

○

MUSICcityCOUNSELOR

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!

☆☆☆☆☆ **EXTREMELY SATISFIED**

♥ *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:

Category 1: Mindset Standards

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

Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions
- 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 teach.

Recommended Sequence:

- Review the PowerPoint or digital for Google Slides presentation.
- Review the discussion cards in small groups or whole group.
- Complete the craft, a worksheet, or the coloring book.
- Display the posters in your space or Calm Corner if you'd like!

PowerPoint Presentation:

This presentation teaches students all about coping skills! It first reviews the definition of coping skills. Next, it tells the story of a little boy named Corey who sometimes has trouble managing his BIG feelings. His school counselor Miss Reyes comes to his class to set up a Calm Corner where he can take a break and practice his coping skills. After the story, the presentation offers 3 discussion questions for students to "turn and talk" with a partner. Then, students learn and review 6 coping skills, discuss their favorite coping tools, and learn how controlling our feelings helps us in school and in life. The last slide asks students to "turn and talk" with a neighbor about their favorite coping skills.

Discussion Cards:

12 discussion cards are included in both full color and black/white. You may choose to ask students to discuss these in small groups or large group. They review the story, big feelings and coping skills, and help students connect the material to their own lives.

Directions Page 2:

Craft:

4 versions of an adorable craft are included. 2 boys and 2 girls are offered for the clipart topper kids. And primary lines and regular lines are included for the writing portion. Please let students choose the clipart kid that looks the most like them. Please give each student a page with the clipart kid and a page with the "My Favorite Coping Skills" frame. First, students color the clipart kid and the "My Favorite Coping Skills" frame. Then, they write on the lines about their favorite coping skills. Next, they cut out the clipart kid topper. Finally, they glue the clipart kid topper to the top of the "My Favorite Coping Skills" page as shown in the sample on the next page. These would make for an adorable bulletin board or hallway display!

Posters:

4 posters are included that are perfect for instruction, reviewing the material, and to display in your space! You can use these posters to set up your own Calm Corner in your classroom or office if you'd like!

Worksheets & Coloring Book:

4 worksheets and a 7-page "My Coping Skills" coloring book are included. Please choose the pages that best fit the needs of your students and the amount of time that you have!

Craft Sample



Name: Kamron

MY FAVORITE COPING SKILLS

When I feel upset, I
like to count to 10 and
take deep breaths.

