explain how to do deep breathing.



Why is deep breathing helpful?



What does deep breathing feel like in your body and brain?



Share about a time when you tried deep breathing.





Name: \_\_\_\_\_

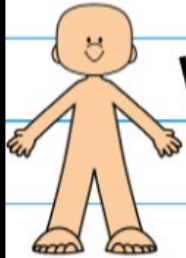
# COUNT



Explain counting as a coping skill.



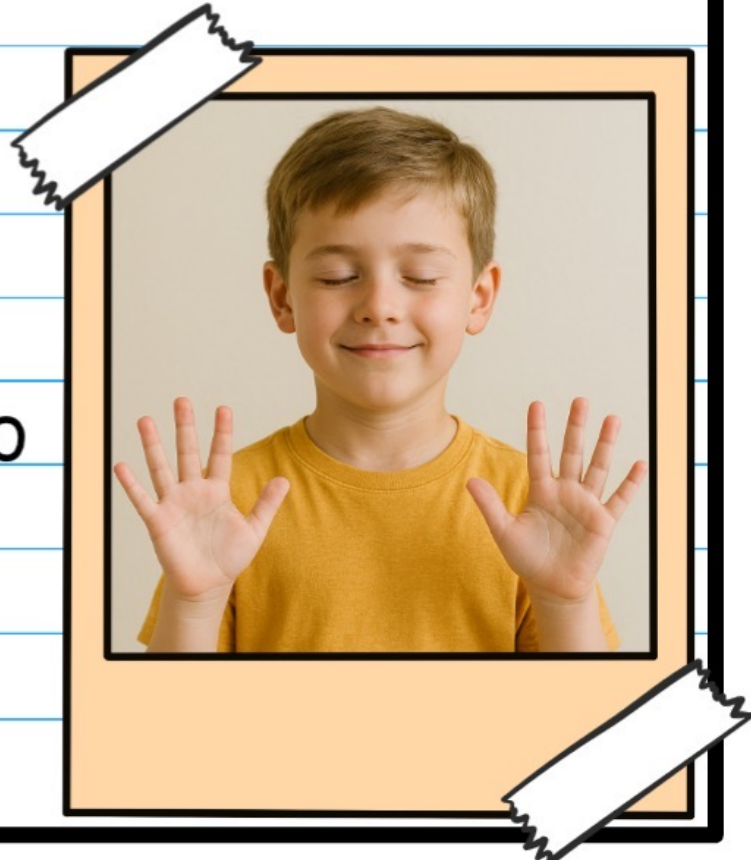
Why is counting helpful?



What does counting feel like in your body and brain?



Share about a time when you counted to calm down.



Name: \_\_\_\_\_

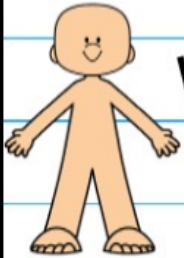
# STRETCH



Explain how to stretch your body.



Why is stretching helpful?



What does stretching feel like in your body and brain?



Share about a time when you stretched to calm down.



Name: \_\_\_\_\_

# MINDFUL



Explain how to practice mindfulness.



Why is mindfulness helpful?



What does mindfulness feel like in your body and brain?



Share about a time when you practiced mindfulness.





Name: \_\_\_\_\_

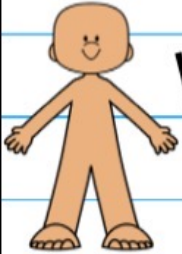
# READ



Explain how to read as a coping skill.



Why is reading helpful for calming down?



What does reading feel like in your body and brain?



Share about a time when you read to calm down.



Name: \_\_\_\_\_

# TOOLS



Explain how to use tools as a coping skill.



Why are tools helpful for calming down?



What does using tools feel like in your body and brain?



Share about a time when you used tools to calm down.



Name: \_\_\_\_\_

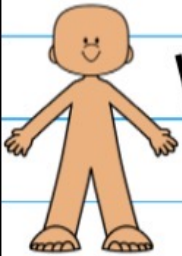
# NATURE



Explain how to be in nature as a coping skill.



Why is spending time in nature helpful for calming down?



