

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 product includes the resources listed below. Choose which resources best fit the needs and abilities of your students, and your printing preference!

- 1 Coping Skills of the Month Poster
- 10 Monthly Coping Skills of the Month Posters
 - Full Color
 - Black Line
- 10 Full Color Coping Skills of the Month Certificates
 - Full Page
 - Half Page
- My Coping Skills of the Month Workbook (in the other file)
 - Full Color
 - Black Line

DIRECTIONS:

These resources can be used as part of a school, grade level, or class-wide SEL/character education program. There are endless possibilities for how to use these resources, but I'll share my best suggestions with you!

I share the posters, certificates, and workbook the teachers at my school and use this as a school-wide Tier I SEL intervention. I assign each coping skill to a month of the school year. You can assign the coping skills in any order that you'd like. All month long, my school focuses on the Coping Skill of the Month during our daily morning announcements, morning meetings, etc. I post the Coping Skill of the Month poster in the main hallway of my school for all to see. You can also create a bulletin board with all of the posters for your hallway if you'd like. At the beginning of my classroom counseling lessons, I introduce the Coping Skill of the Month and try to relate the material of my lesson to the skill as much as possible. I ask teachers to look out for students who are making an exceptional effort at practicing the Coping Skill of the Month, and they can give that child a certificate reward. Teachers can use the workbook to reinforce the material in the classroom, and school counselors can use the workbook in their lessons. The workbook includes a coloring page and a worksheet for each skill. My students add to their workbook each month so by the end of the year, they have a full complete book!

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com.

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 resources, and helps my small business grow!

POSTERS



Count
to 10

Take a Walk



Use
Tools



Breathe



Take a
Break



Practice
Mindfulness

COPING SKILLS of the Month

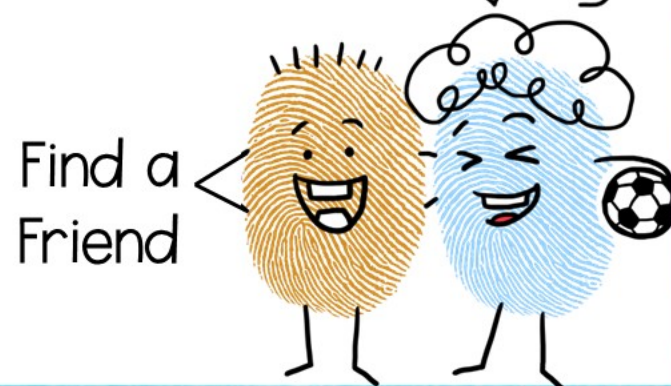
Hug a Plushie



Draw or
Paint



Listen to
Music



Find a
Friend

Coping Skill of the Month

COUNT TO 10

Close your eyes. Count slowly from 1 to 10. Take a deep breath in and out. Count down slowly from 10 to 1. Take another deep breath in and out.



Coping Skill of the Month

BREATHE

Put your hand on your tummy. Take a deep breath in through your nose. Blow out slowly through your mouth. Notice your tummy rising and falling.



Coping Skill of the Month

TAKE A BREAK

Sit or lay down in a comfy spot. Relax your body and brain. Breathe. Think happy thoughts. Once you're ready, rejoin the group.



Coping Skill of the Month

BE MINDFUL

Be present in the "here and now." Pay special attention to your breathing. Focus on your five senses. Take in the beauty of the world around you.