POSTERS

I CAN USE MY COPING SKILLS

TAKE DEEP BREATHS



COUNT TO 10



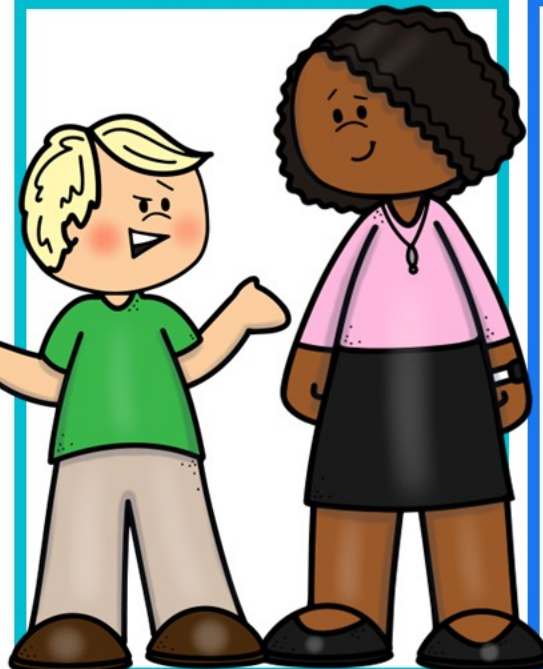
HAPPY THOUGHTS



DRAW OR COLOR



TALK IT OUT

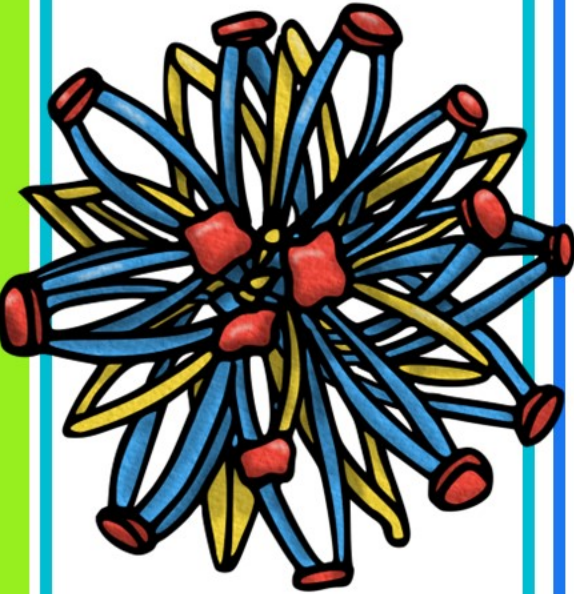


LISTEN TO MUSIC

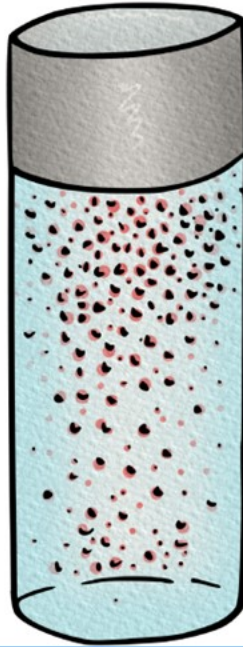


I CAN USE MY COPING TOOLS

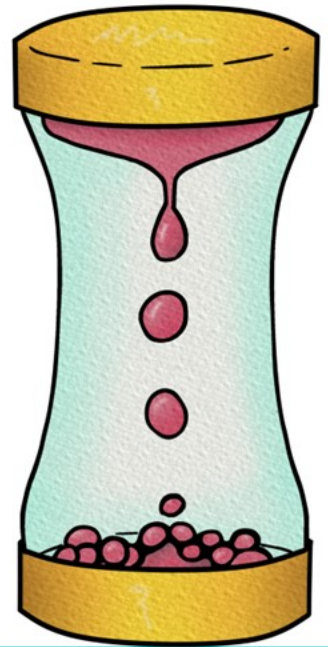
HOBERMAN SPHERE



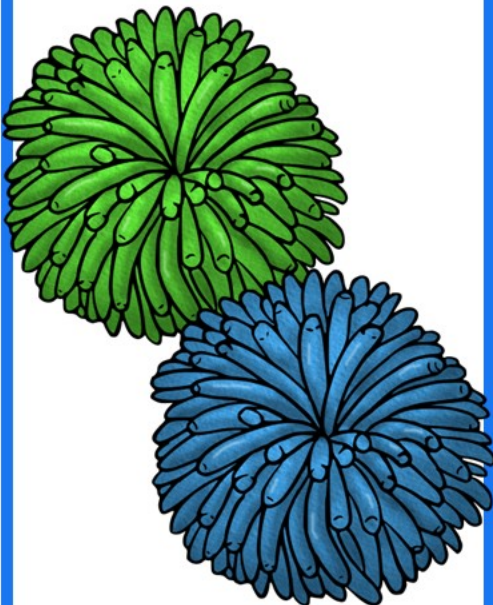
GLITTER BOTTLE



LIQUID TIMER



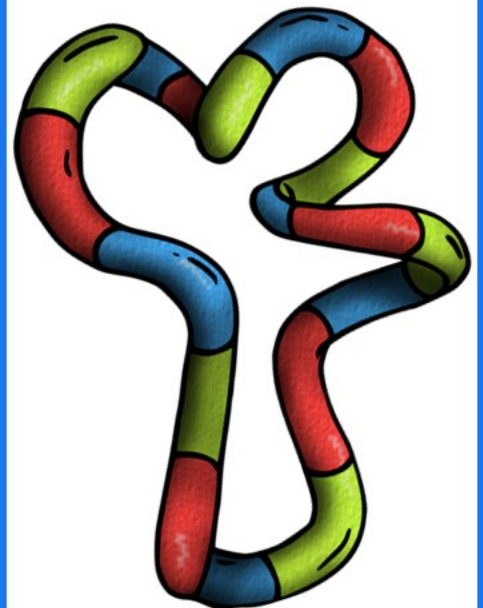
SQUISHY BALL



STRESS BALL



TANGLE FIDGET



ALL OF MY FEELINGS

HAPPY



SAD



ANGRY



NERVOUS



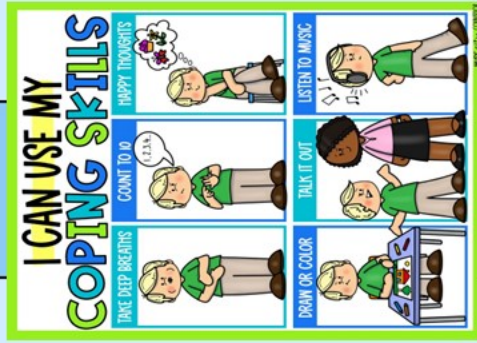
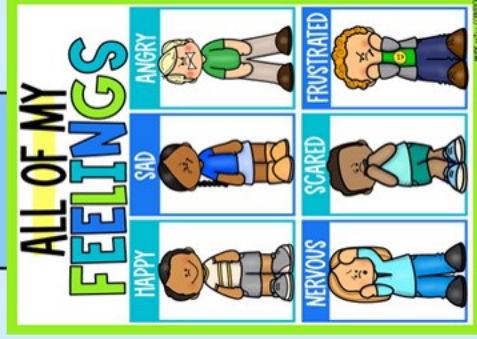
SCARED



FRUSTRATED



CALM CORNER



DISCUSSION CARDS



What are coping skills?



What are two examples of coping skills?



Which are your favorite coping skills?



Share about a time when you had big feelings.



What happens in your body when you have big feelings?



What are two examples of big feelings?

How could a Calm Corner help you?



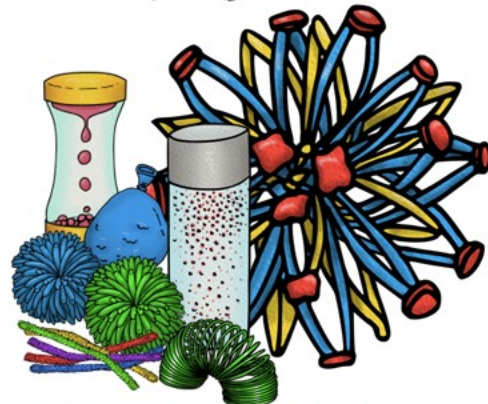
Why did Miss Reyes set up a Calm Corner for Corey?



What did Corey practice in the Calm Corner?



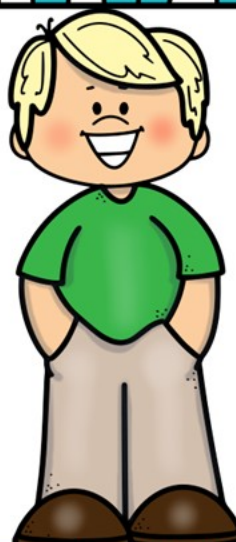
Which are your favorite coping tools?



When is it a good idea to go to the Calm Corner?



How did the Calm Corner help Corey?





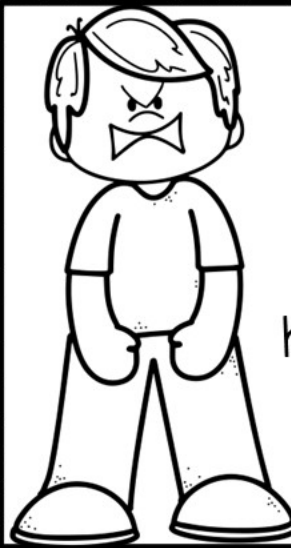
What are coping skills?



What are two examples of coping skills?



Which are your favorite coping skills?



Share about a time when you had big feelings.



What happens in your body when you have big feelings?



What are two examples of big feelings?

How could a Calm Corner help you?



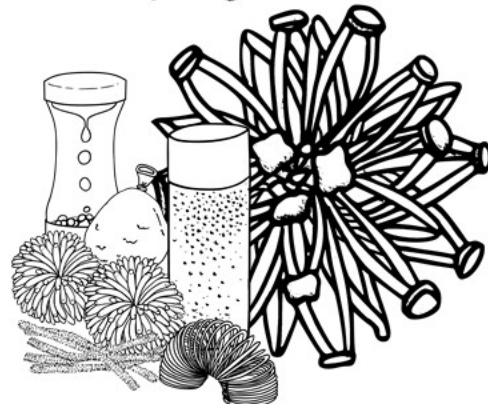
Why did Miss Reyes set up a Calm Corner for Corey?



