

○ MUSIC  city COUNSELOR

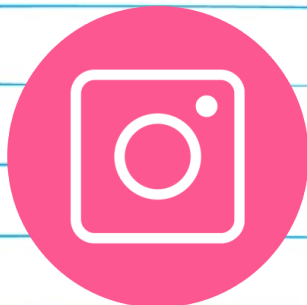
THANK YOU FOR YOUR PURCHASE!



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

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 I:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Review (and display) the coping skills posters with students.
- Discuss and practice the Calm Cards with students.
- Choose a worksheet or coloring page to close the lesson.

Presentation:

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 and practice with.

After learning about 18 coping skills, the presentation asks students which ones are their favorite. This is a great opportunity for students to “turn and talk” with a partner then share out with the class.

The presentation closes with 3 scenarios for discussion. Students can “turn and talk” with a partner and then share out their thoughts with the group.

DIRECTIONS PAGE 2:

Posters:

21 instructional posters are included. These are great for practicing coping skills, and for displaying in your space!

Calm Cards:

These cards review 18 coping skills. Please cut them out. There are many ways to use them! You can divide students into small groups and give each group 1-2 cards for them to practice the coping skill on the card as a group. Then, students could "present" how to do that coping skill to the class. You can hand them to students who are escalated and encourage them to use the strategy to cope with their feelings.

You can keep them in your Calm Corner or on students' desks that need extra support. You can use them in lunch bunches or small groups as an icebreaker/calm way to start the group. Use them how you see fit!

Worksheets & Coloring Pages

Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students, and the amount of time that you have!

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

PS I SO appreciate when you please take a moment to review 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!

POSTERS

COPING SKILLS

Help Me with BIG Feelings

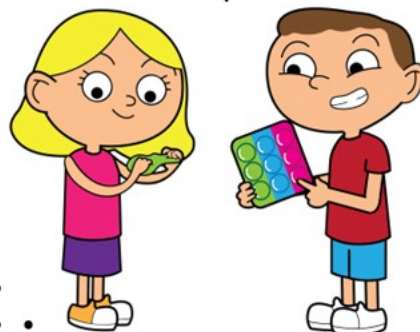
Take deep breaths.



Count to 10.



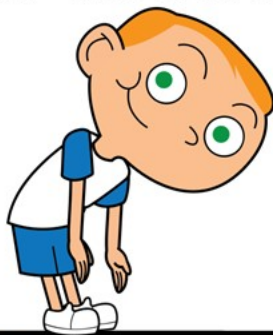
Use fidgets and sensory tools.



Relax in nature.



Move your body.
Stretch and exercise.



Go to the Calm Corner.



Think positive.



Write or journal.



Listen to music.



COPING SKILLS

Help Me with BIG Feelings

Practice mindfulness.



Draw or paint.



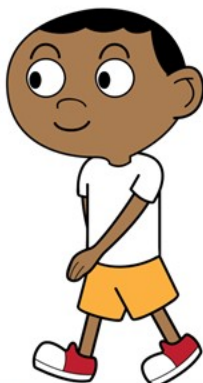
Read a book.



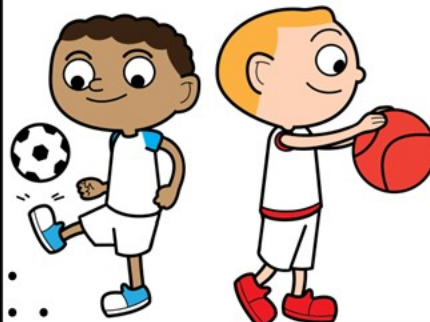
Take a break.



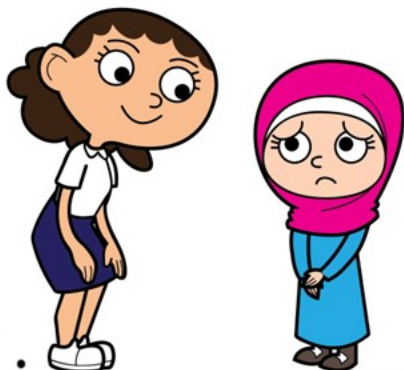
Take a nature walk.



Try hobbies, activities, and sports.



Talk it out.



Ask for a hug.



Hug a plushie.



What are COPING SKILLS?

Strategies and techniques to control BIG feelings. Ways to calm our body and mind.



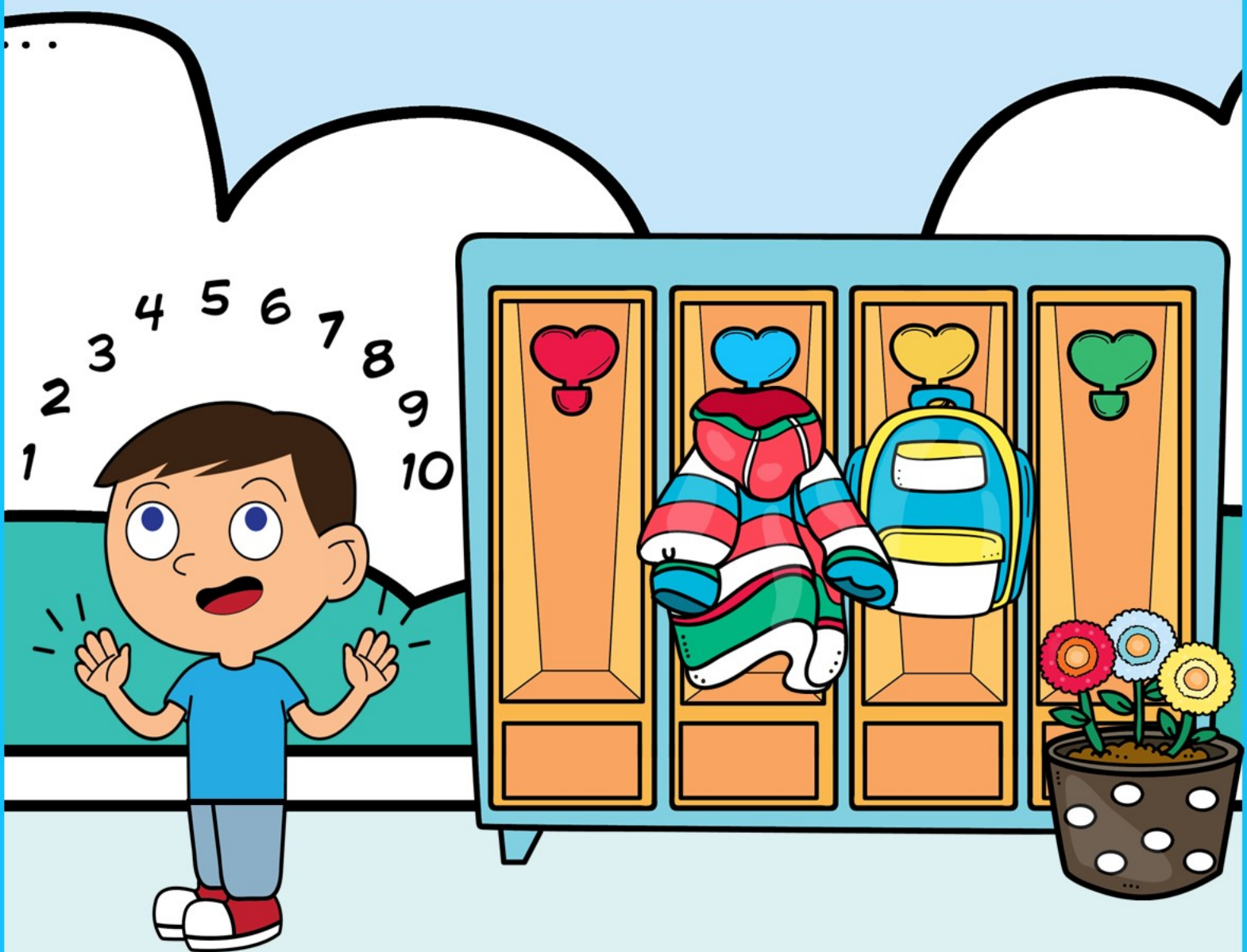
BREATHE

: Take deep breaths. Breathe in through your nose and out through your mouth. . :



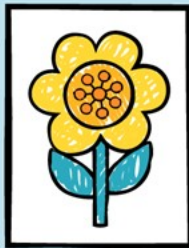
COUNT TO 10

Count from 1 to 10. Breathe.
Count down from 10 to 1. ...



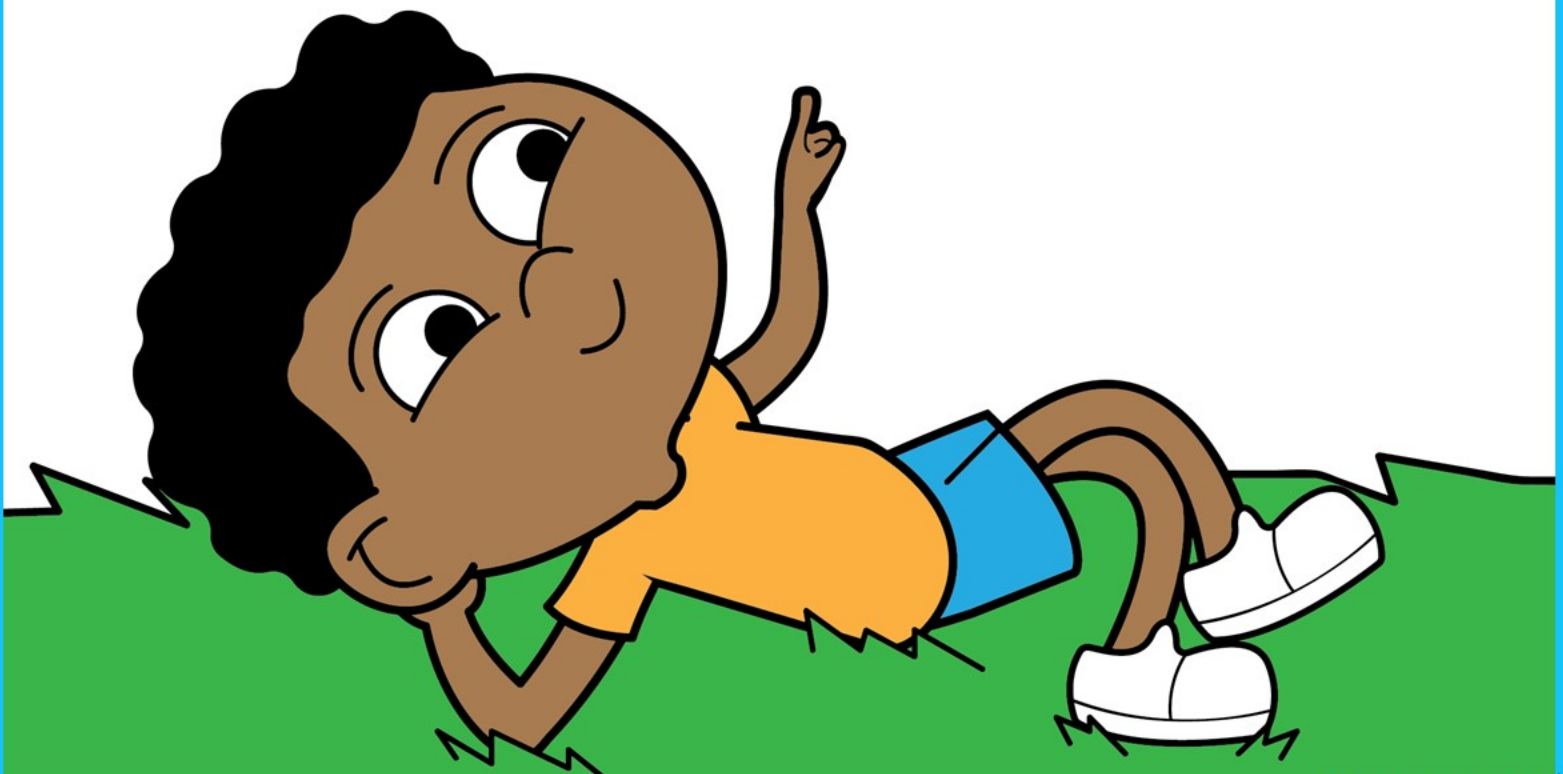
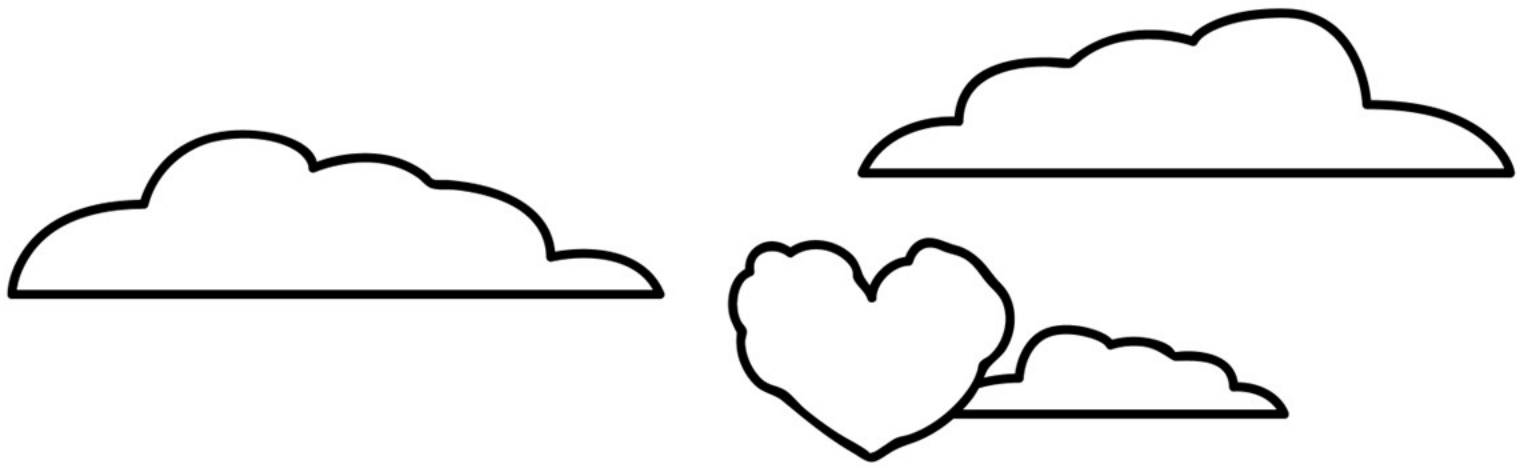
USE TOOLS

Squeeze a stress ball. Use sensory tools and fidgets.