Coping Skill of the Month

USE TOOLS

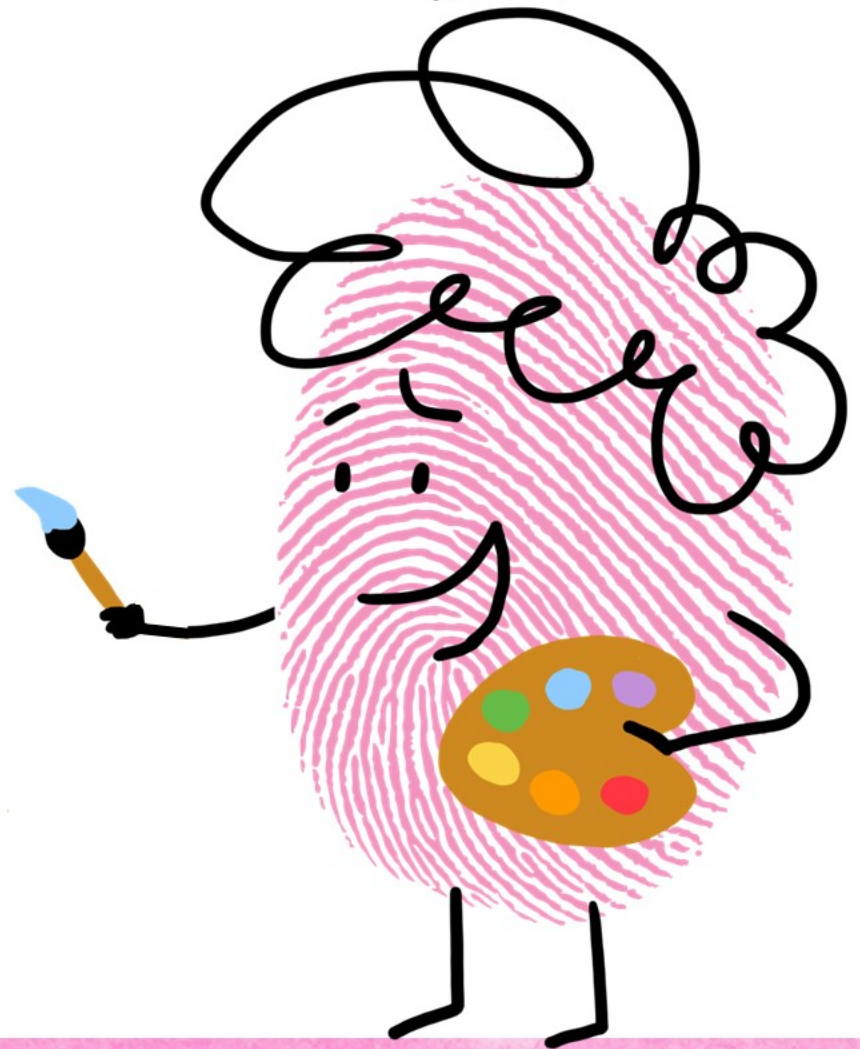
Use sensory tools like stress balls, fidget spinners, pop-its, glitter bottles, and squishy balls. Tools help reset and calm your body and mind.