What did Corey practice in the Calm Corner?



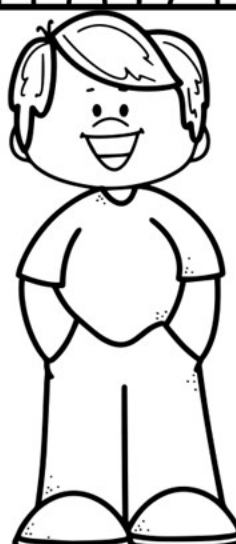
Which are your favorite coping tools?



When is it a good idea to go to the Calm Corner?



How did the Calm Corner help Corey?



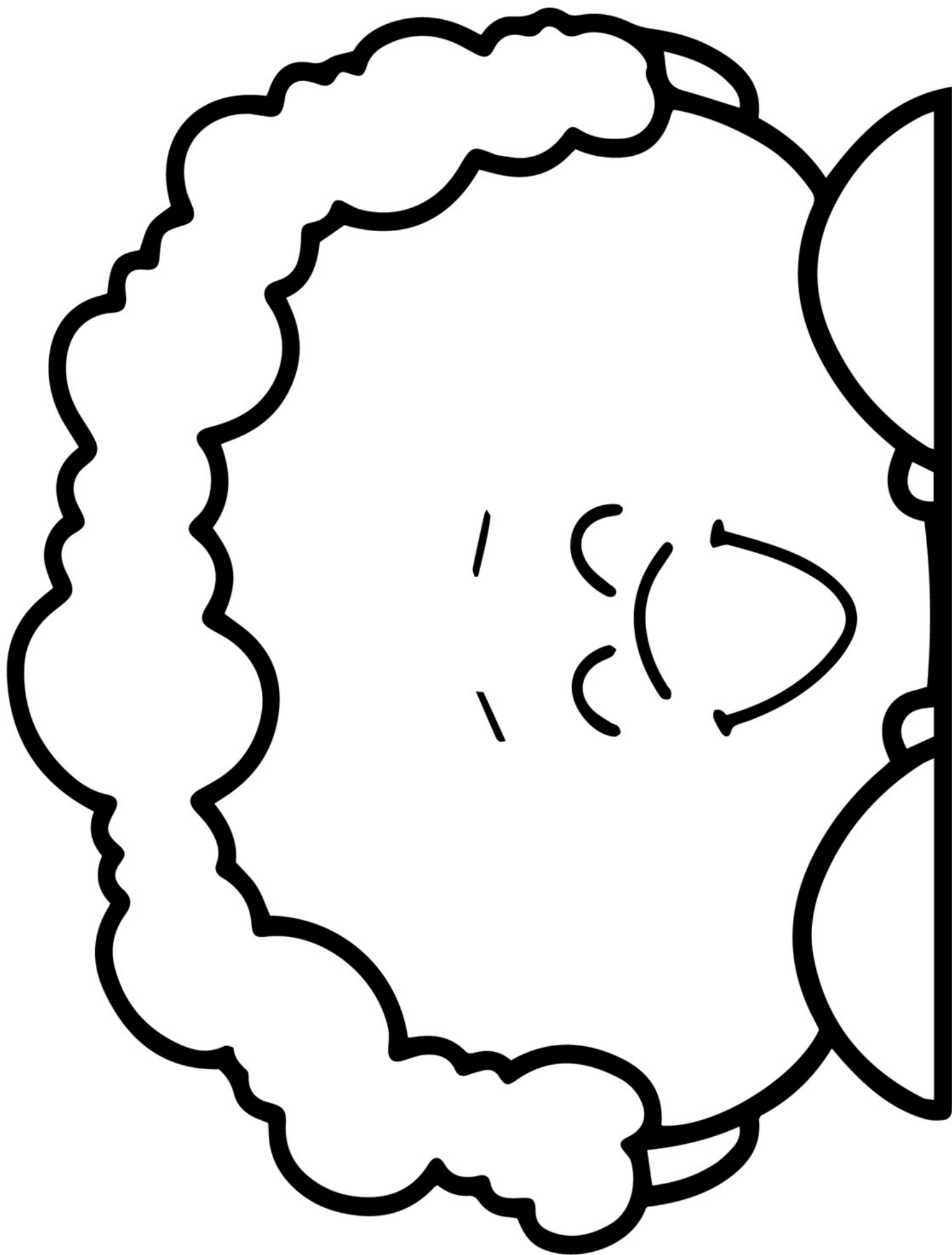
CRAFT

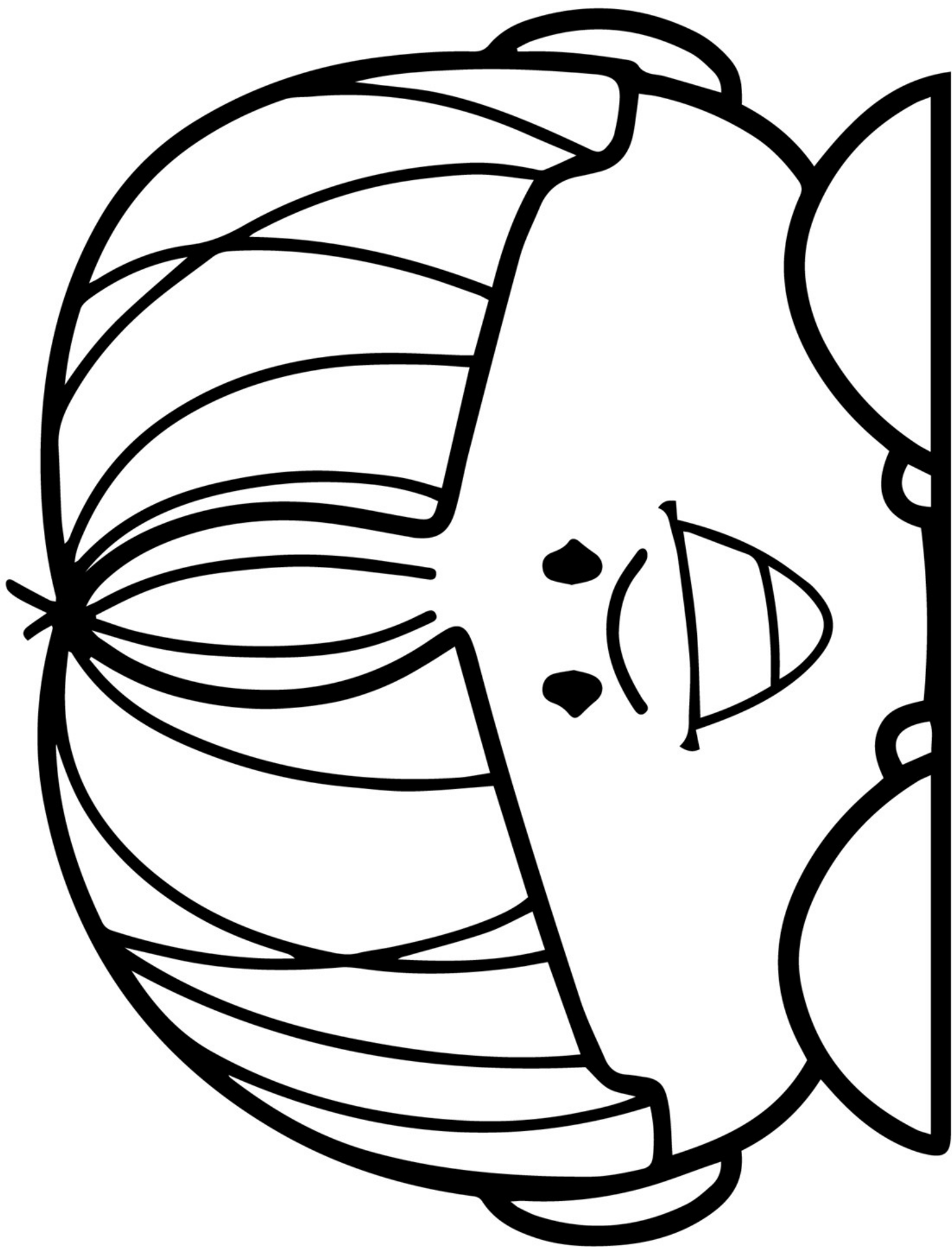
Name: _____

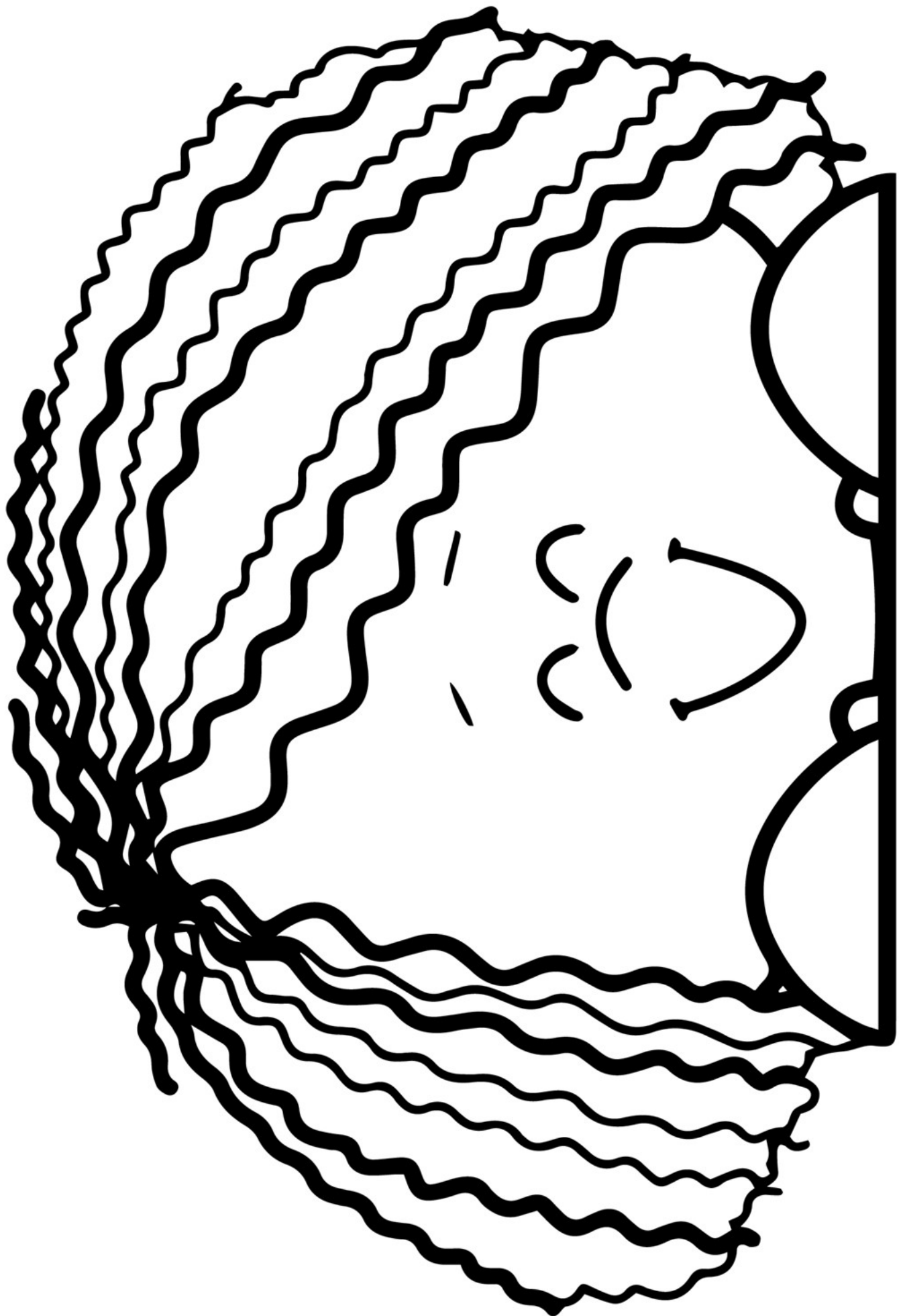
MY FAVORITE COPING SKILLS