What does spending time in nature feel like in your body and brain?



Share about a time when nature helped you calm down.





Name: \_\_\_\_\_

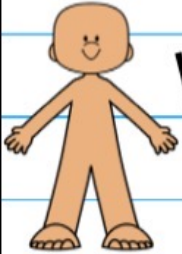
# WALK



Explain how to take a walk as a coping skill.



Why is walking helpful for calming down?



What does walking feel like in your body and brain?



Share about a time when walking helped you calm down.



Name: \_\_\_\_\_

# MUSIC



Explain how to listen to music as a coping skill.



Why is listening to music helpful?



What does listening to music feel like in your body and brain?



Share about a time when you listened to music to calm down.



Name: \_\_\_\_\_

# POSITIVE



Explain thinking positive as a coping skill.



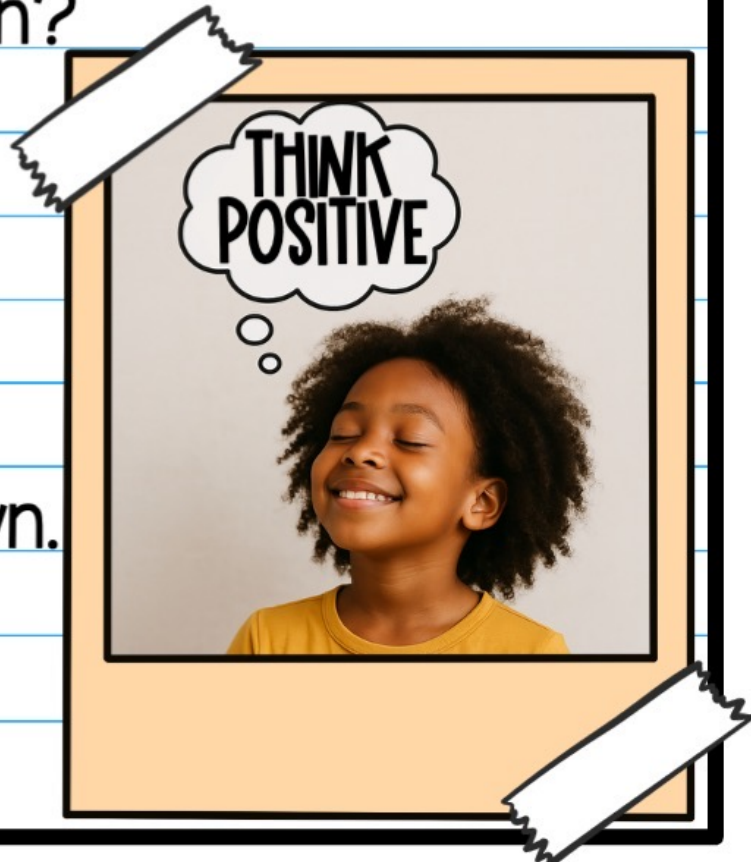
Why is thinking positive helpful?



What does thinking positive feel like in your body and brain?



Share about a time when you thought positive to calm down.





Name: \_\_\_\_\_

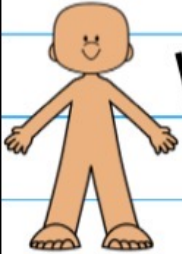
# JOURNAL



Explain how to journal as a coping skill.