Coping Skill of the Month

DRAW OR PAINT

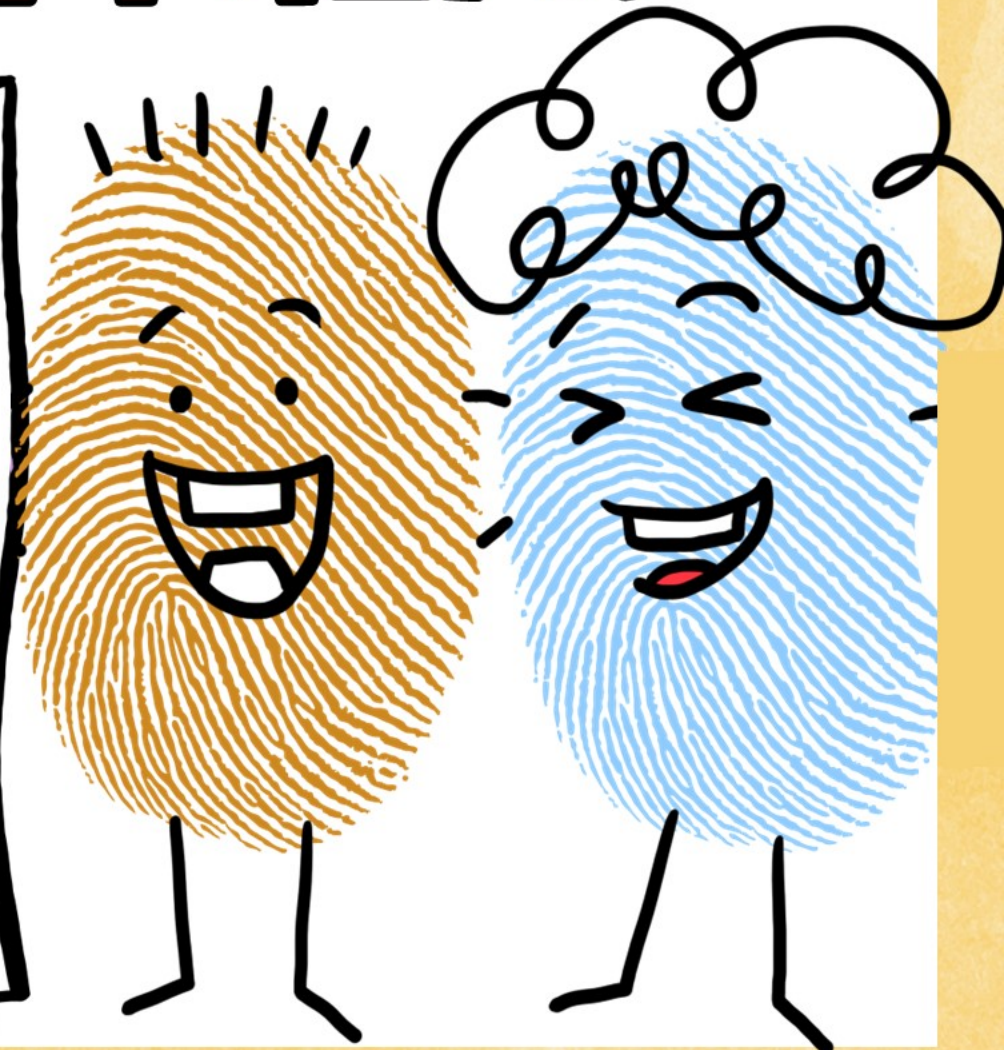
Draw or paint about your feelings, thoughts, and experiences. Letting your feelings out on paper can offer clarity, peace, and calm.



Coping Skill of the Month

FIND A FRIEND

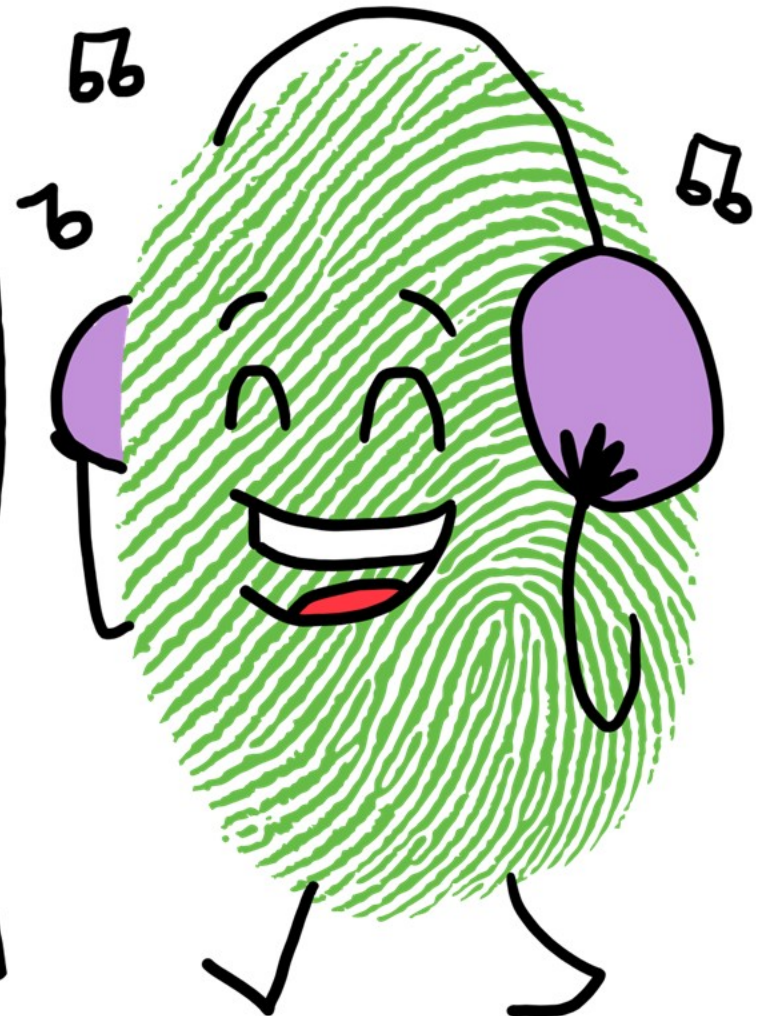
Connect with others.
Spend quality time
with a friend or loved
one. Talk out your
feelings, do something
fun together, and ask
for a hug.