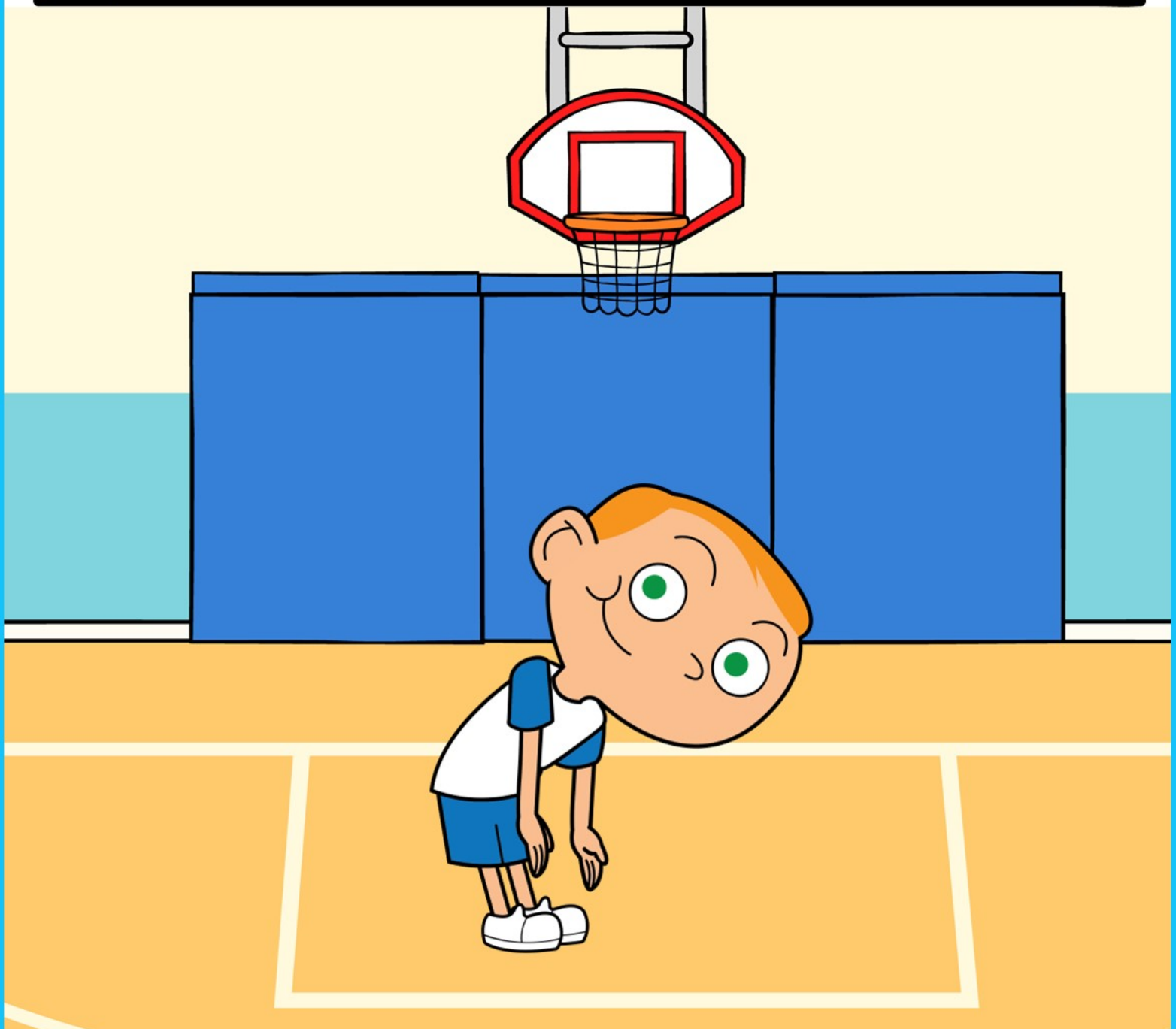
RELAX IN NATURE

: Lay on the grass. Watch the clouds. Take in the sights, sounds, and smells. .:



STRETCH

Stretch. Move your body.
Get some exercise.



CALM CORNER

Go to the Calm Corner.
Breathe. Use fidgets and
sensory tools.



THINK POSITIVE

: Think positive, happy thoughts. Imagine you are in a calm and peaceful place.. :



WRITE. JOURNAL

: Write or journal about your feelings, thoughts, and experiences. .:



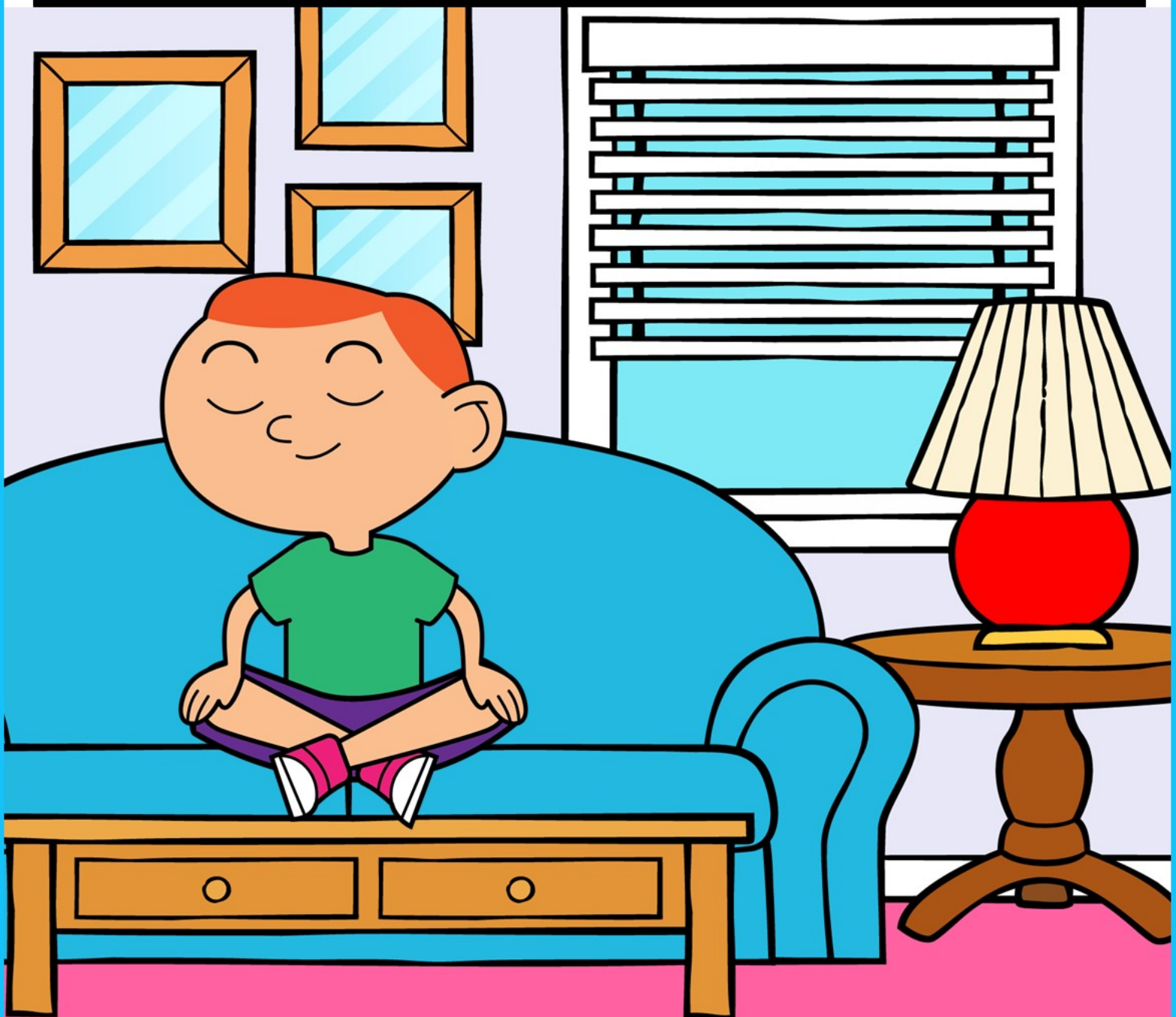
LISTEN TO MUSIC

· Listen to music that makes you feel calm, happy, and upbeat. ·



MINDFULNESS

Practice mindfulness. Be present in the "here and now." Focus on your senses.



DRAW, PAINT

∴ Draw or paint about your feelings, thoughts, and experiences. ∴



READ A BOOK

Read a book that you enjoy.



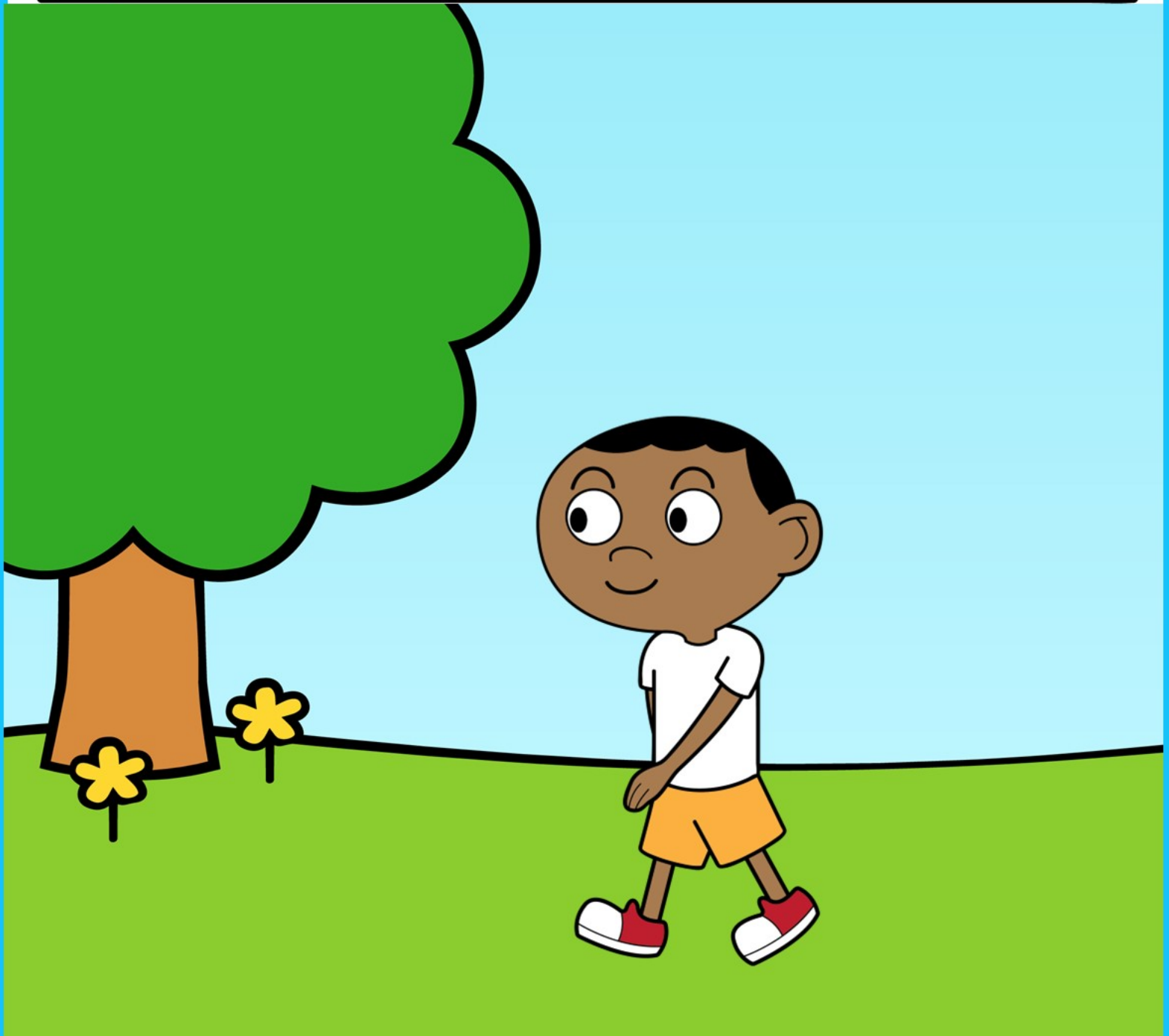
TAKE A BREAK

Find a safe and quiet place.
Relax, rest, and take a break
until you feel calm.



GO FOR A WALK

: Go on a nature walk outside.
Take in the sights, smells, and
sounds. ..



TRY HOBBIES

Try hobbies, activities, and sports that you enjoy.
Try something new!