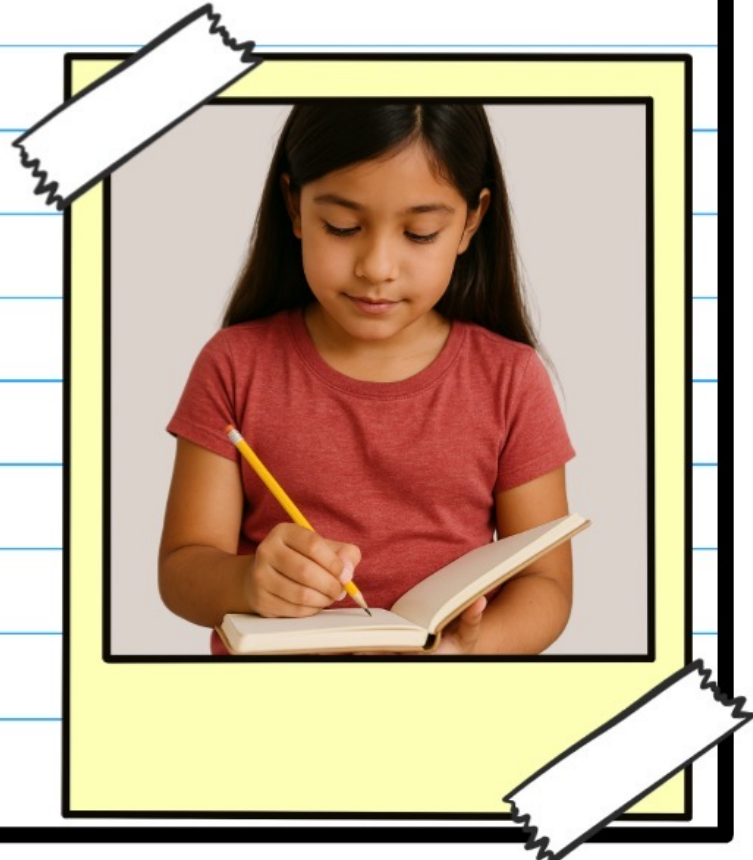
Why is journaling helpful?



What does journaling feel like in your body and brain?



Share about a time when you journaled to calm down.



Name: \_\_\_\_\_

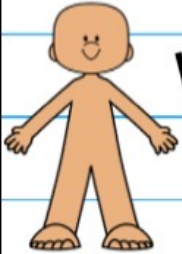
# COLOR



Explain how to color as a coping skill.



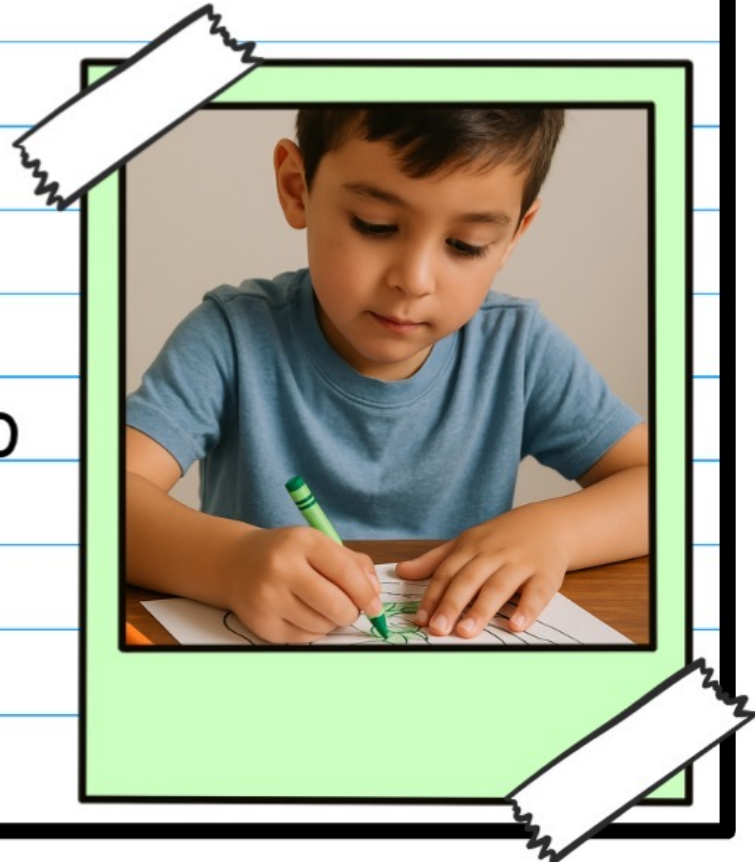
Why is coloring helpful?



What does coloring feel like in your body and brain?



Share about a time when you colored to calm down.



Name: \_\_\_\_\_

# HUG



Explain how to hug as a coping skill.



Why is hugging helpful for calming down?



What does hugging feel like in your body and brain?



Share about a time when you asked for a hug to calm down.