Coping Skill of the Month

LISTEN TO MUSIC

Listen to music that makes you happy. Sing, dance, and jam to the beat. Music lowers your stress, elevates your mood, and brightens your day.



Coping Skill of the Month

TAKE A WALK

Move your body and take a nice walk. Go outside, if you can! Pay attention to your senses. Feel the wind blowing and the sun shining on your skin. Listen to the sounds of nature.



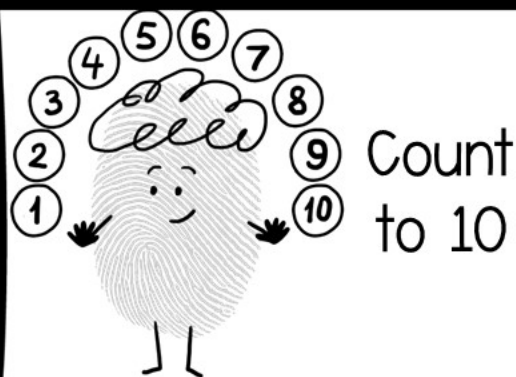
Coping Skill of the Month

HUG A PLUSHIE

Find your favorite stuffed animal and give it a big hug! Pay attention to how your plushie feels and smells. Notice how soothing and comforting it is.



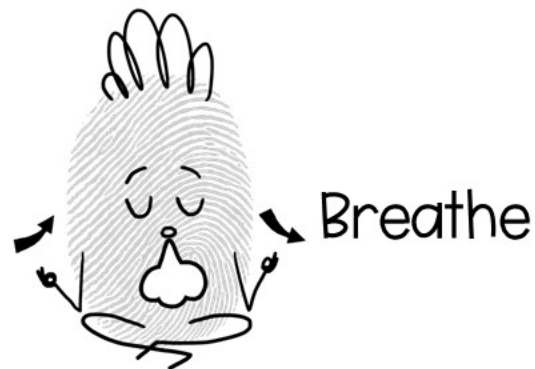
COPING SKILLS of the Month



Take a Walk



Use Tools



Draw or Paint



Listen to Music



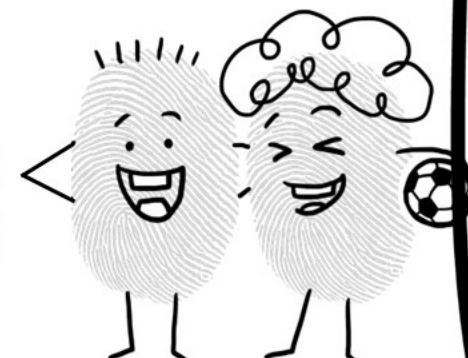
Practice Mindfulness



Hug a Plushie



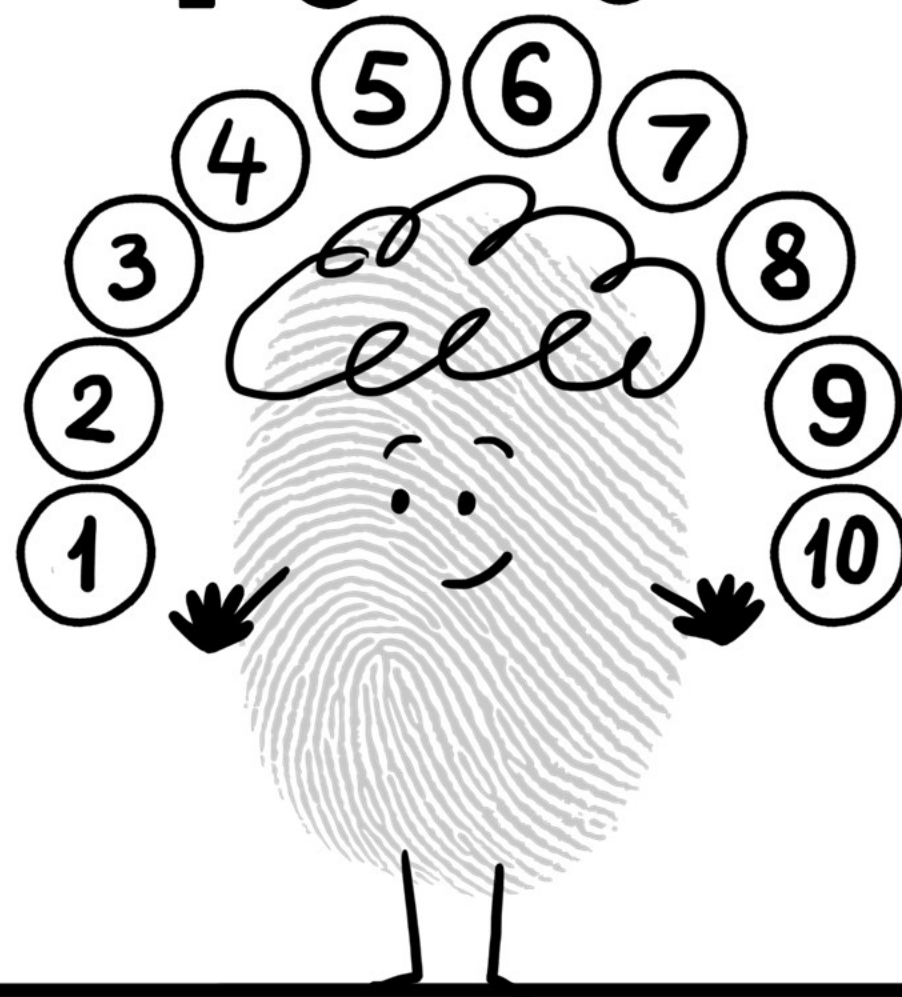
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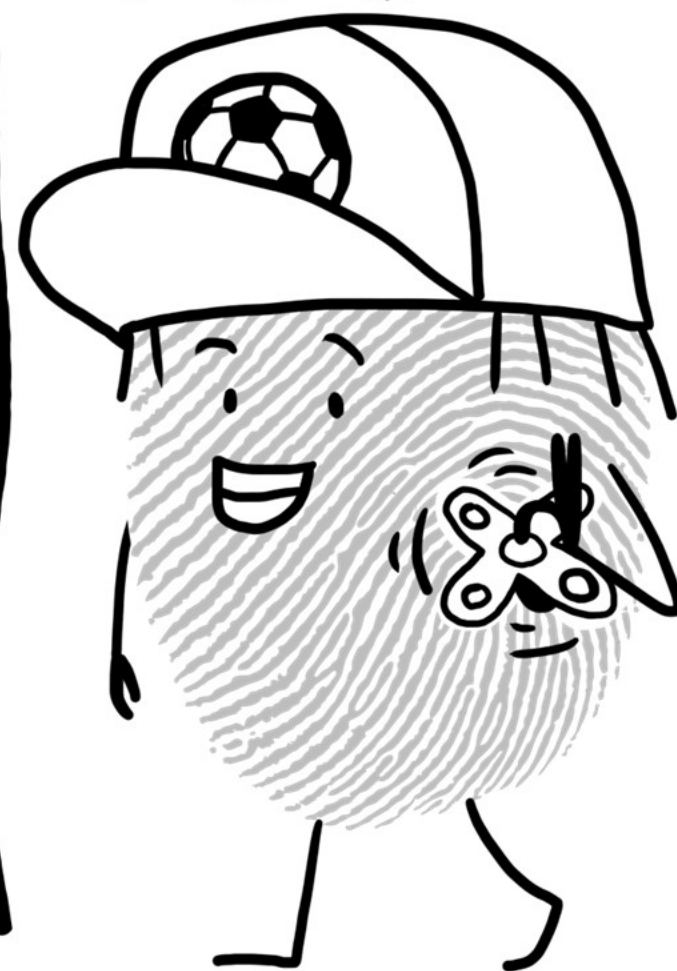
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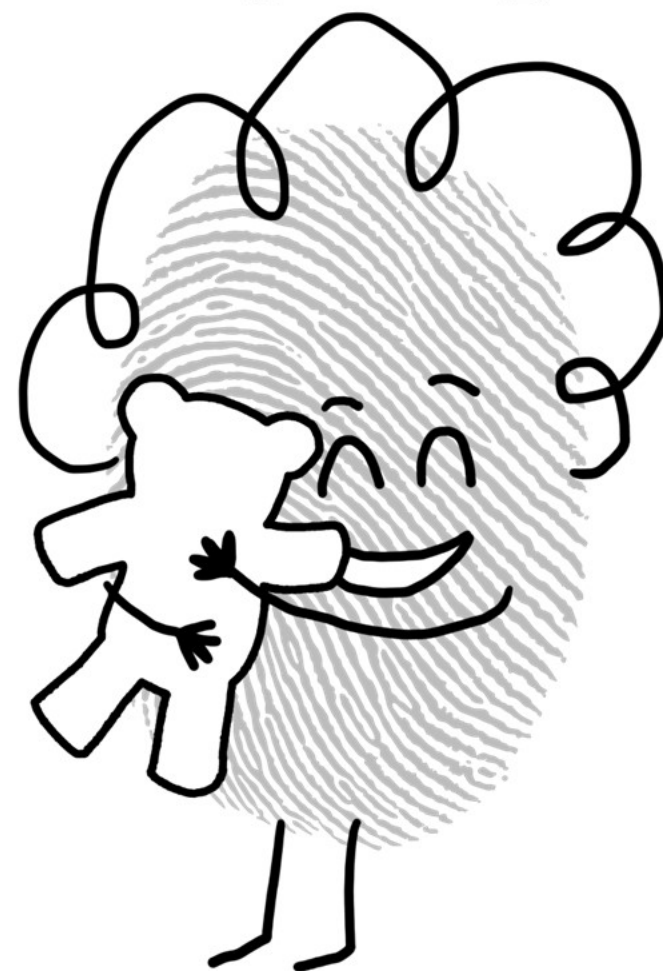
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CERTIFICATES