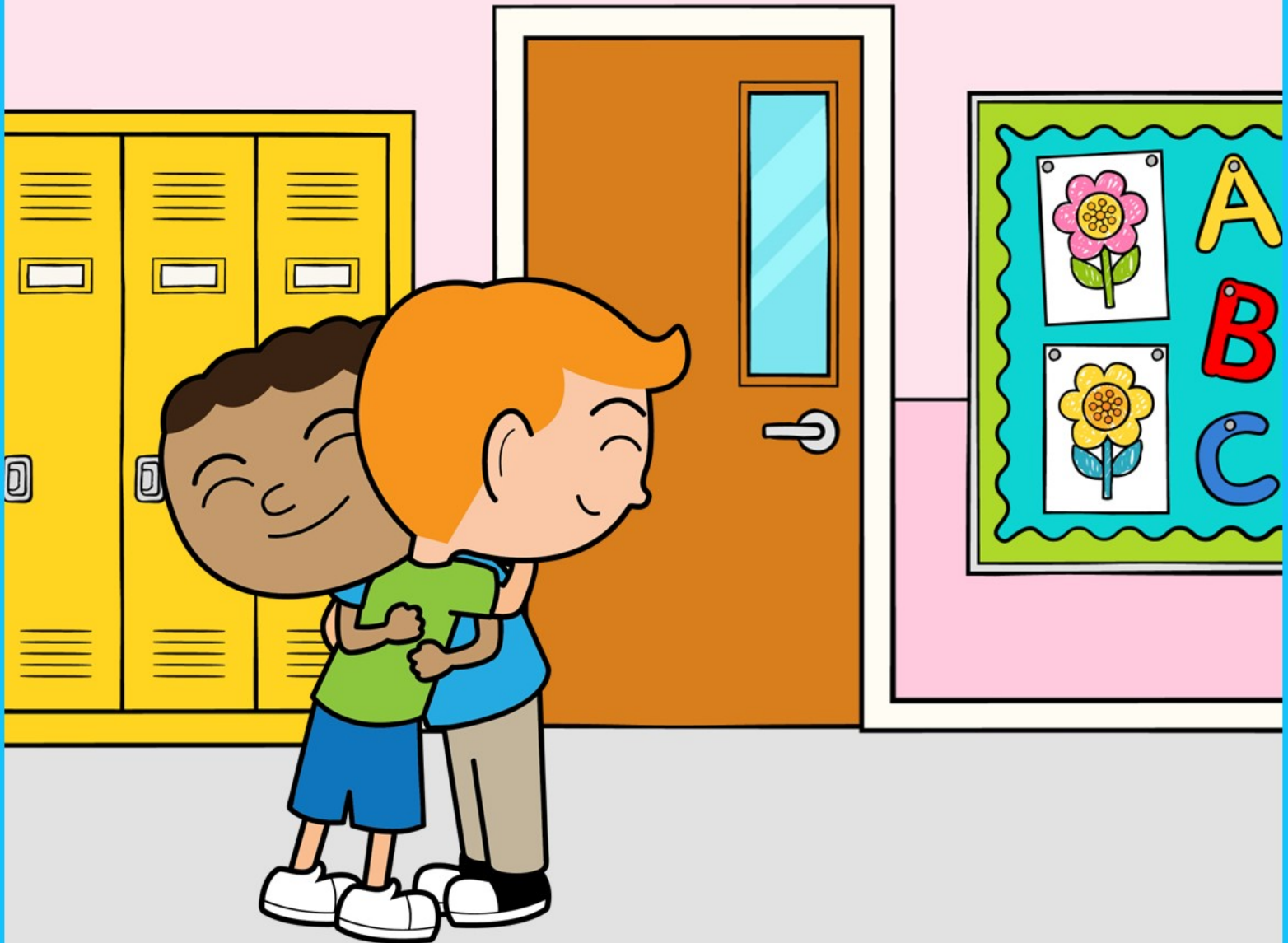
TALK IT OUT

: Talk out your feelings with a friend or grown-up that you trust. :



ASK FOR A HUG

Ask for a hug from a friend
or grown-up that you trust. . .



HUG A PLUSHIE

Hug a favorite plushie or stuffed toy.



CAIM

CARDS

Take a break



Breathe



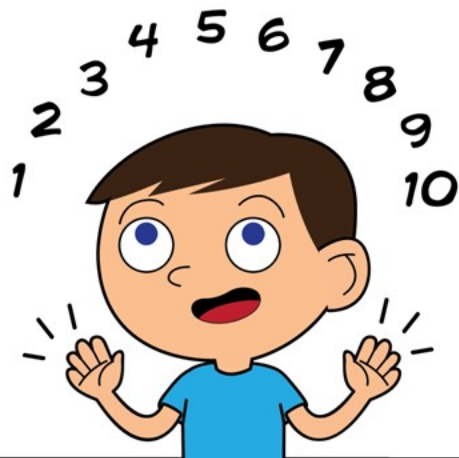
Go to Calm Corner



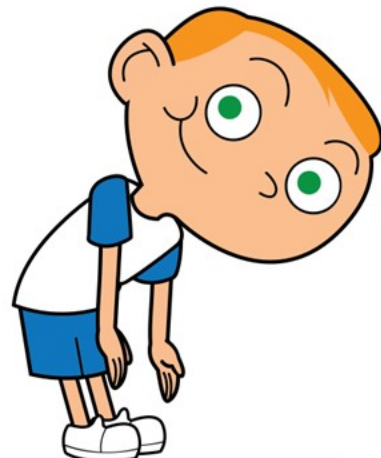
Relax in nature



Count to 10



Stretch, exercise





Use
fidgets
and
tools



Think
happy
thoughts

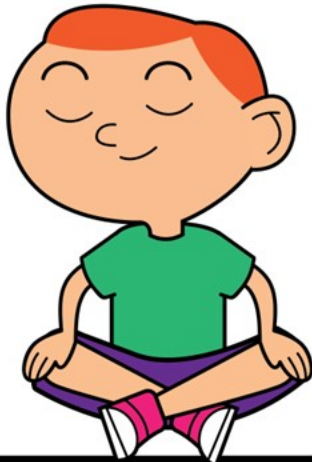


Hug a
plushie



Listen to
music

Mindfulness

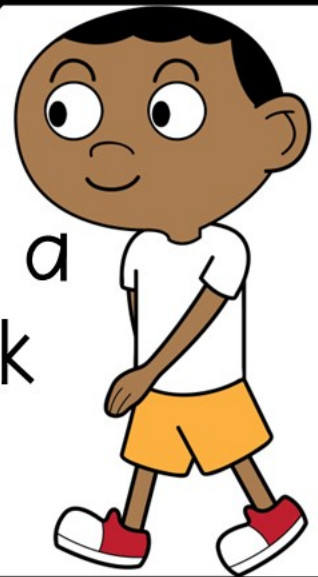


Paint, draw



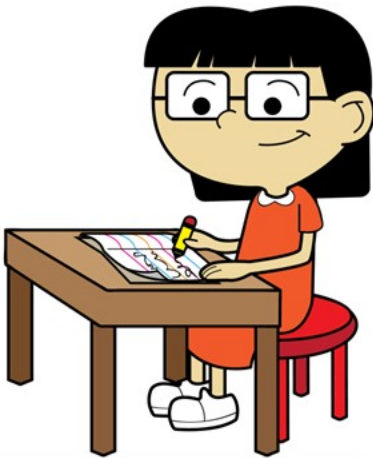


Read
a
book

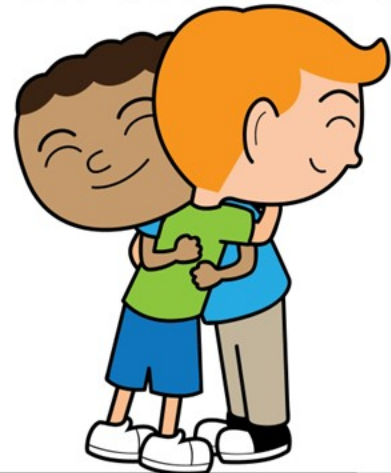


Take a
walk

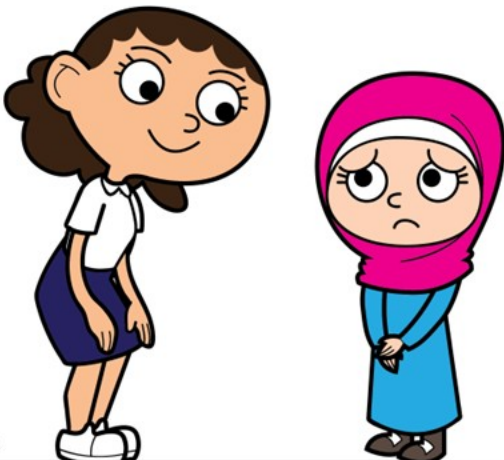
Journal, write



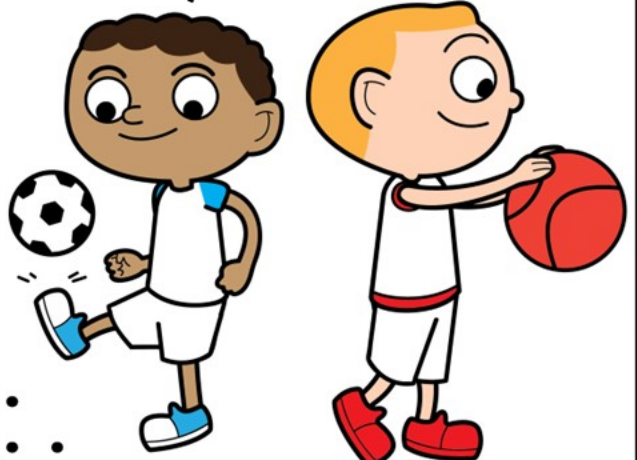
Ask for a hug



Talk it out



Try hobbies

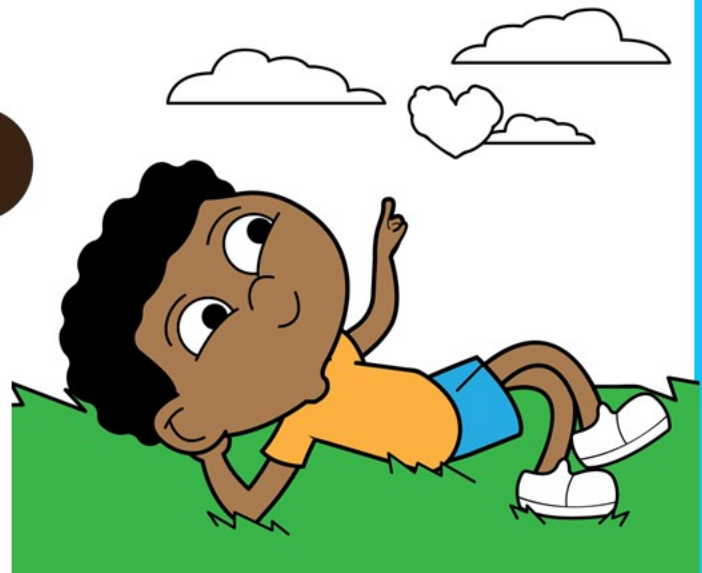
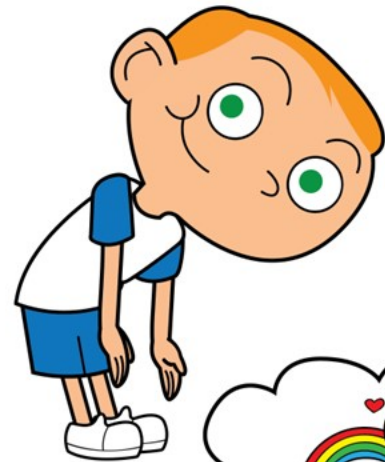


WORKSHEETS

Name: _____

COPING SKILLS

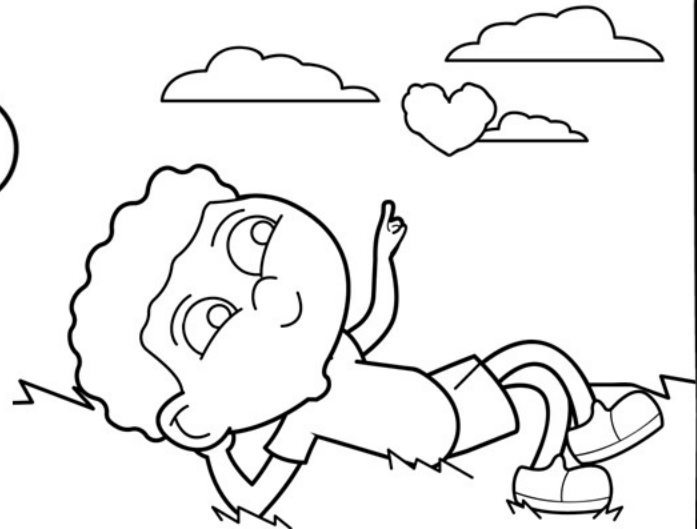
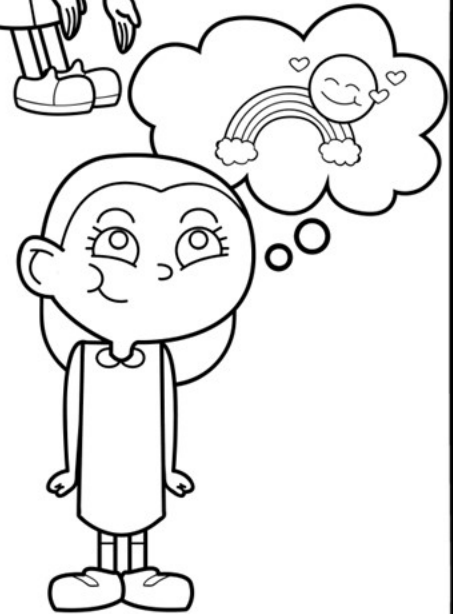
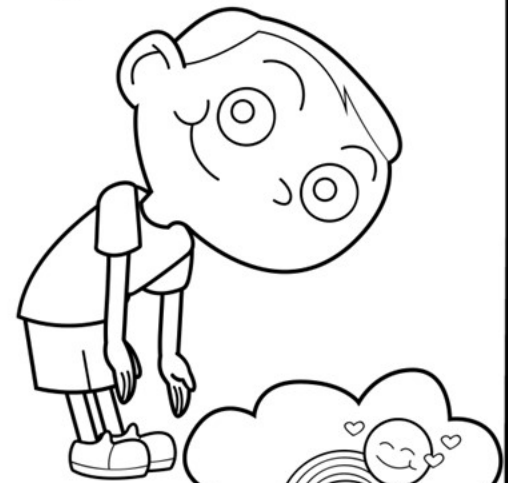
Circle your favorite coping skills.