Name: \_\_\_\_\_

# TALK



Explain how to talk it out as a coping skill.



Why is talking it out helpful for calming down?



What does talking it out feel like in your body and brain?



Share about a time when you talked it out to calm down.



Name: \_\_\_\_\_

# CALM CORNER



Explain how to use a Calm Corner as a coping skill.



Why is going to a Calm Corner helpful for calming down?



What does spending time in the Calm Corner feel like in your body and brain?



Share about a time when you went to the Calm Corner to calm down.



Name: \_\_\_\_\_

# BREAK



Explain how to take a break as a coping skill.



Why is taking a break helpful?



What does taking a break feel like in your body and brain?



Share about a time when you took a break to calm down.





**Worksheets,  
Black &  
White**

Name: \_\_\_\_\_

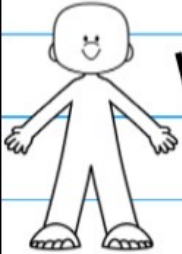
# BREATHE



Explain how to do deep breathing.



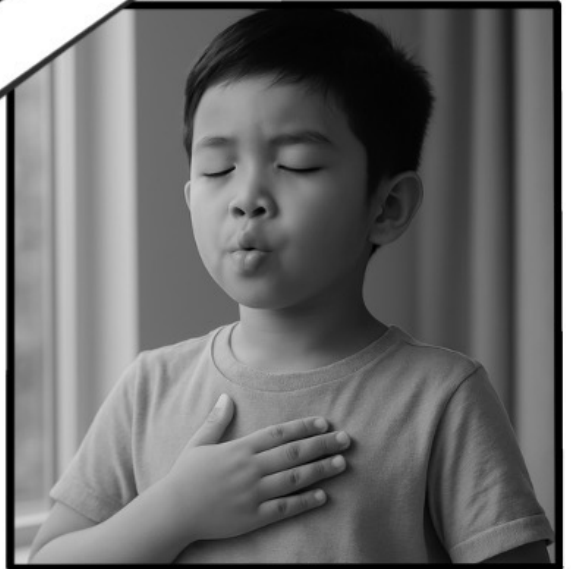
Why is deep breathing helpful?



What does deep breathing feel like in your body and brain?



Share about a time when you tried deep breathing.



Name: \_\_\_\_\_

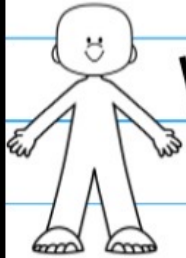
# COUNT



Explain counting as a coping skill.



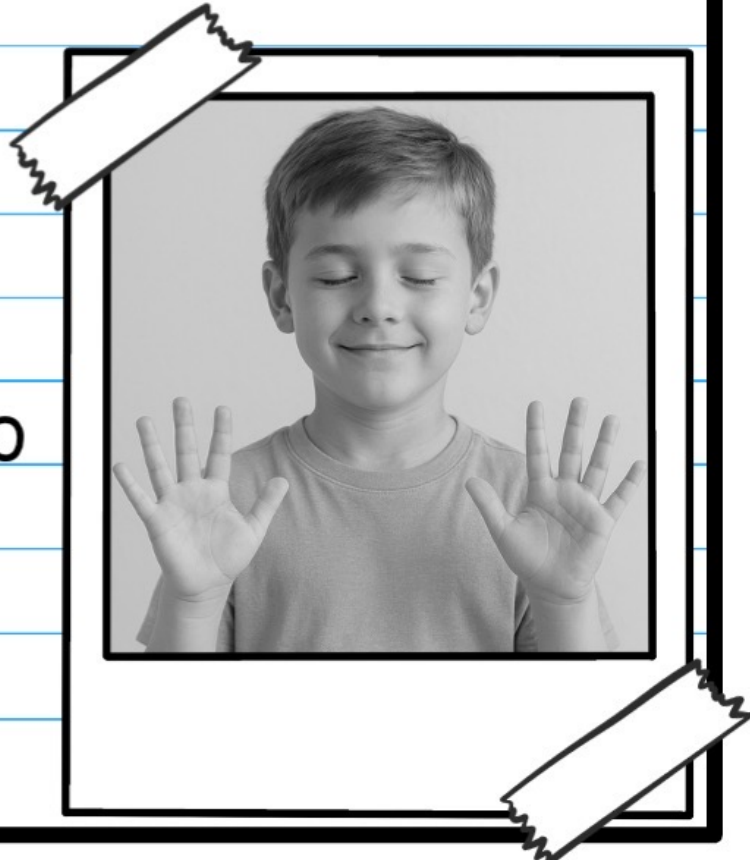
Why is counting helpful?