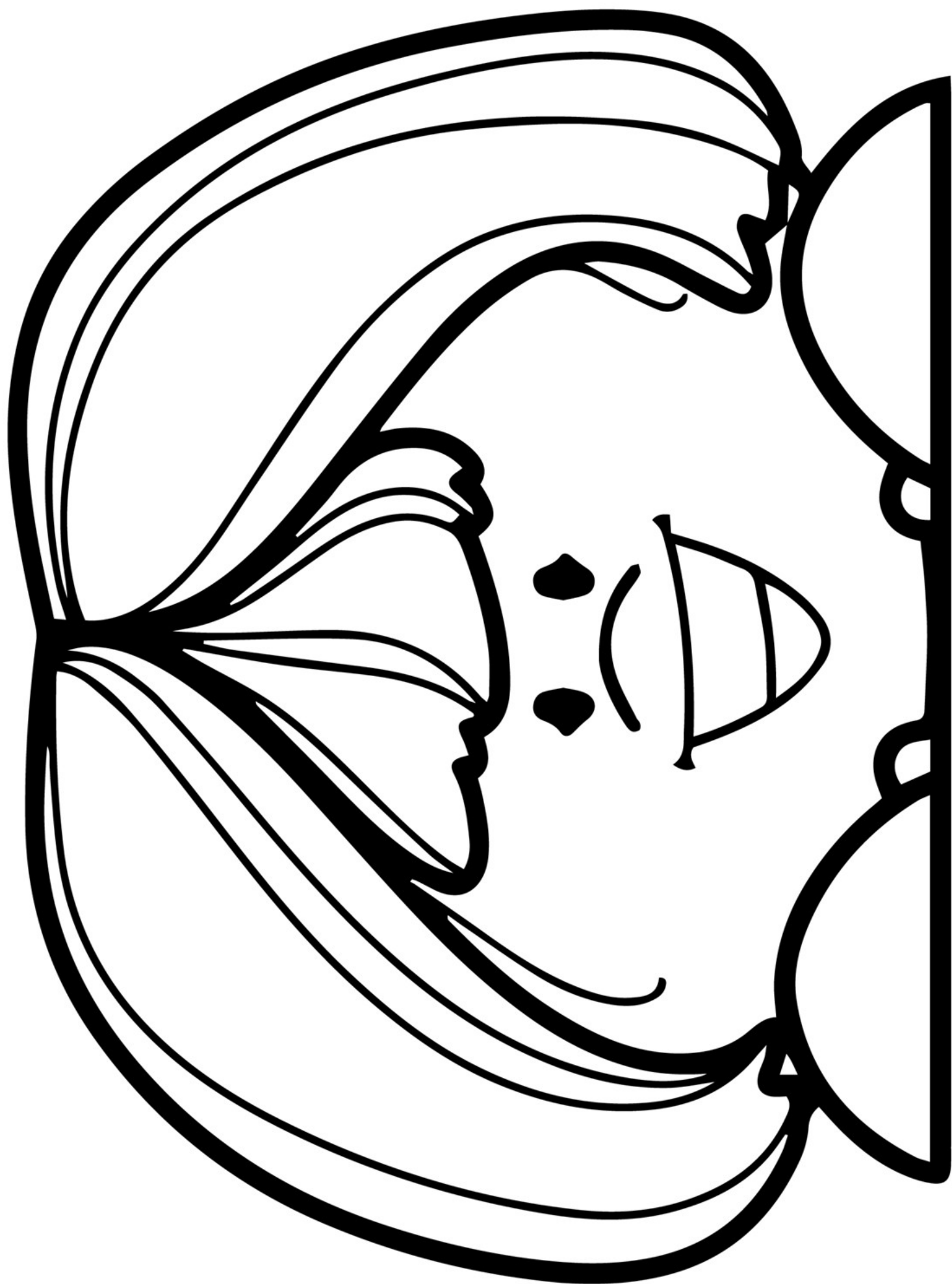
Name: _____

MY FAVORITE COPING SKILLS





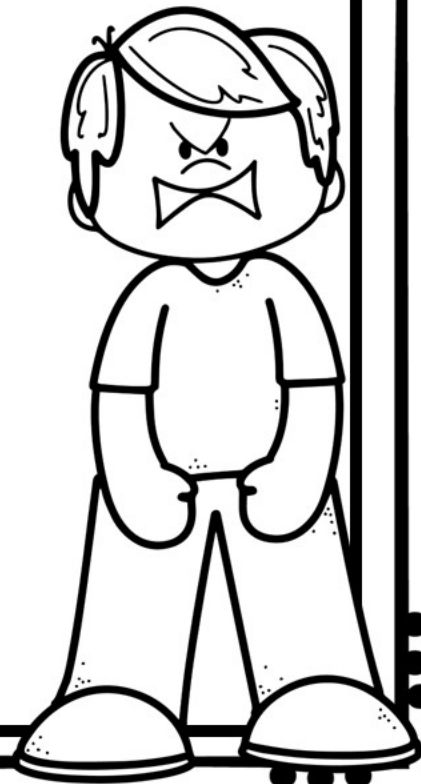




WORKSHEETS

Name: _____

Share about a time when you had
BIG FEELINGS.



