



Hi there, I'm **Ashley**

I'm an Elementary School Counselor,
Curriculum Author, Blogger, and
Boy mama. I specialize in all
things Counseling & SEL.



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Google Slides

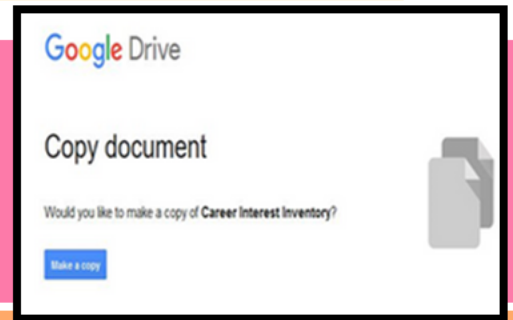
YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy:

[Feel Better Fries](#)

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



FEEL BETTER *Fries*

Session Objective:

*Students will learn that coping skills help with big feelings and will practice choosing one they can use to help themselves feel better at school.

I Can...Statement

I can choose a calming skill to help me when I have big feelings.

Materials:

- PowerPoint Presentation
- Accompanying handouts
- Scissors, glue/tape, pencils.

Guiding Questions:

*What can help us when our feelings feel too big?

ASCA Standards Alignment:

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

(M 1)

*Behavior: Self-Management Skills: Effective coping-skills (B-SMS 7)

SEL Competencies:

*Self-Management: Stress Management, self-discipline.

*Self-Awareness: Identifying emotions.

Session Details

In this lesson, students learn that big feelings are normal and that there are tools they can use to help themselves feel better. Using a fun fry-themed metaphor, students are introduced to different coping skills called Feel-Good Fries. Each fry represents a way to calm the body, get comfort, move, distract, or ask for help.

Instructions

*Show the PowerPoint to introduce the lesson and concepts.

*Afterward, follow up with the Feel Better Fries cut and paste activity on pages 12-18. Have students cut out of the fry characters on page 18 and have them paste them to the fry container on page 13 or 14 (choose which format you want to use). If you choose page 14, have them also cut and paste their favorite coping skills to use from pages 15-17 and glue their top four favorites to page 14.

*Follow up with the activities on pages 27-31 and use the coloring pages on pages 33-39 to further the learning.

Posters

TOOLS THAT HELP OUR FEELINGS FEEL BETTER

CALMING FRY **COMFORT** FRY

MOVE YOUR BODY FRY

TALK-IT-OUT FRY

DISTRACTION FRY



FEEL BETTER

Fries



TOOLS THAT HELP OUR
FEELINGS FEEL BETTER.

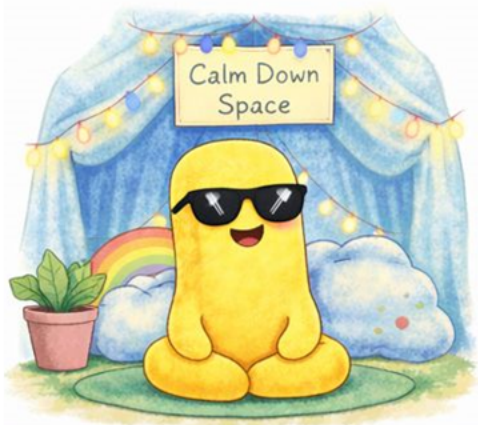
CALMING FRY

HELPS YOUR BODY SLOW DOWN.



COMFORT FRY

HELPS YOU FEEL SAFE AND COZY



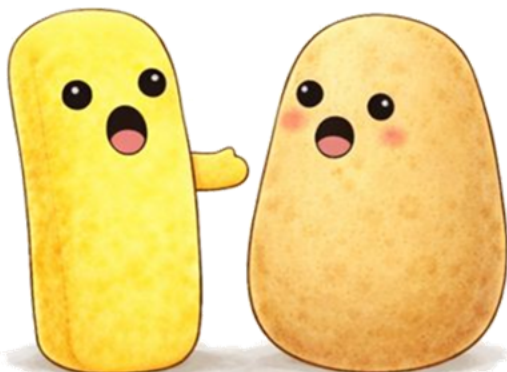
MOVE YOUR BODY FRY

HELPS RELEASE BIG ENERGY.



TALK-IT-OUT FRY

HELPS YOUR HEART FEEL LIGHTER.



DISTRACTION FRY

HELPS YOUR BRAIN TAKE A BREAK.



CALMING FRY

HELPS YOUR BODY SLOW DOWN.

TAKE DEEP BREATHS



COUNT SLOWLY



STRETCH YOUR BODY



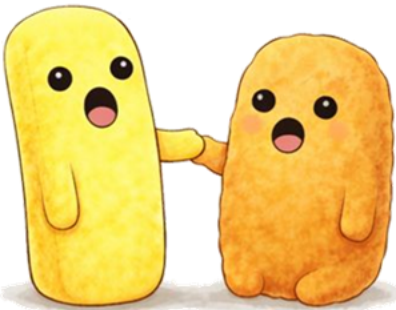
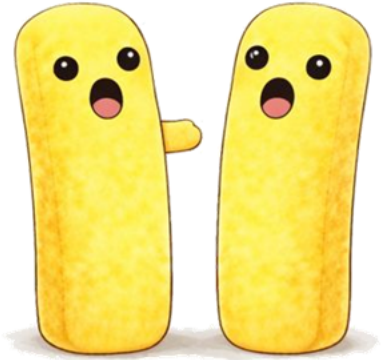
SIT QUIETLY