CONGRATULATIONS!

You coped with your feelings by
COUNTING TO 10!

Date

Educator Signature



COPING SKILLS of the Month

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Date

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CONGRATULATIONS!

You coped with your feelings by

TAKING DEEP BREATHS!

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Educator Signature

COPING SKILLS of the Month



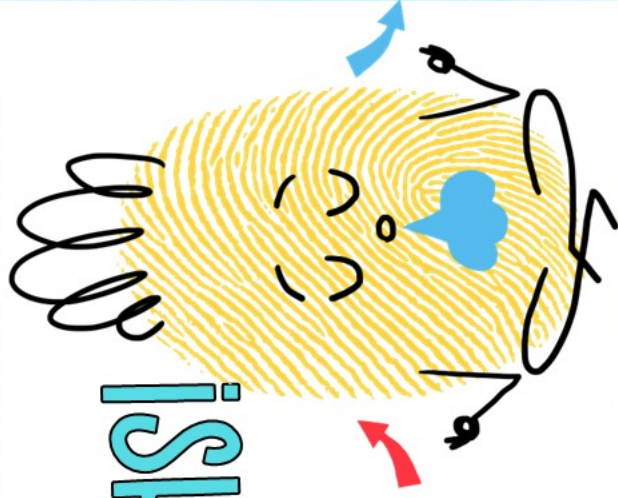
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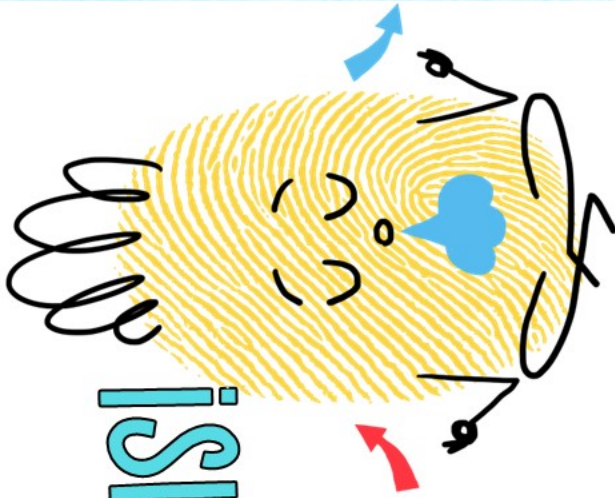
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CONGRATULATIONS!