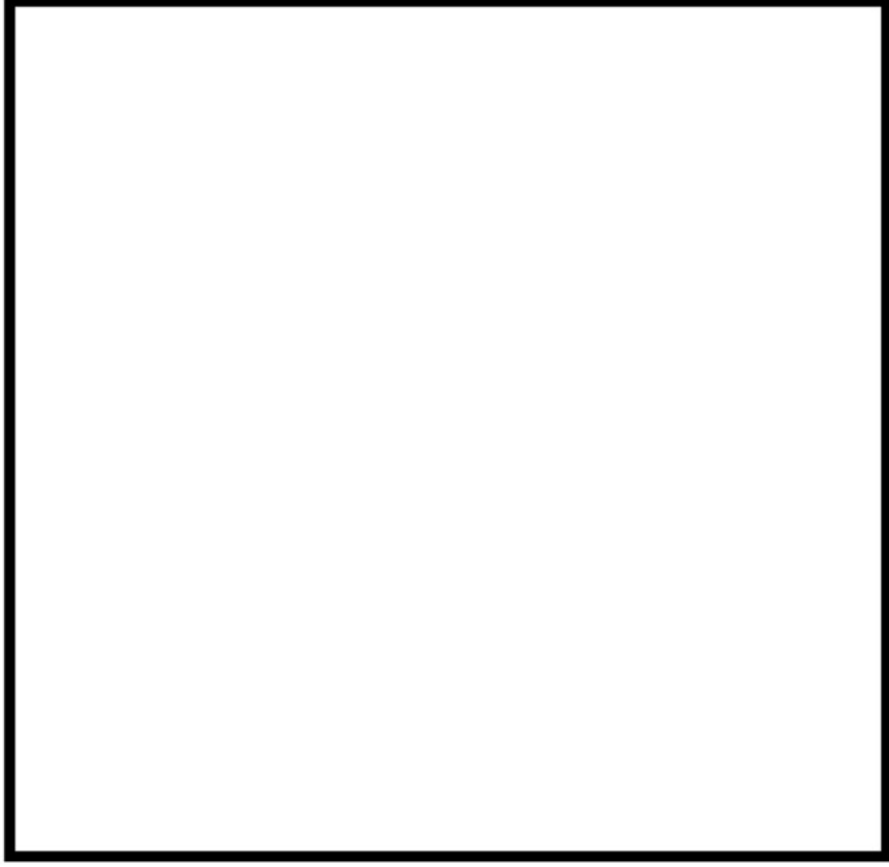
Name: _____

Share about a time when you used
COPING SKILLS.

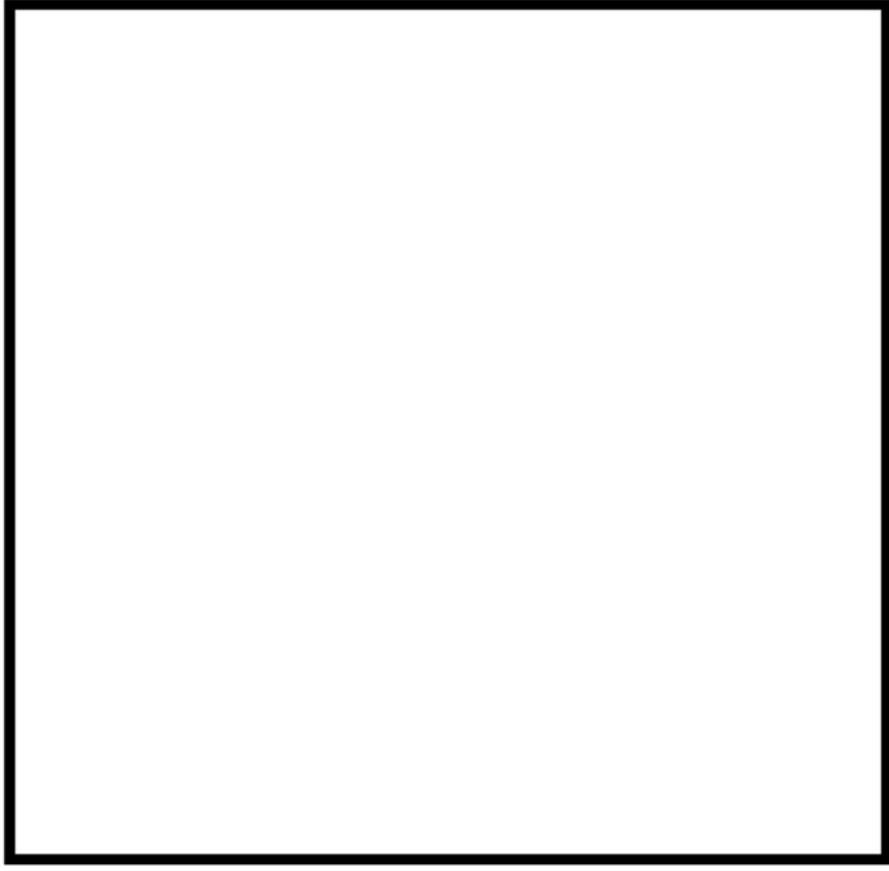


Name: _____

COPING WITH FEELINGS



When I have big feelings,
I look like this.



Here is me using my
favorite coping skill.

Name: _____

Color your favorite COPING SKILLS.