Name: _____

COPING SKILLS

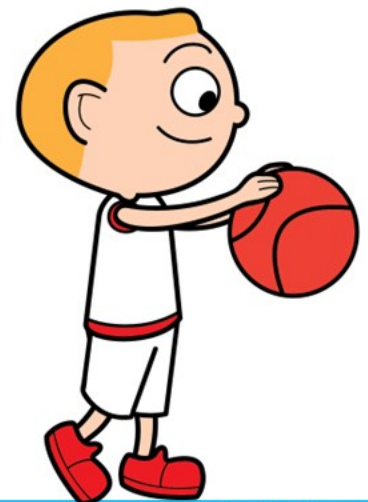
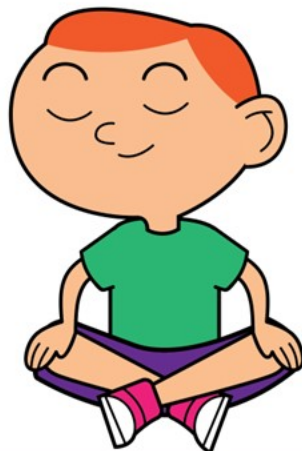
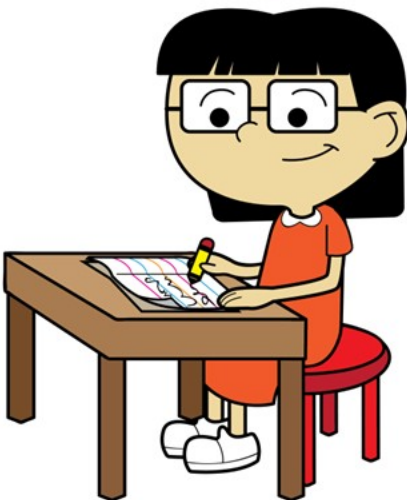
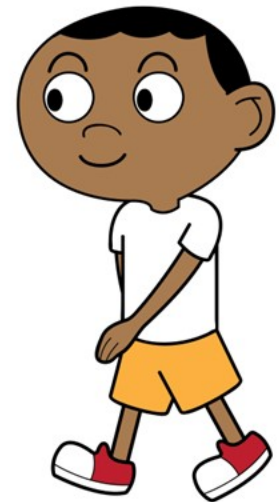
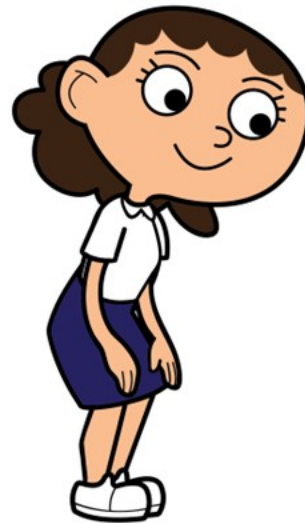
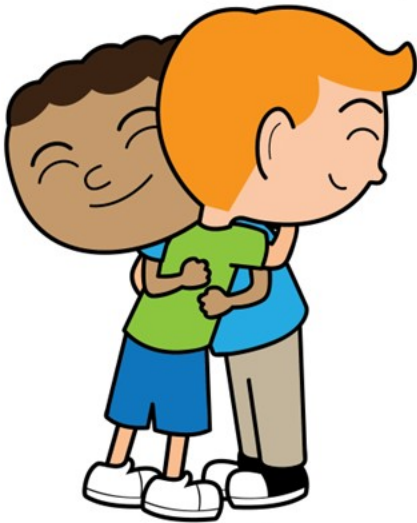
Color your favorite coping skills.



Name: _____

COPING SKILLS

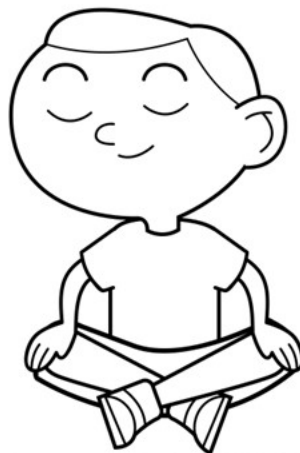
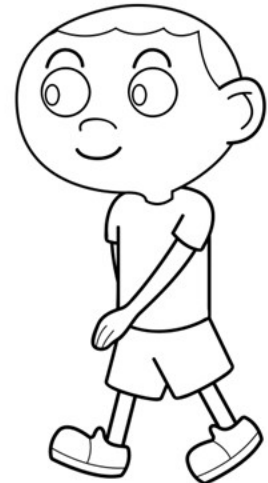
Circle your favorite coping skills.



Name: _____

COPING SKILLS

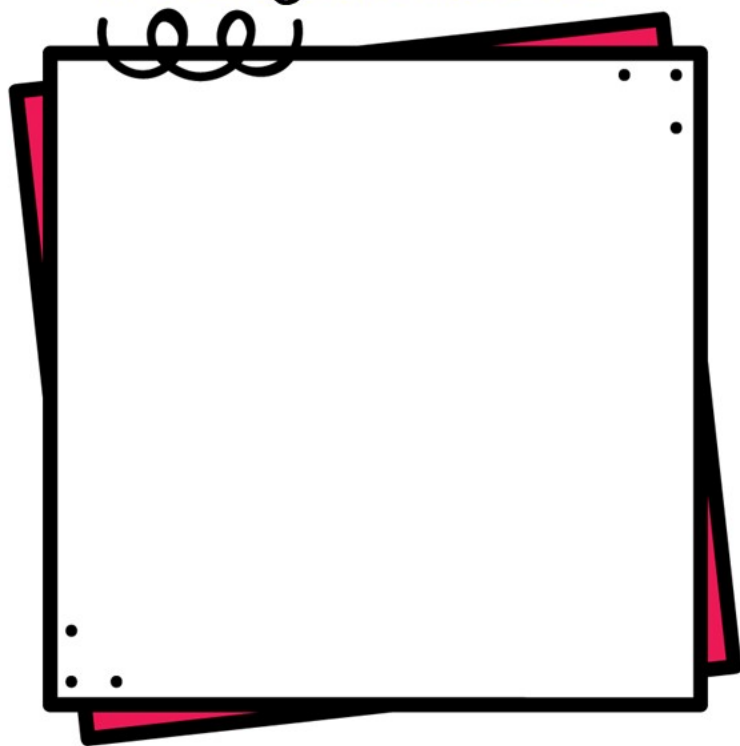
Color your favorite coping skills.



Name: _____

COPING SKILLS

Coping with BIG
feelings looks like:



My favorite
coping skills:



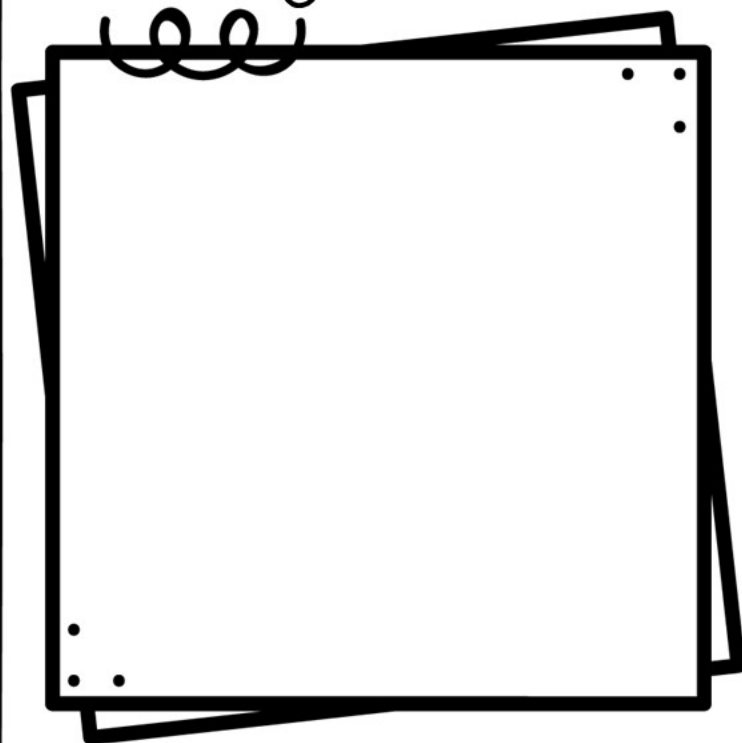
Here is a picture of my favorite coping skill:



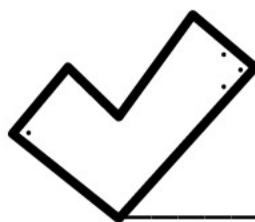
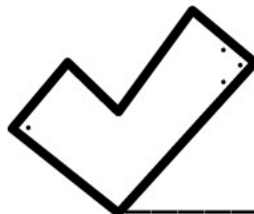
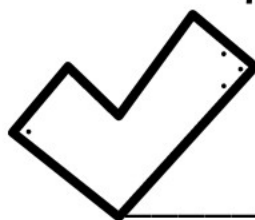
Name: _____

COPING SKILLS

Coping with BIG
feelings looks like:



My favorite
coping skills:



Here is a picture of my favorite coping skill:

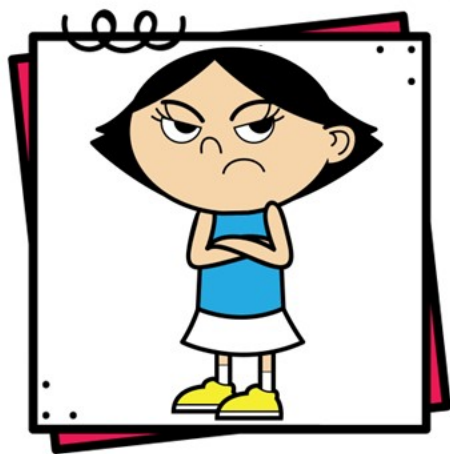


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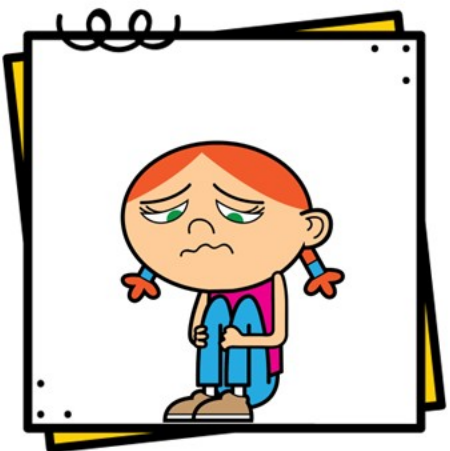
COPING SKILLS

How is each student feeling?

Which coping skill could he/she try?







Name: _____

COPING SKILLS

How is each student feeling?

Which coping skill could he/she try?





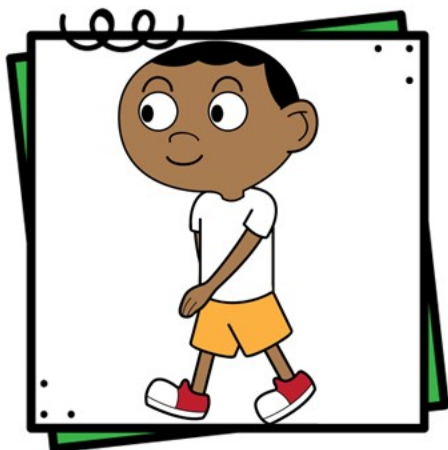


Name: _____

COPING SKILLS

Which coping skill is each student using?
Do you use this strategy? Why or why not?



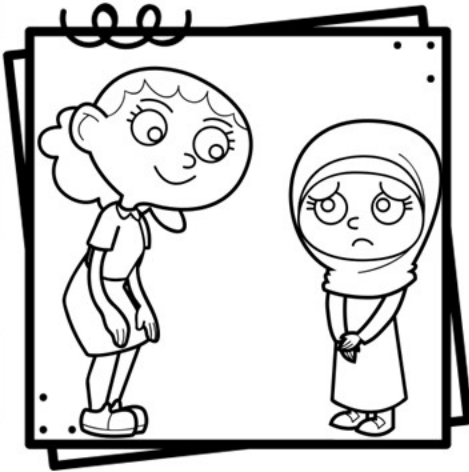




Name: _____

COPING SKILLS

Which coping skill is each student using?
Do you use this strategy? Why or why not?