You coped with your feelings by
PRACTICING MINDFULNESS!

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COPING SKILLS of the Month



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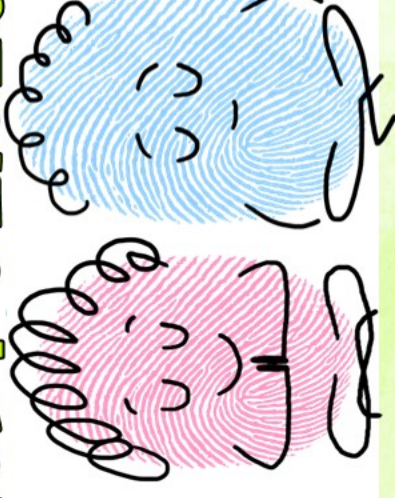
CONGRATULATIONS!

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PRACTICING MINDFULNESS!

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Educator Signature



CONGRATULATIONS!

You coped with your feelings by
USING TOOLS!

Date

Educator Signature

COPING SKILLS of the Month



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Date

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CONGRATULATIONS!

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Date

Educator Signature



CONGRATULATIONS!

You coped with your feelings by

DRAWING OR PAINTING!

Date

Educator Signature



COPING SKILLS of the Month

CONGRATULATIONS!

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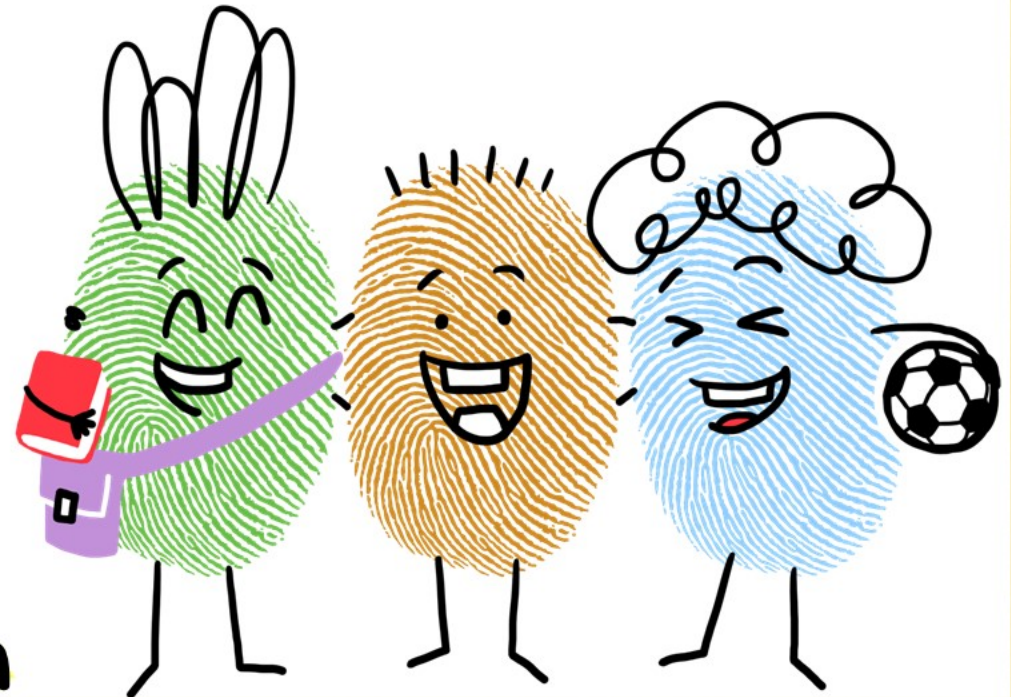
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CONGRATULATIONS!