TAKE DEEP BREATHS



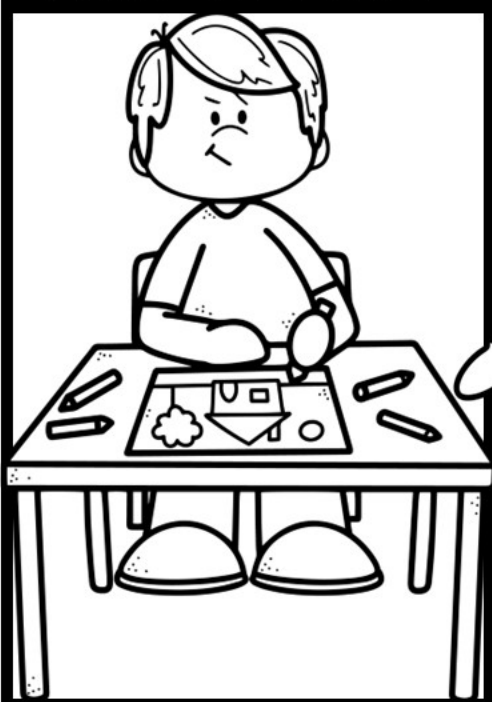
COUNT TO 10



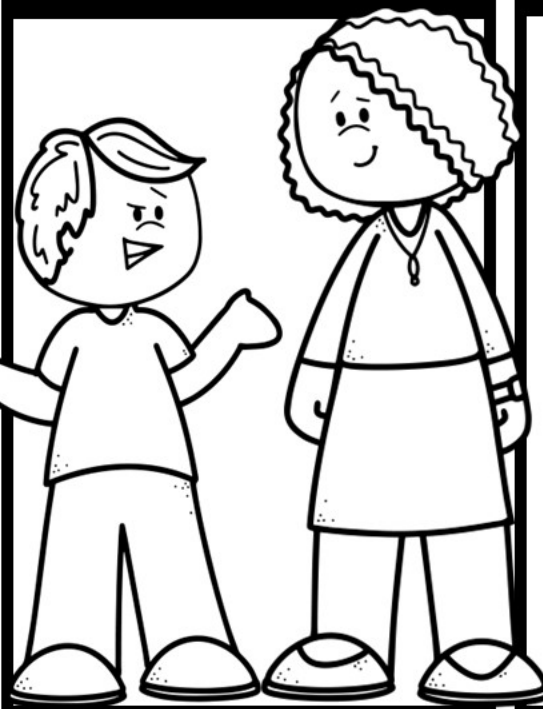
HAPPY THOUGHTS



DRAW OR COLOR



TALK IT OUT



LISTEN TO MUSIC



COPING SKILLS COLORING BOOK

Name: _____

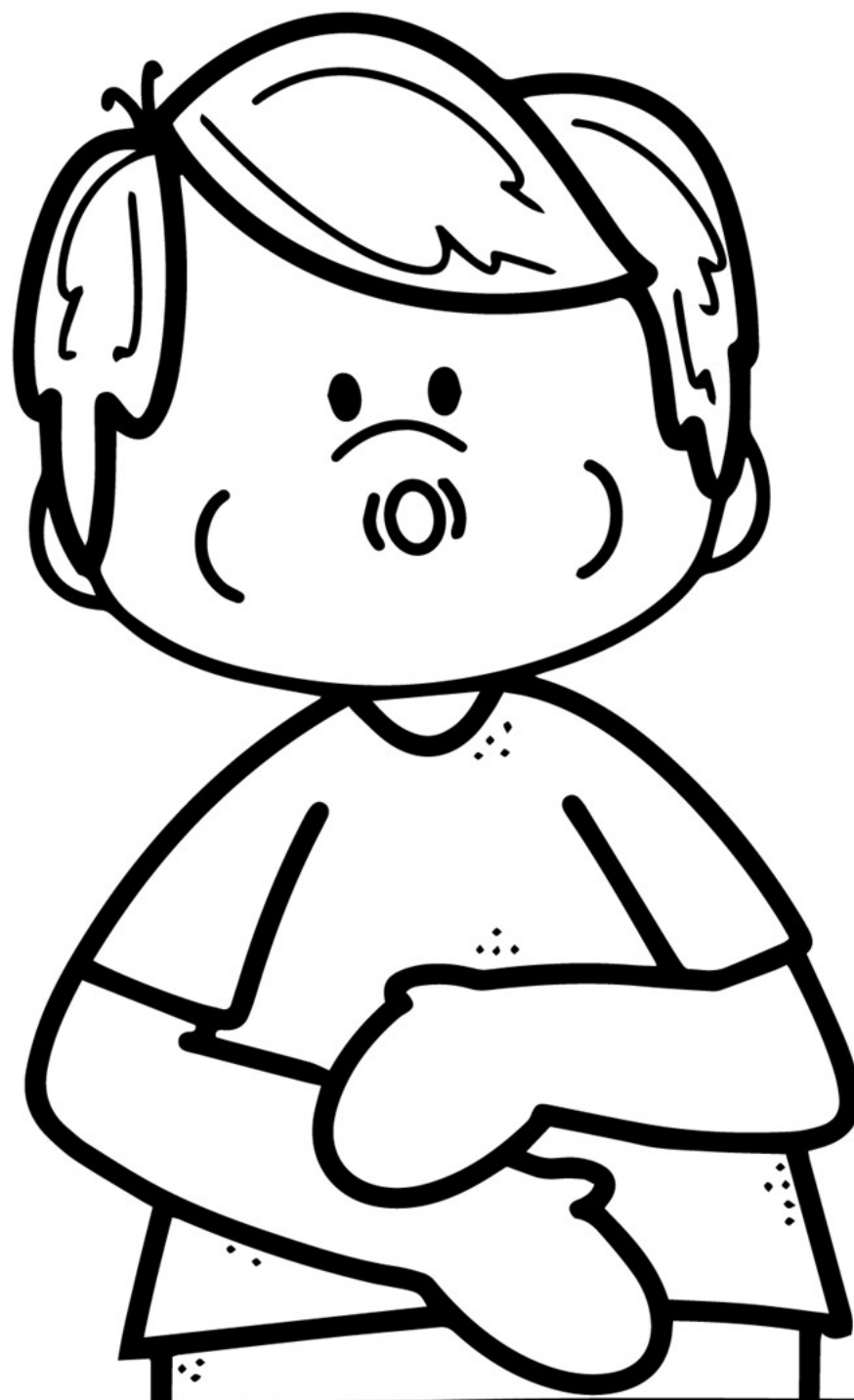
MY BOOK OF COPING SKILLS



**WELCOME
TO THE
CALM
CORNER**



TAKE DEEP BREATHS



COUNT FROM ONE TO TEN

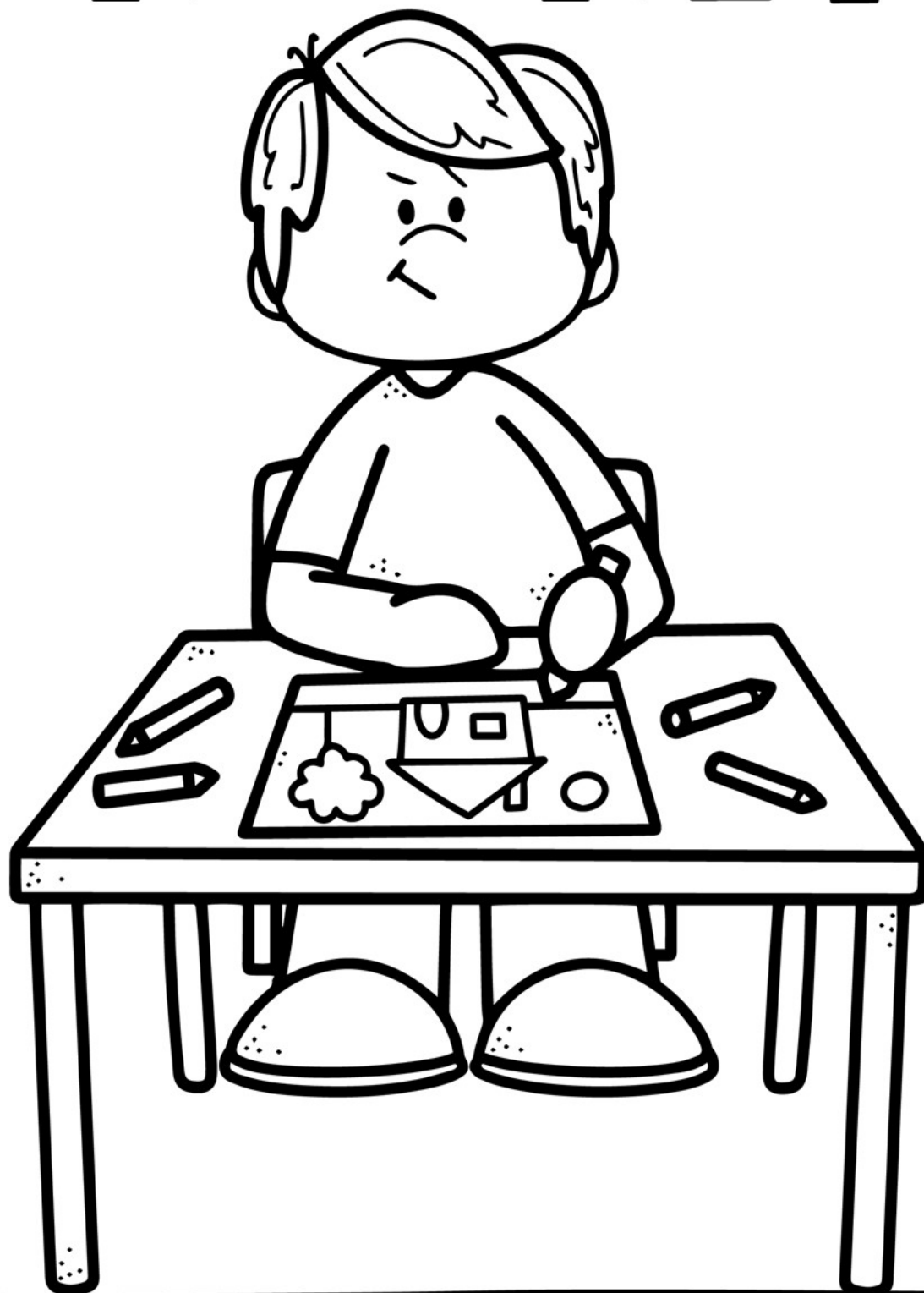
1, 2, 3, 4...



IMAGINE A HAPPY PLACE



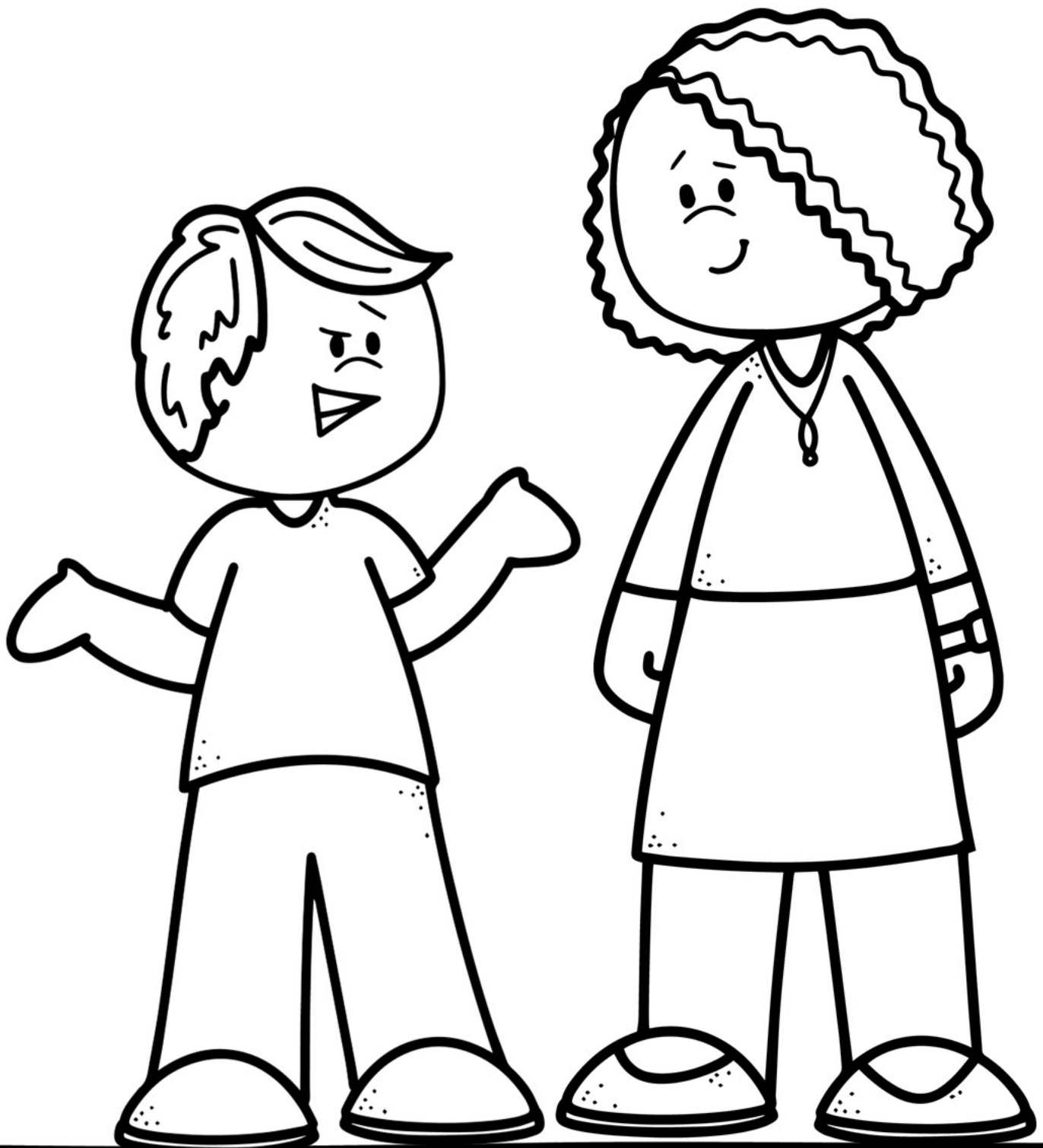
DRAW, COLOR, OR WRITE



LISTEN TO MUSIC



TALK OUT MY FEELINGS



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

• **YOU MAY** •

- Claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright
- Share this product with educators outside of your school building
- Repackage, sell, or giveaway this product to others
- Offer to share this product anywhere on the internet as a download or copy

• **YOU MAY NOT** •



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*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