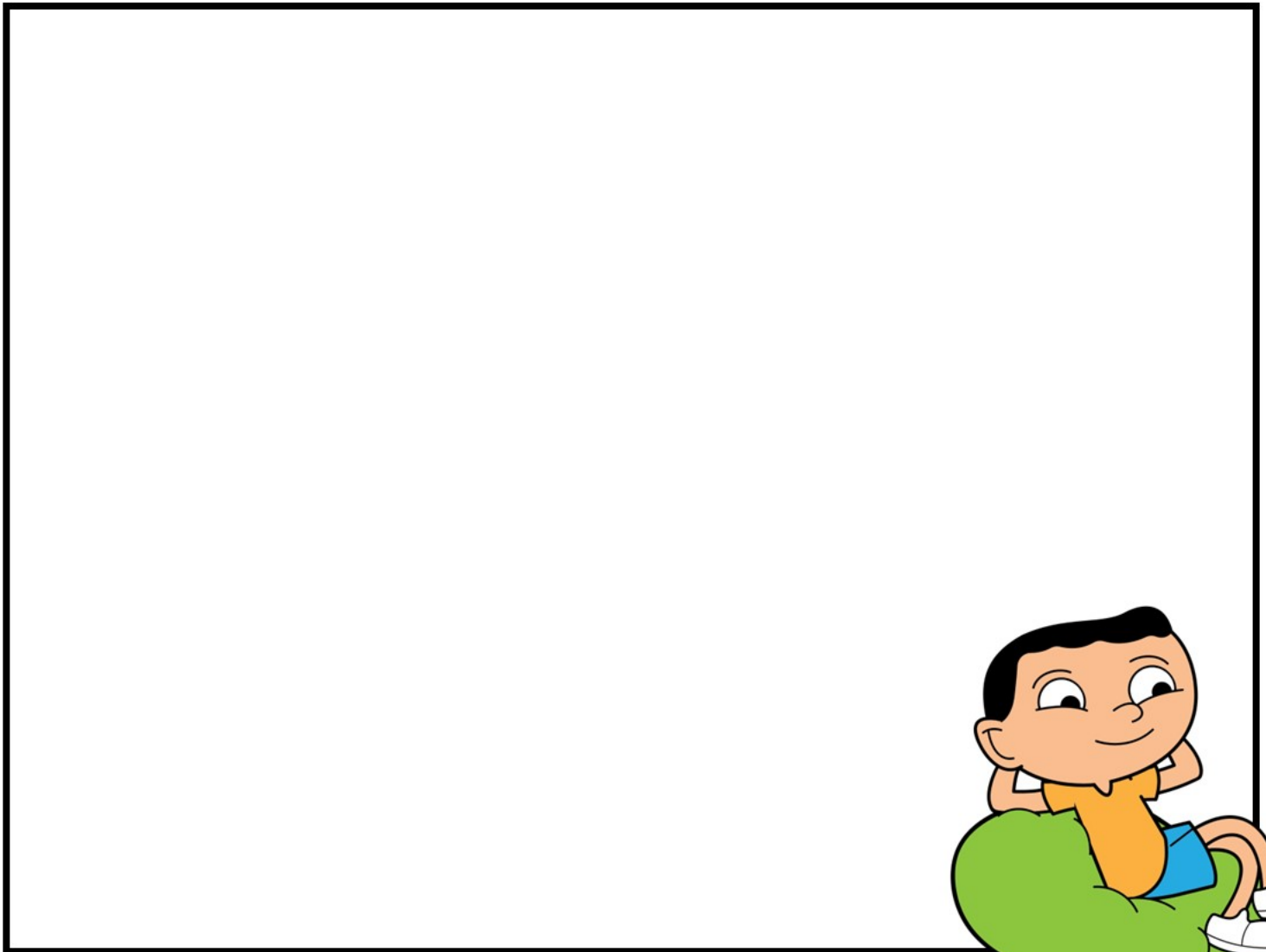




Name: _____

COPING SKILLS

Write and draw about a time when you used a coping skill and how it helped you.



Name: _____

COPING SKILLS

Write and draw about a time when you used a coping skill and how it helped you.



COLORING PAGES

Name: _____

COPING SKILLS

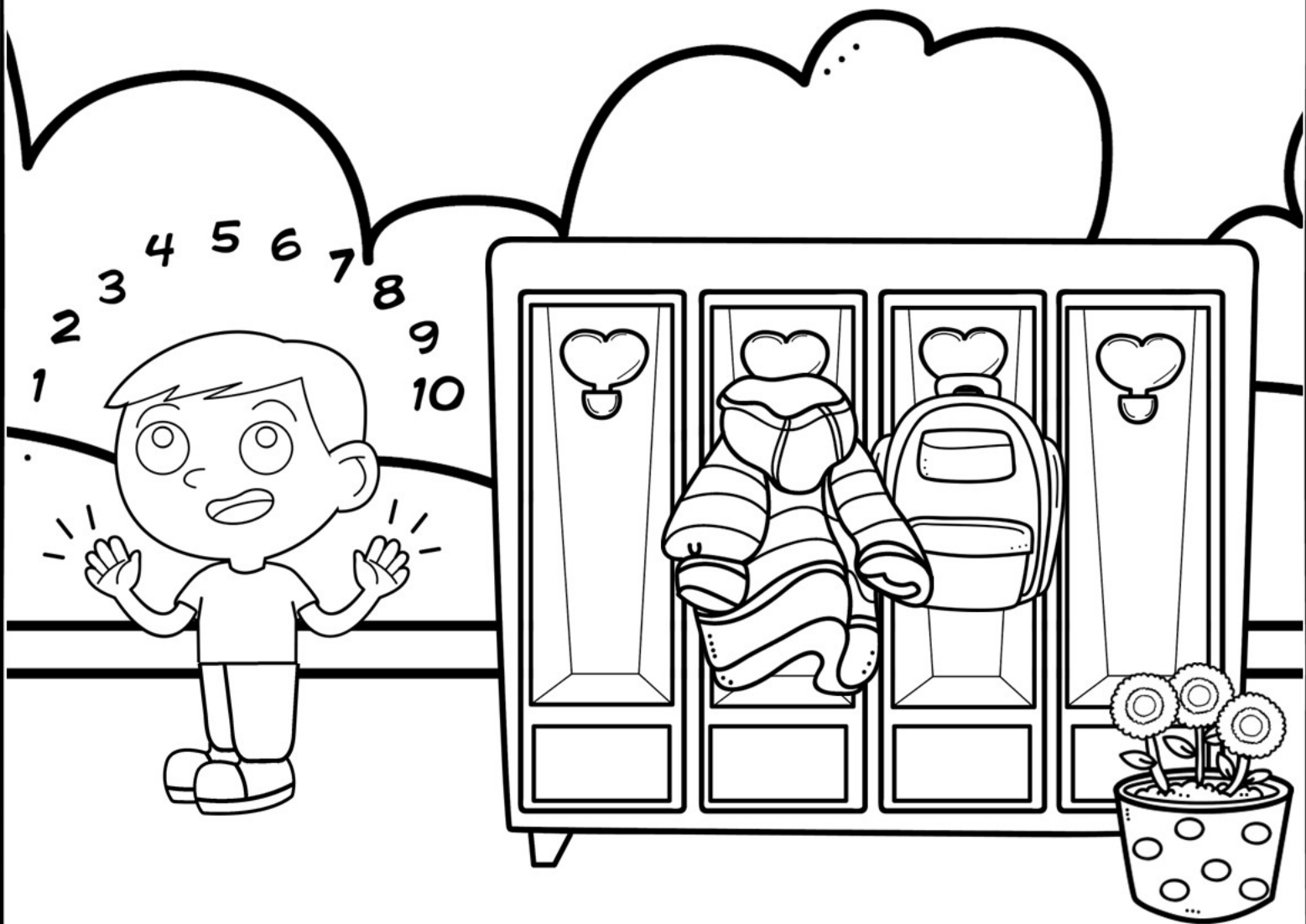
I take deep breaths in through my nose and out through my mouth.



Name: _____

COPING SKILLS

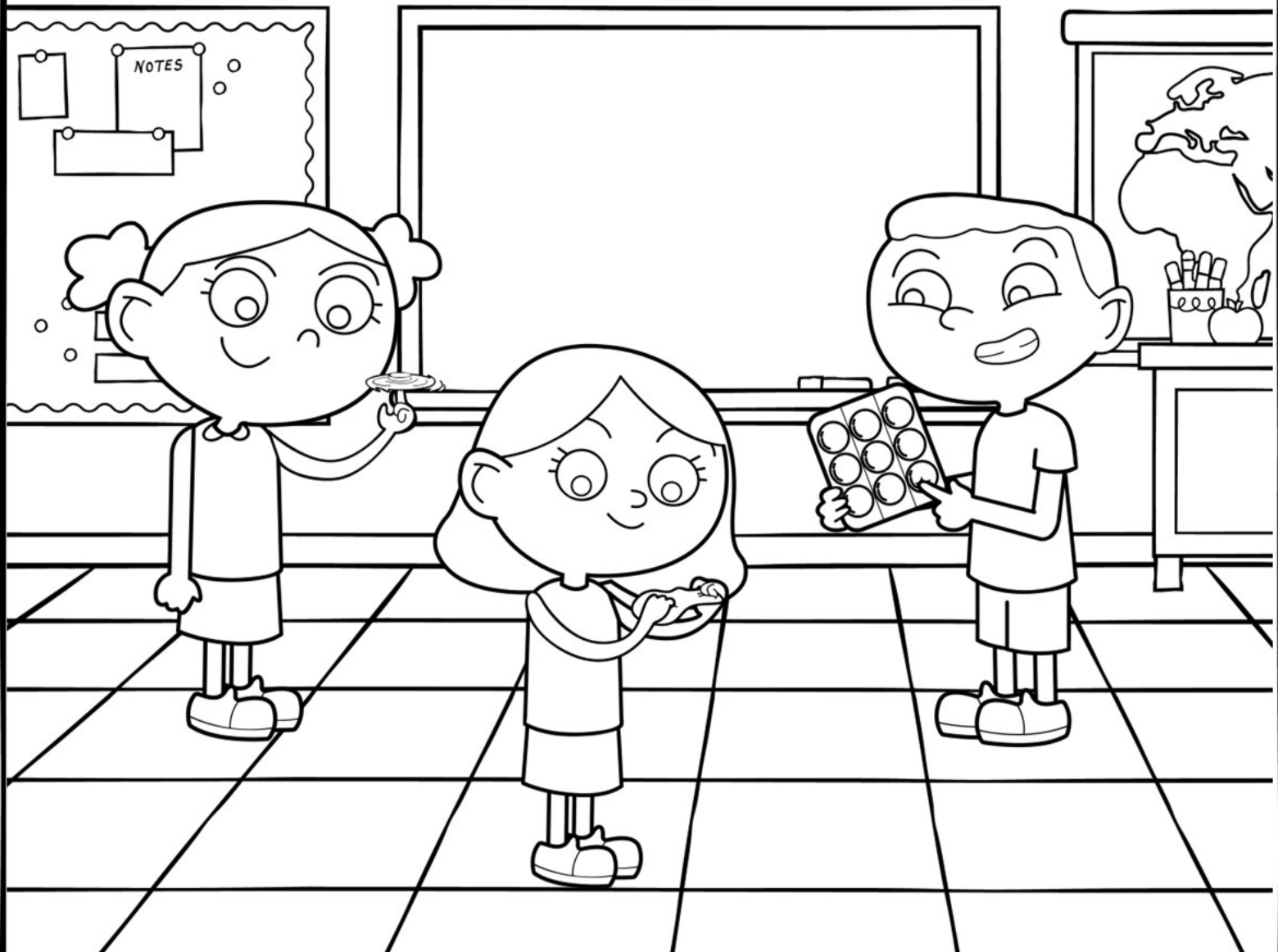
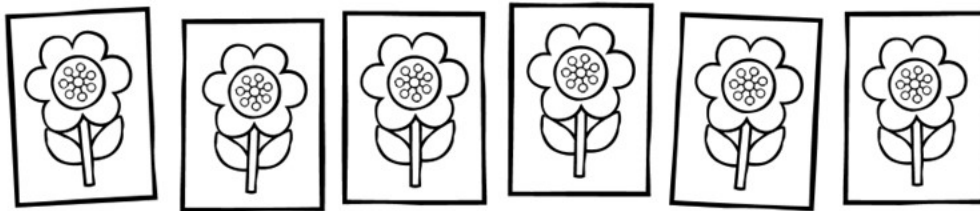
I count from 1 to 10. Breathe.
Then count down from 10 to 1.