You coped with your feelings by
FINDING A FRIEND!

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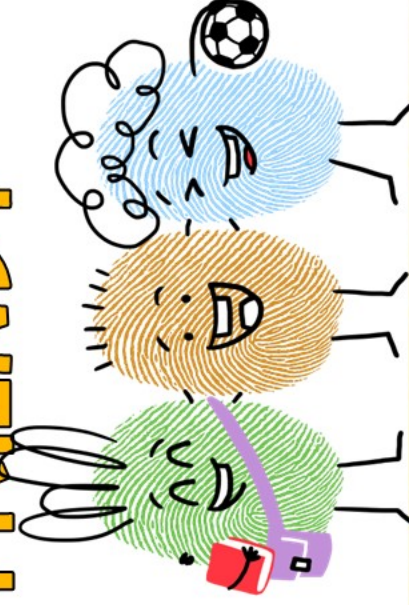
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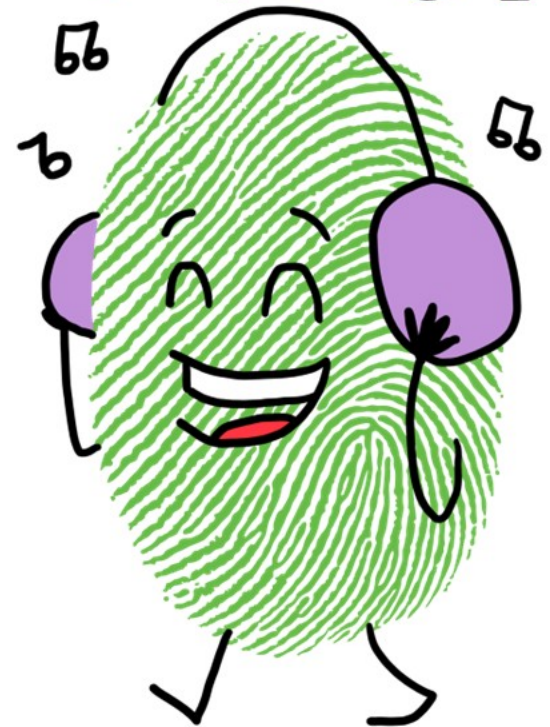
CONGRATULATIONS!

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LISTENING TO MUSIC!

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COPING SKILLS of the Month



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CONGRATULATIONS!

You coped with your feelings by
TAKING A WALK!

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COPING SKILLS of the Month

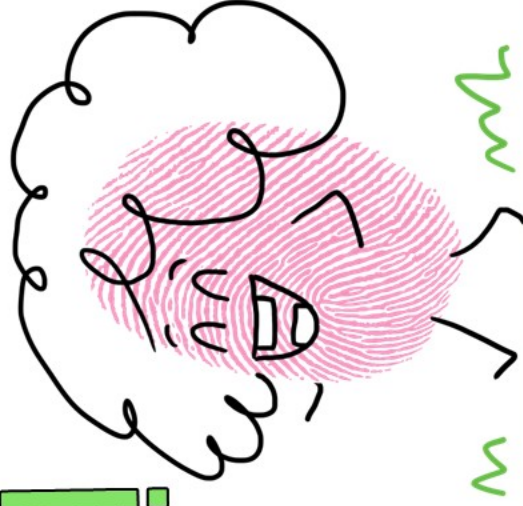
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TAKING A WALK!

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CONGRATULATIONS!

You coped with your feelings by
HUGGING A PLUSHIE!

Date

Educator Signature

COPING SKILLS of the Month



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