

○ MUSIC  city COUNSELOR

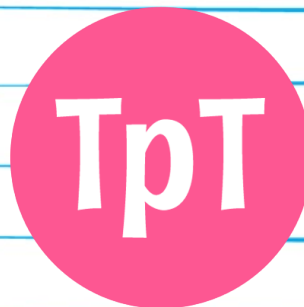
THANK YOU FOR YOUR  
PURCHASE!



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)

# Please click here to access the digital presentation:

[https://docs.google.com/presentation/d/1jHWeXOL7jaYdPsApXRYgKl\\_Y6qxlSc\\_aYwcOIRPU6XLA/copy](https://docs.google.com/presentation/d/1jHWeXOL7jaYdPsApXRYgKl_Y6qxlSc_aYwcOIRPU6XLA/copy)

## General Google Slides Directions:

1. Please sign in with your Google account.
2. Please click "make a copy" and a copy of the presentation will automatically be saved to your Google Drive.
3. If you are using Google Classroom, please assign the presentation to your students.
4. If you are not using Google Classroom, you can post the resource to the virtual platform that you are using, or email the link directly to students. If you email the link to students, please make sure that they or their parents have a free Google account first. They will click on the link, sign in with their Google account, and then a copy of the resource will automatically be saved to their Google Drive. They can then use any device (tablet, smart phone, computer) to access the resource.
5. To use the text boxes and moveable circles in the presentation, please make sure that you are in "edit mode," not in "presentation" full-screen mode.



# How to Use the Activity:

PLEASE MAKE SURE TO USE THIS PRESENTATION IN "EDIT MODE," NOT FULL-SCREEN "PRESENTATION MODE."

- Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation teaches students all about coping skills. Students learn how coping skills help us manage BIG feelings. Students learn about a total of 18 coping strategies.
- As you work through the presentation, ask students to act out and practice each coping skill. I recommend having sensory toys and fidgets available for students to pass around.
- After learning about 18 coping skills, the presentation asks students which ones are their favorite. Students can drag the black circles around their favorite coping skills.
- The presentation closes with 3 scenarios for discussion. Students can type their answers directly in the text boxes that say, "type here."
- A PowerPoint version of this presentation and printable resources are included in the zip file, too.
- Questions? Please contact me 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 feedback on my resources. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! 😊

# ○ TERMS OF USE:

- Make copies for the purchaser's classroom AND share copies with other educators within your school building
- Reference (without distribution) this product in blog posts, seminars, professional development workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation

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Please contact me any time at [laura@musiccitycounselor.com](mailto: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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LittleRed's  
CLIP ART

TPT Shop: LittleRed