What does counting feel like in your body and brain?



Share about a time when you counted to calm down.





Name: \_\_\_\_\_

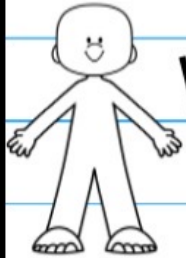
# STRETCH



Explain how to stretch your body.



Why is stretching helpful?



What does stretching feel like in your body and brain?



Share about a time when you stretched to calm down.



Name: \_\_\_\_\_

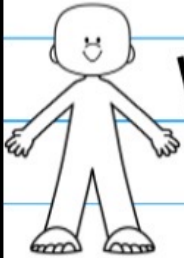
# MINDFUL



Explain how to practice mindfulness.



Why is mindfulness helpful?



What does mindfulness feel like in your body and brain?



Share about a time when you practiced mindfulness.



Name: \_\_\_\_\_

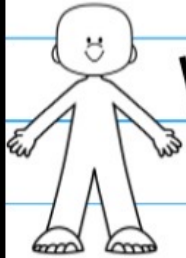
# READ



Explain how to read as a coping skill.



Why is reading helpful for calming down?



What does reading feel like in your body and brain?



Share about a time when you read to calm down.





Name: \_\_\_\_\_

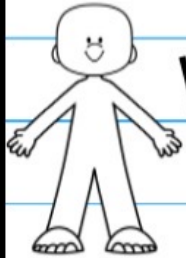
# TOOLS



Explain how to use tools as a coping skill.



Why are tools helpful for calming down?



What does using tools feel like in your body and brain?



Share about a time when you used tools to calm down.



Name: \_\_\_\_\_

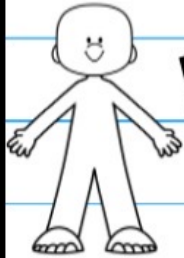
# NATURE



Explain how to be in nature as a coping skill.



Why is spending time in nature helpful for calming down?



What does spending time in nature feel like in your body and brain?



Share about a time when nature helped you calm down.



Name: \_\_\_\_\_

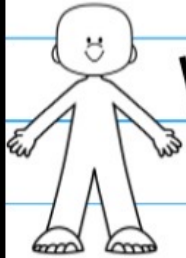
# WALK



Explain how to take a walk as a coping skill.



Why is walking helpful for calming down?



What does walking feel like in your body and brain?



Share about a time when walking helped you calm down.





Name: \_\_\_\_\_

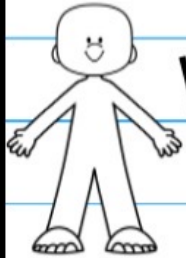
# MUSIC



Explain how to listen to music as a coping skill.



Why is listening to music helpful?



What does listening to music feel like in your body and brain?



Share about a time when you listened to music to calm down.



Name: \_\_\_\_\_

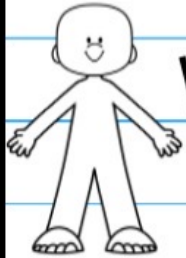
# POSITIVE



Explain thinking positive as a coping skill.