Name: _____

COPING SKILLS

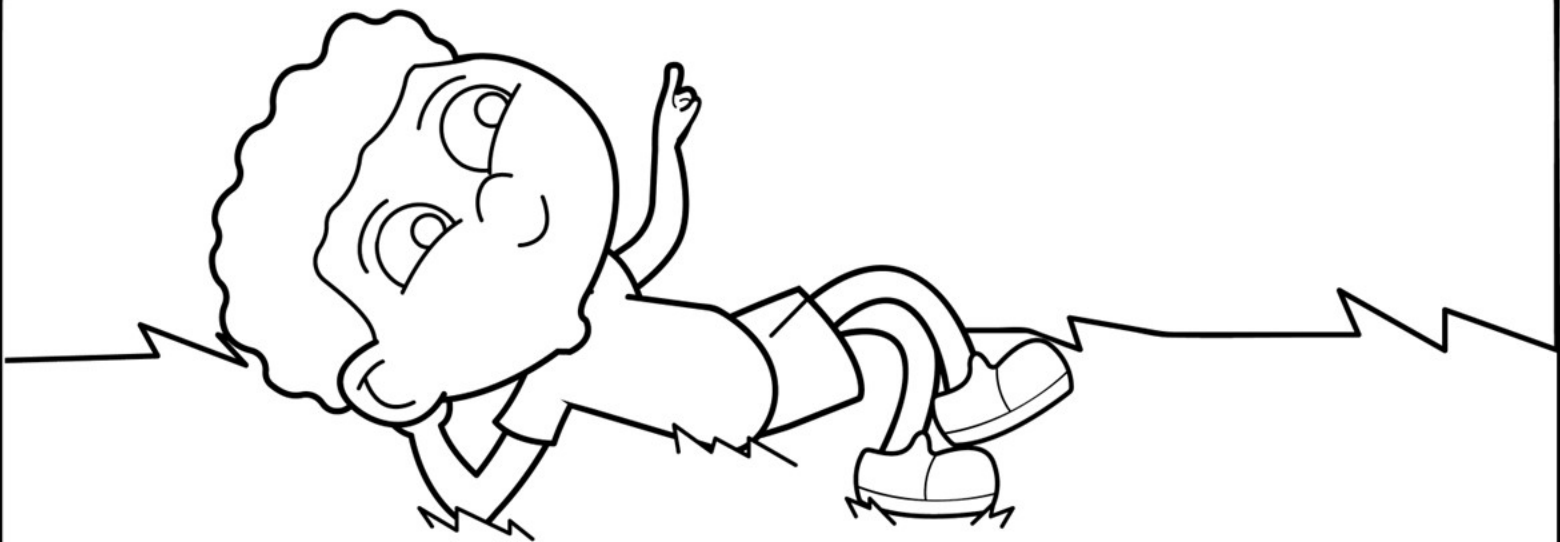
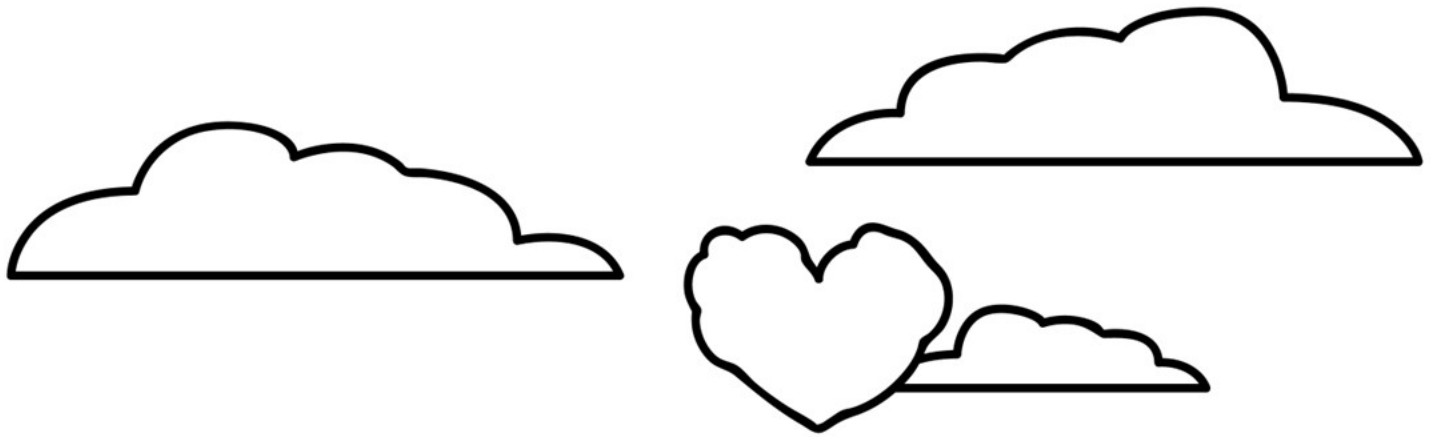
I use stress balls, sensory tools, and fidgets to help me cope.



Name: _____

COPING SKILLS

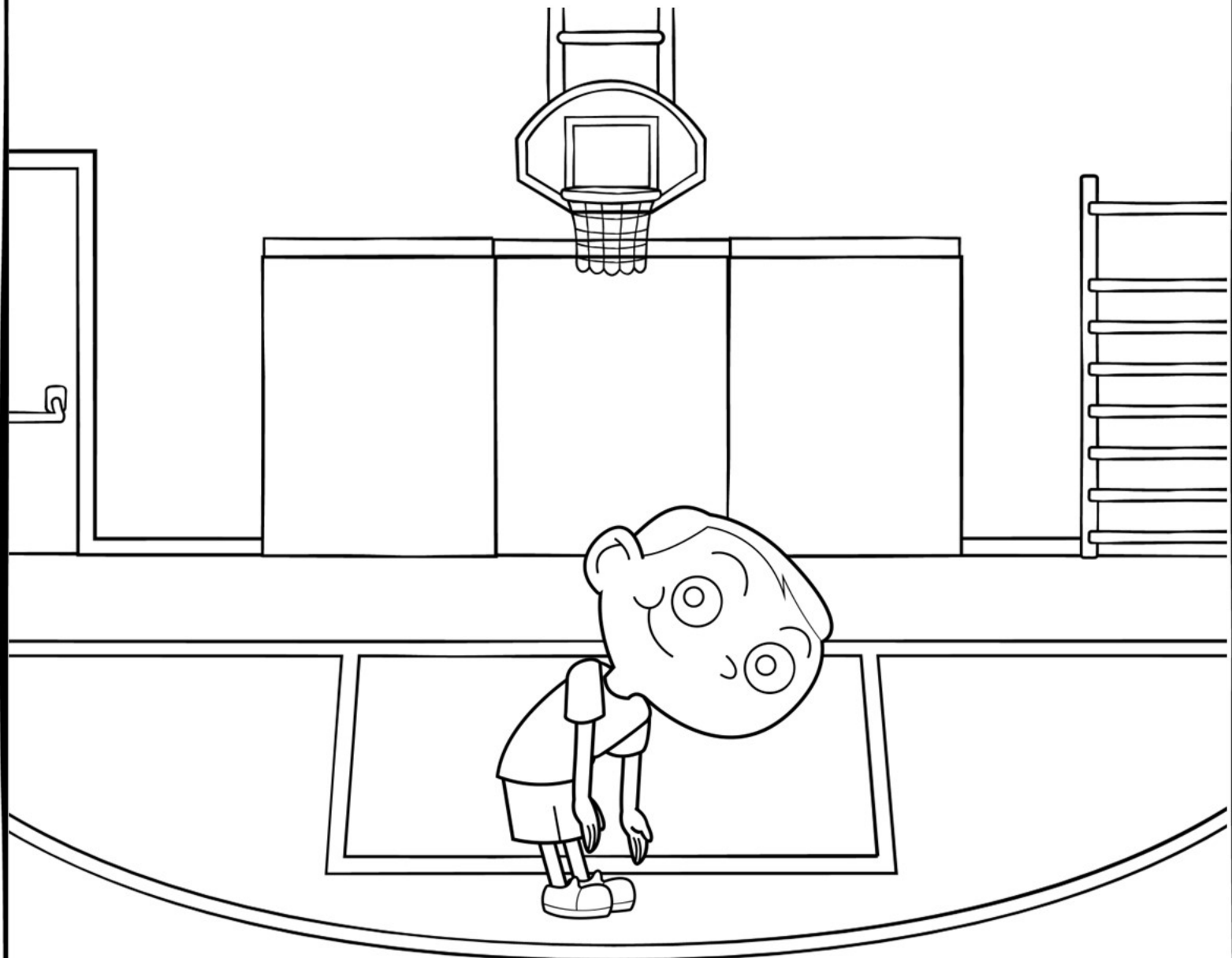
I relax in nature. I lay in the grass
and watch the clouds.



Name: _____

COPING SKILLS

I stretch, move my body, and
exercise.



Name: _____

COPING SKILLS

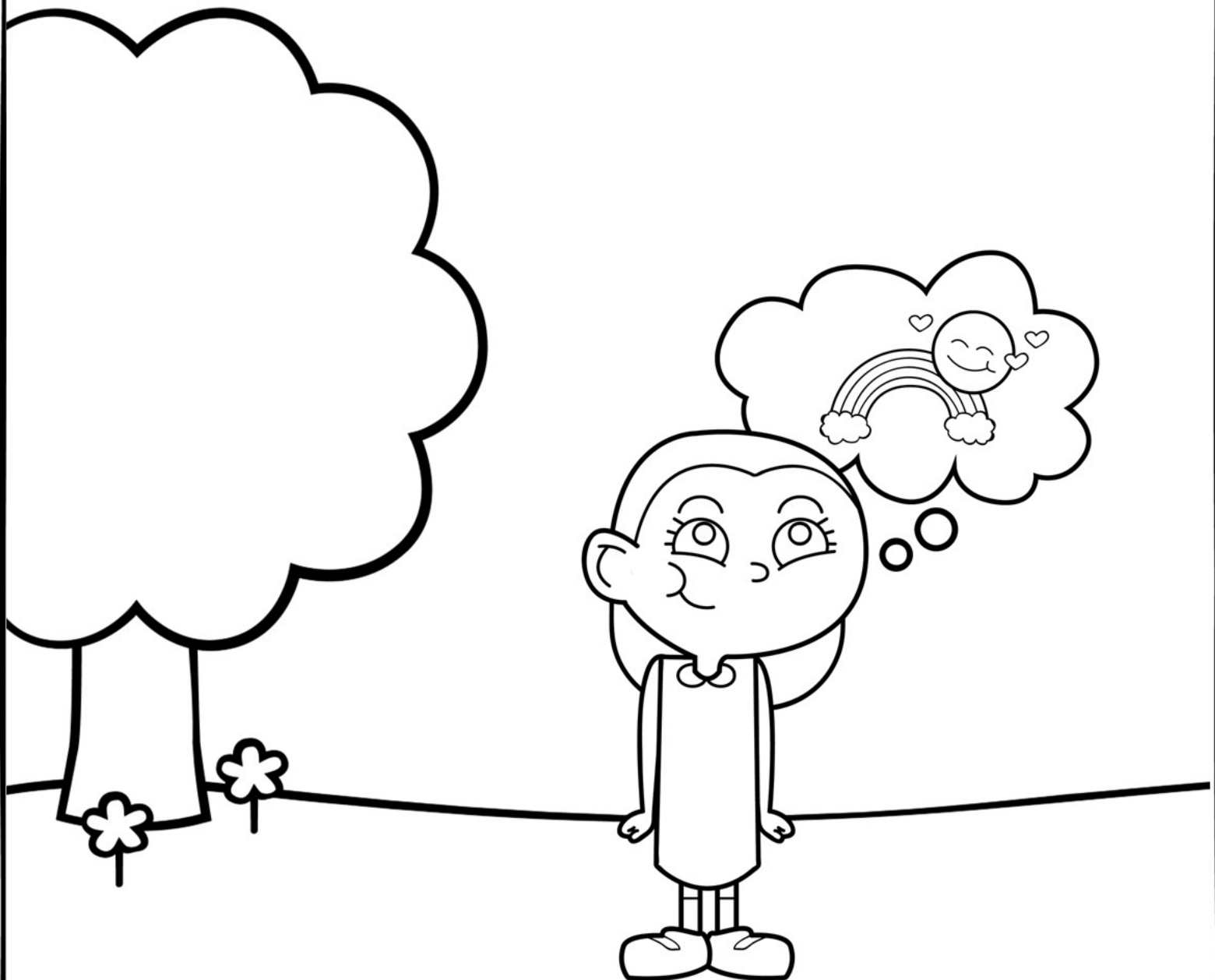
I go to the Calm Corner, breathe, and use sensory and fidget tools.



Name: _____

COPING SKILLS

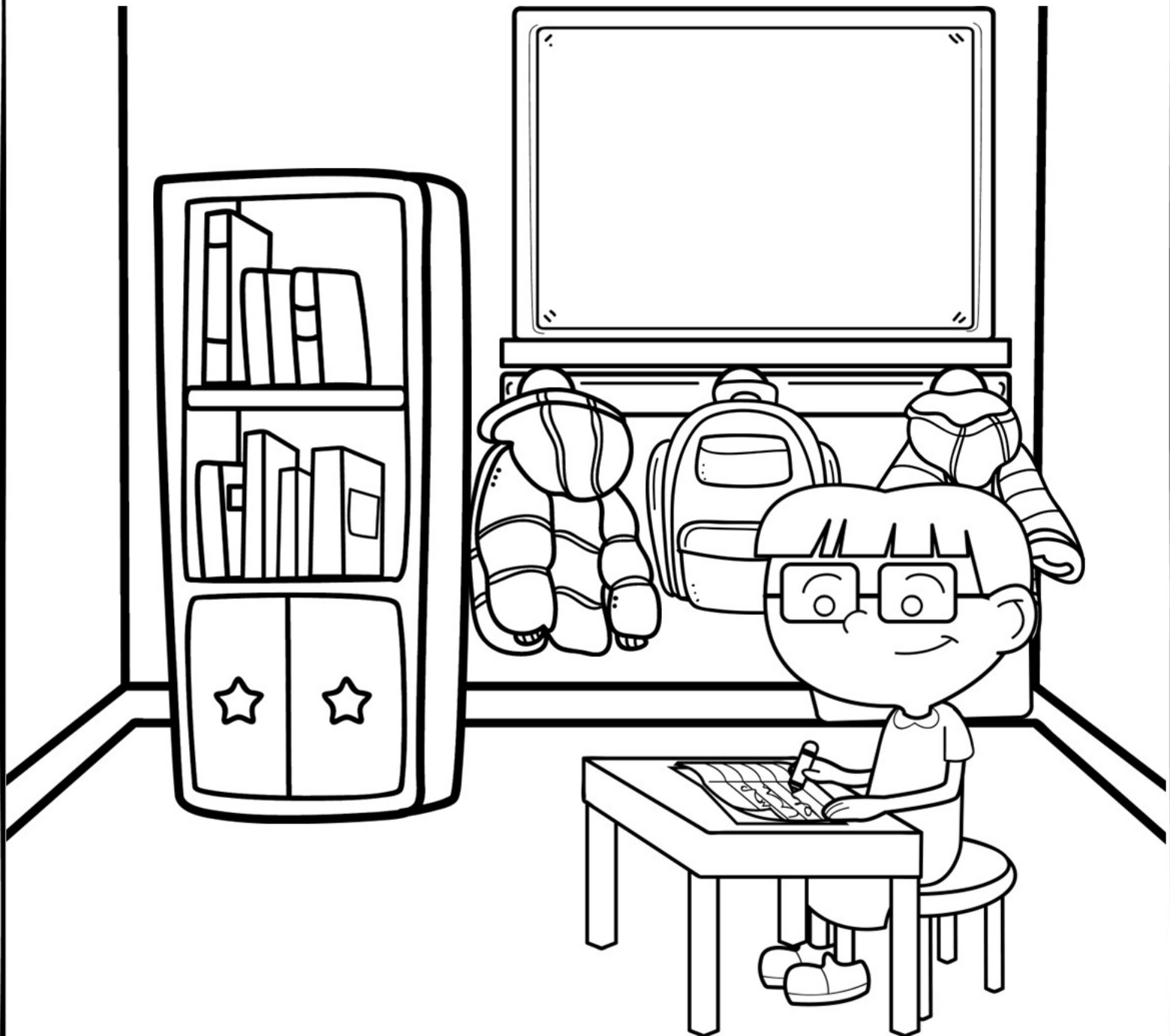
I think positive, happy thoughts.
I imagine I'm in a peaceful place.