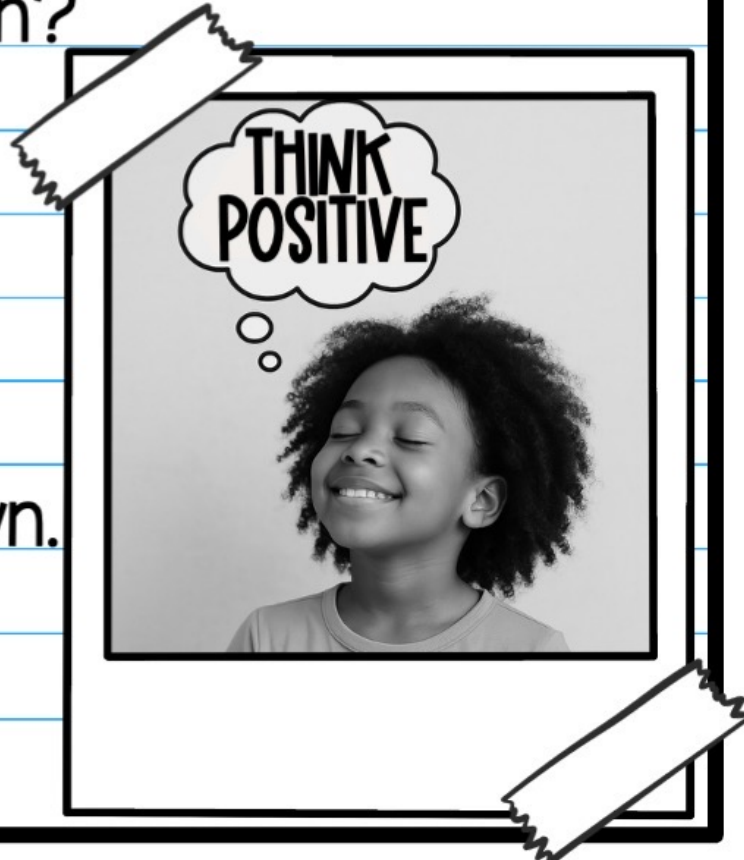
Why is thinking positive helpful?



What does thinking positive feel like in your body and brain?



Share about a time when you thought positive to calm down.



Name: \_\_\_\_\_

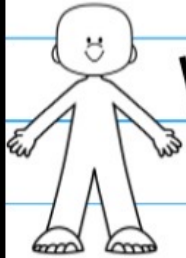
# JOURNAL



Explain how to journal as a coping skill.



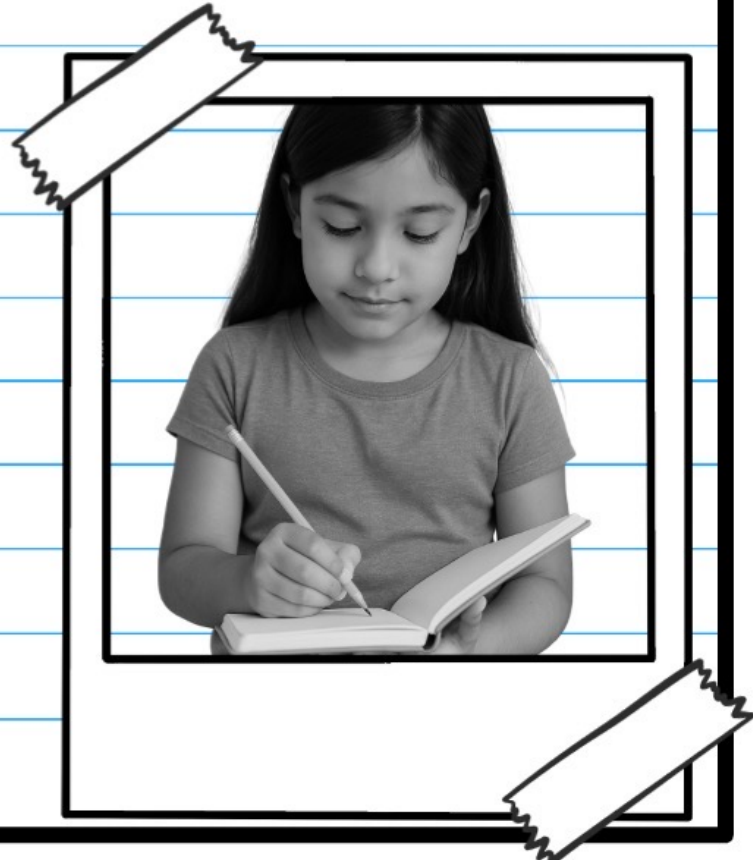
Why is journaling helpful?