Name: _____

COPING SKILLS

I write or journal about my thoughts,
feelings, and experiences.



Name: _____

COPING SKILLS

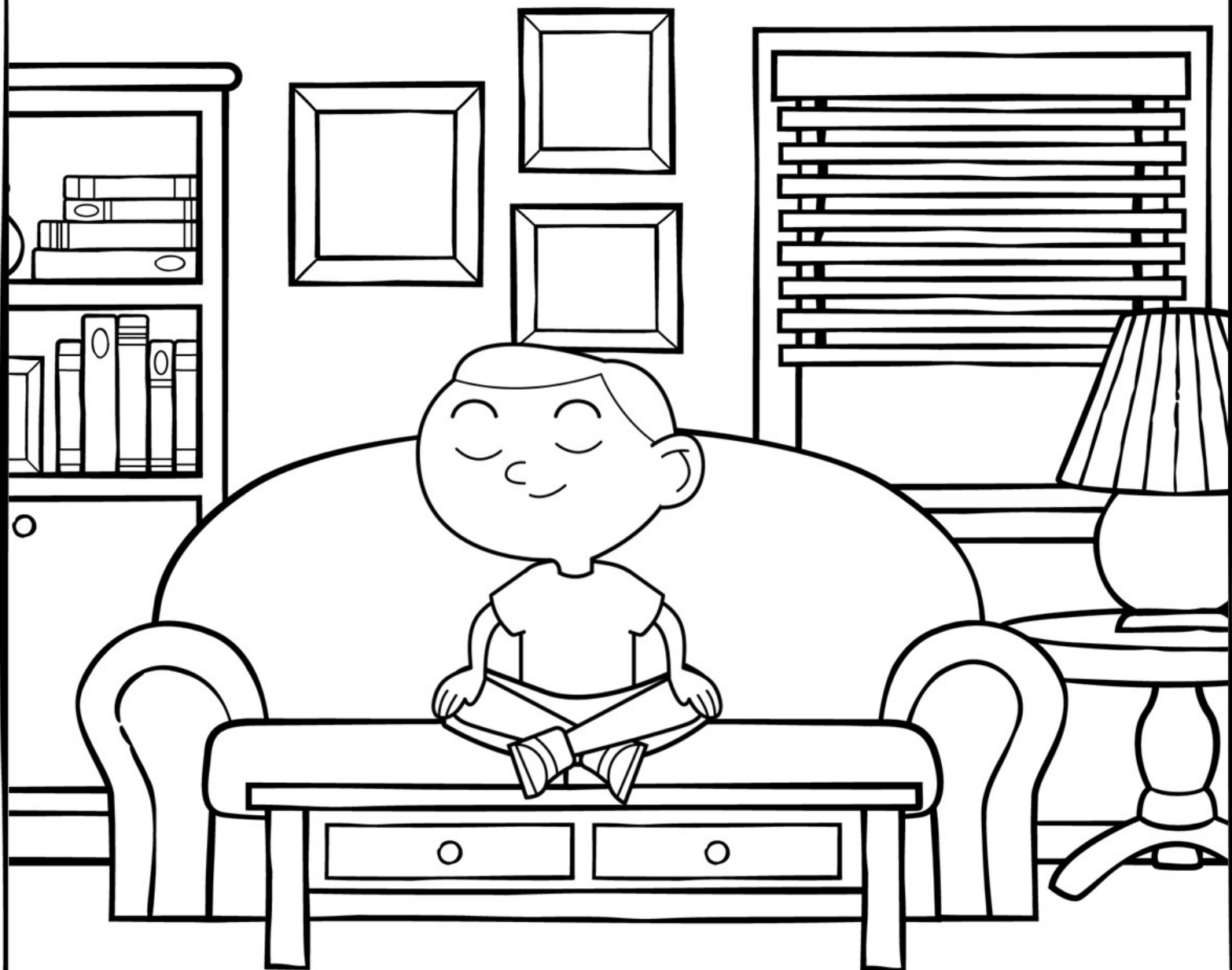
I listen to music that makes me feel
calm, happy, and upbeat.



Name: _____

COPING SKILLS

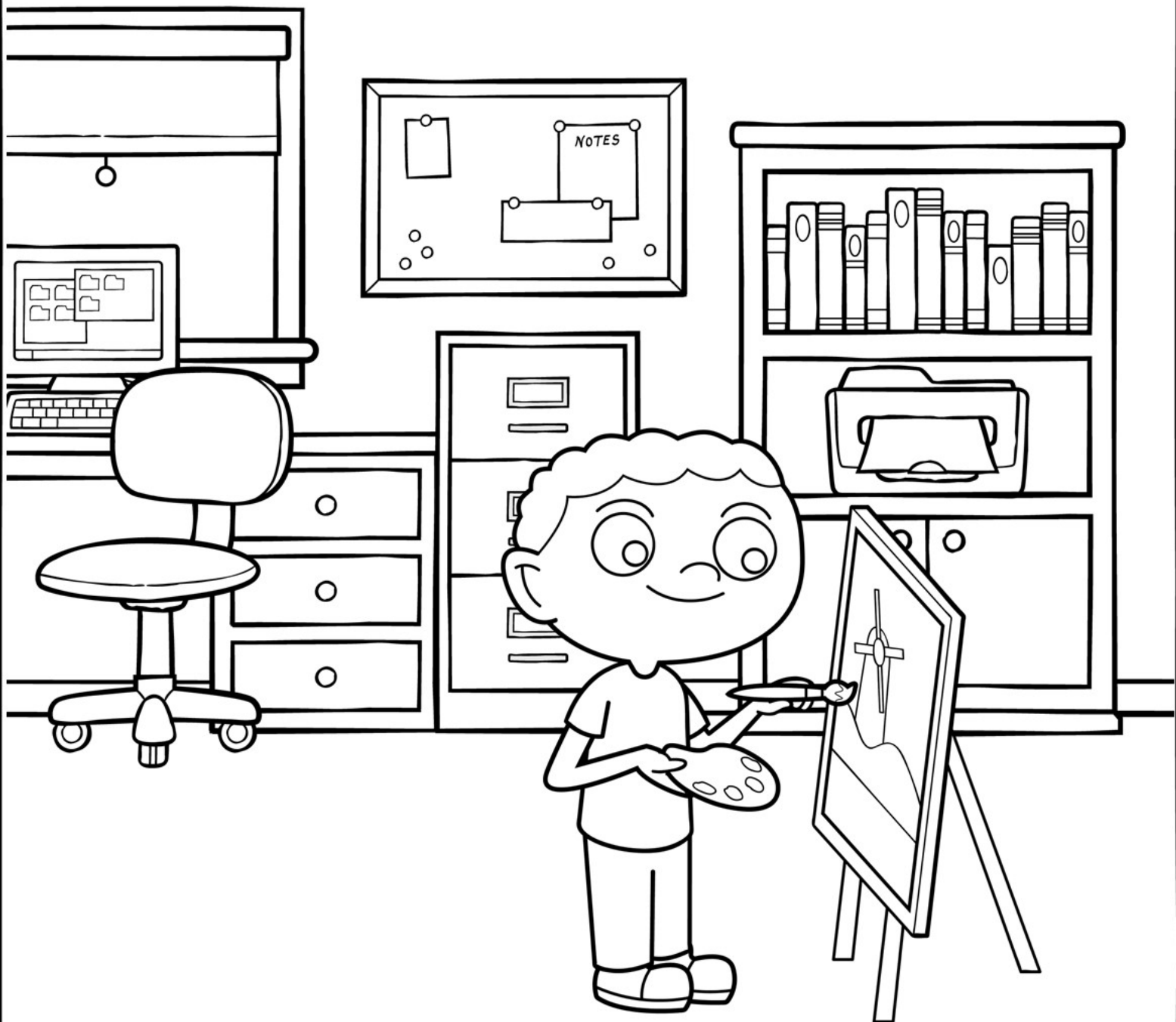
I practice mindfulness. I am present
in the "here and now."



Name: _____

COPING SKILLS

I draw or paint about my feelings,
thoughts, and experiences.



Name: _____

COPING SKILLS

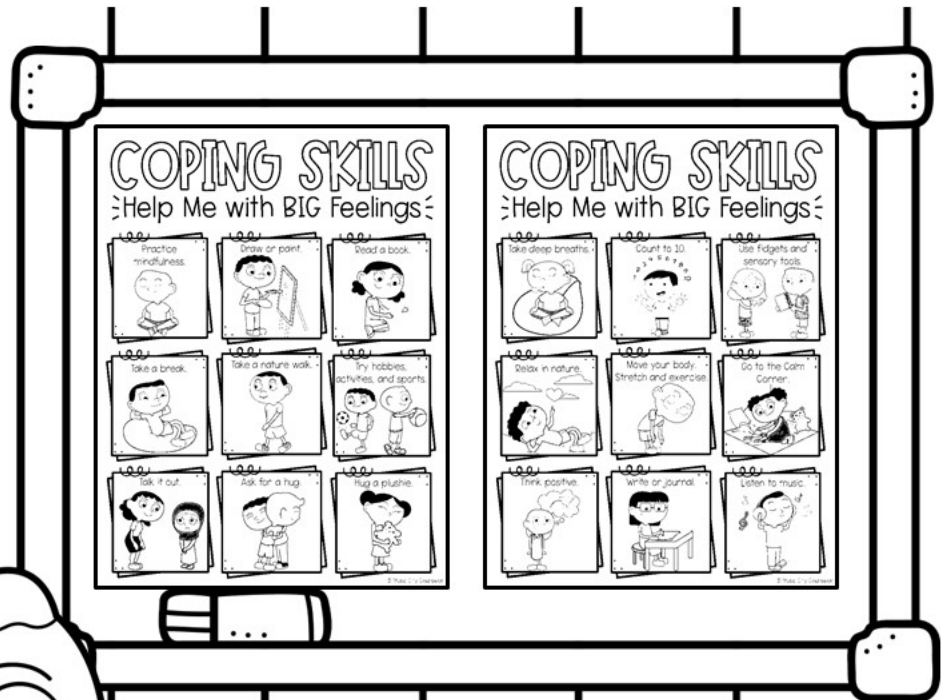
I read a book that I enjoy.



Name: _____

COPING SKILLS

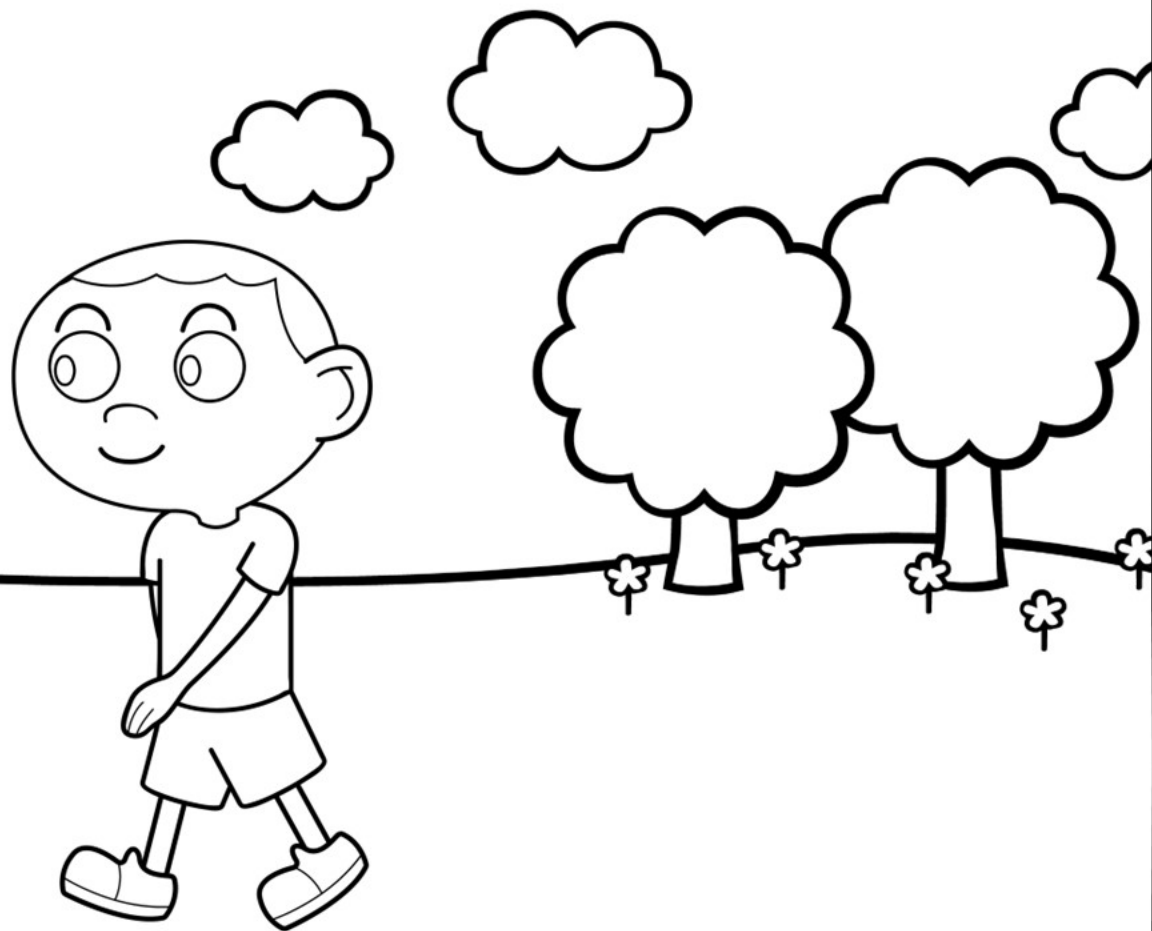
I find a safe and quiet place to take a break until I feel calm.



Name: _____

COPING SKILLS

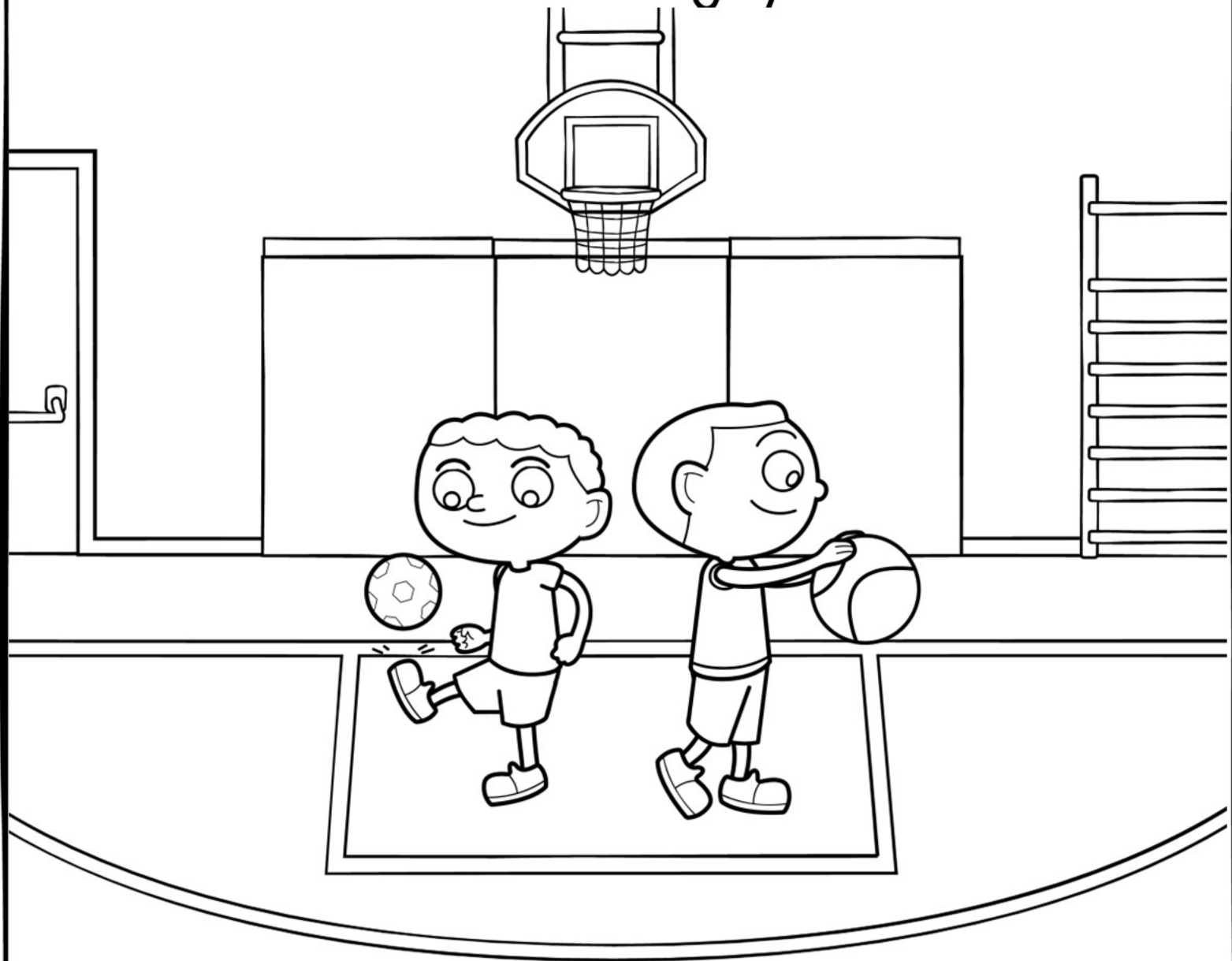
I go on a nature walk outside and take in the sights, smells, and sounds.



Name: _____

COPING SKILLS

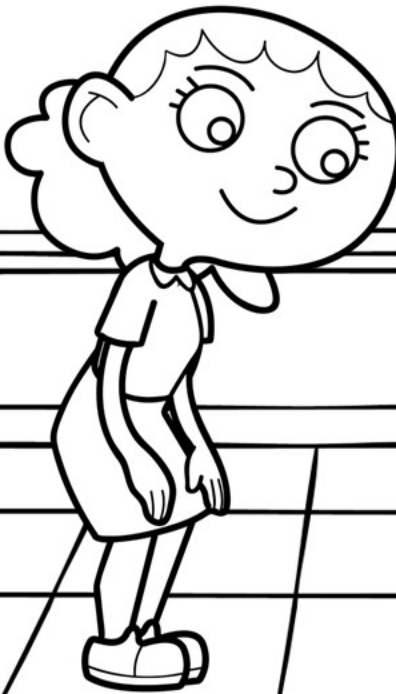
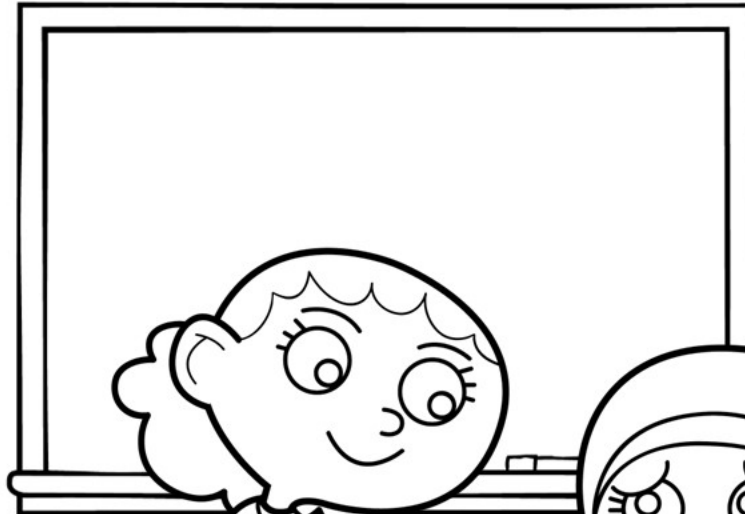
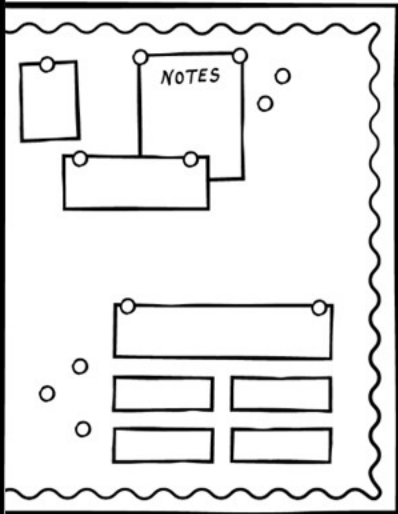
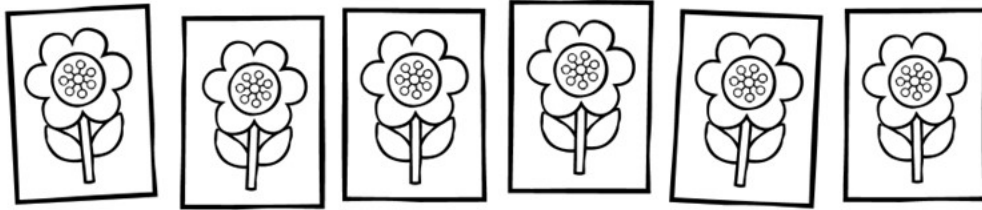
I try hobbies, activities, and sports
that I enjoy.



Name: _____

COPING SKILLS

I talk out my feelings with a friend or grown-up that I trust.



Name: _____

COPING SKILLS

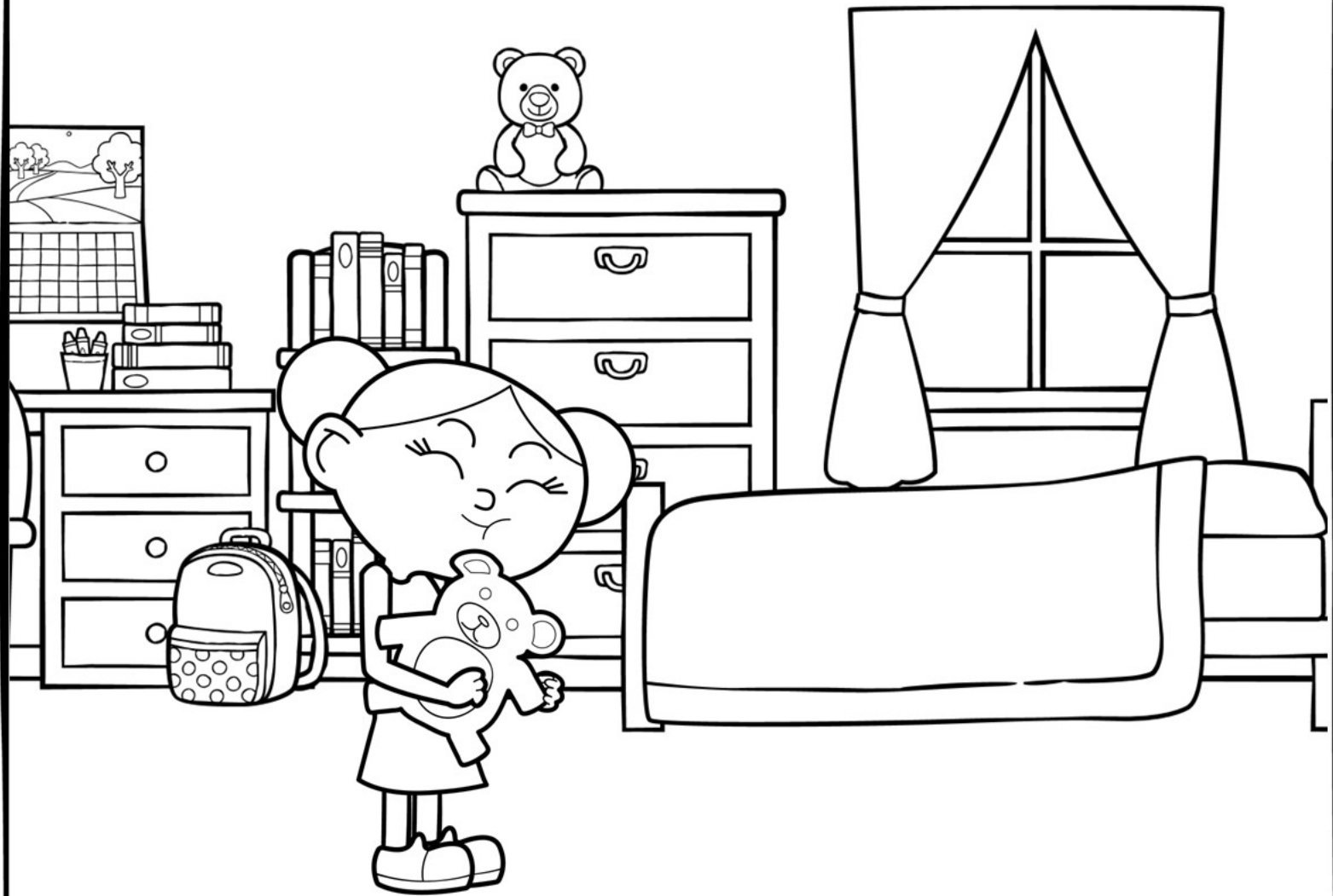
I ask for a hug from a friend or grown-up that I trust.



Name: _____

COPING SKILLS

I hug a favorite plushie or stuffed toy.



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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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LittleRed's
CLIP ART

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