What does journaling feel like in your body and brain?



Share about a time when you journaled to calm down.





Name: \_\_\_\_\_

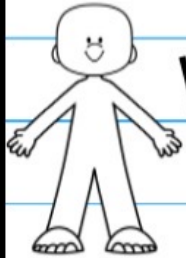
# COLOR



Explain how to color as a coping skill.



Why is coloring helpful?



What does coloring feel like in your body and brain?



Share about a time when you colored to calm down.



Name: \_\_\_\_\_

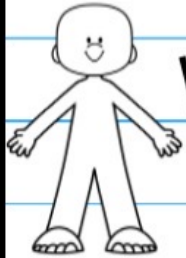
# HUG



Explain how to hug as a coping skill.



Why is hugging helpful for calming down?



What does hugging feel like in your body and brain?



Share about a time when you asked for a hug to calm down.



Name: \_\_\_\_\_

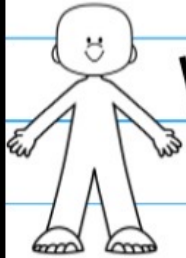
# TALK



Explain how to talk it out as a coping skill.



Why is talking it out helpful for calming down?



What does talking it out feel like in your body and brain?



Share about a time when you talked it out to calm down.





Name: \_\_\_\_\_

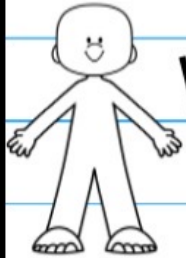
# CALM CORNER



Explain how to use a Calm Corner as a coping skill.



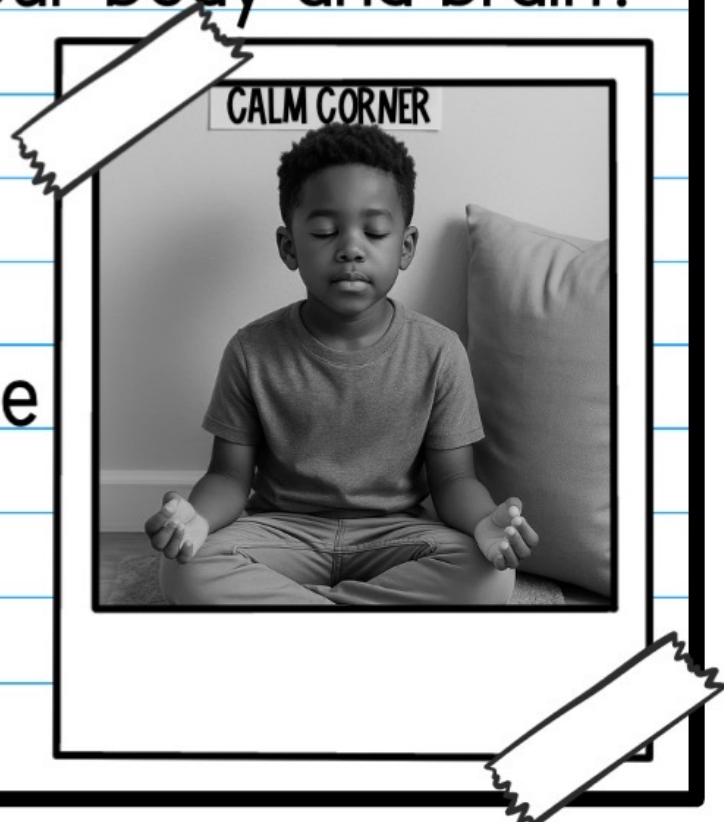
Why is going to a Calm Corner helpful for calming down?



What does spending time in the Calm Corner feel like in your body and brain?



Share about a time when you went to the Calm Corner to calm down.



Name: \_\_\_\_\_

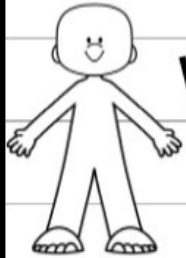
# BREAK



Explain how to take a break as a coping skill.



Why is taking a break helpful?



What does taking a break feel like in your body and brain?



Share about a time when you took a break to calm down.



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♥ *laura oathout*

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