TALK-IT-OUT FRY

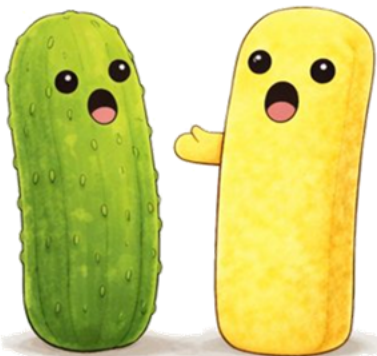
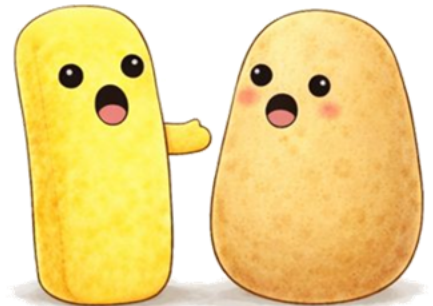
HELPS YOUR HEART FEEL LIGHTER.

TALK TO A TEACHER



TALK TO A FRIEND

TALK TO A TRUSTED
ADULT



TALK TO A SCHOOL
COUNSELOR

COMFORT FRY

HELPS YOU FEEL SAFE AND COZY

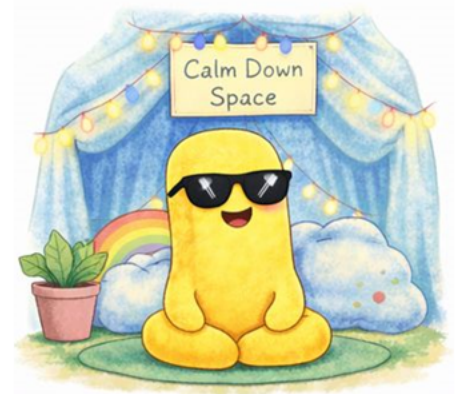
CUDDLE IN YOUR
FAVORITE BLANKET



HUG A
STUFFED ANIMAL



RELAX IN A CALM-
DOWN SPACE



SIT IN A QUIET CORNER



MOVE YOUR BODY FRY

HELPS RELEASE BIG ENERGY.

TAKE A WALK



JUMP OR STRETCH

DANCE



PLAY OUTSIDE

DISTRACTION FRY

HELPS YOUR BRAIN TAKE A BREAK.

DRAW OR COLOR



PLAY A GAME



LISTEN TO MUSIC



READ A BOOK



Cut — and — Paste Activity

Have students cut out of the fry characters on page 18 and have them paste them to the fry container on page 13 or 14 (choose which format you want to use).

If you choose page 14, have them also cut and paste their favorite coping skills to use from pages 15-17 and glue their top four favorites to page 14.



A red bucket with a slightly flared rim, casting a soft shadow on the white surface below it. The text 'FEEL BETTER Fries' is printed on the front of the bucket. 'FEEL' and 'BETTER' are in a bold, black, sans-serif font, while 'Fries' is in a black, cursive script font.

**FEEL
BETTER**
Fries



MY FAVORITE COPING SKILLS



TAKE
DEEP
BREATHS



COUNT
SLOWLY



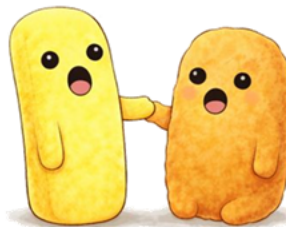
STRETCH
YOUR BODY



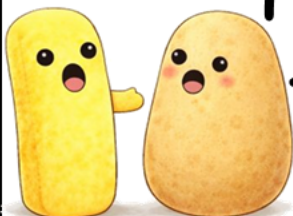
SIT
QUIETLY



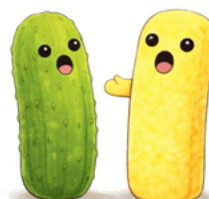
TALK
TO A
TEACHER



TALK
TO A
FRIEND



TALK TO A
TRUSTED
ADULT



TALK TO A
SCHOOL
COUNSELOR



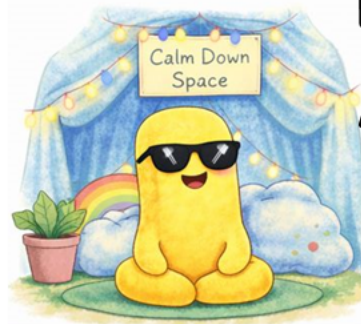
HUG A
STUFFED
ANIMAL



CUDDLE IN
YOUR
FAVORITE
BLANKET



SIT IN A
QUIET
CORNER



RELAX IN
A CALM-
DOWN
SPACE



TAKE A
WALK



JUMP OR
STRETCH



DANCE



PLAY
OUTSIDE



**DRAW OR
COLOR**



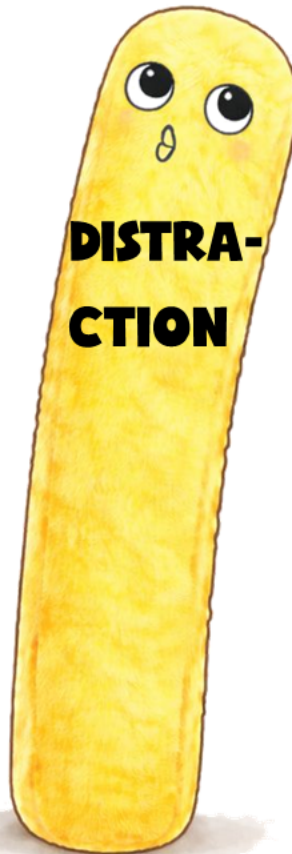
**PLAY A
GAME**



**READ A
BOOK**



**LISTEN
TO
MUSIC**







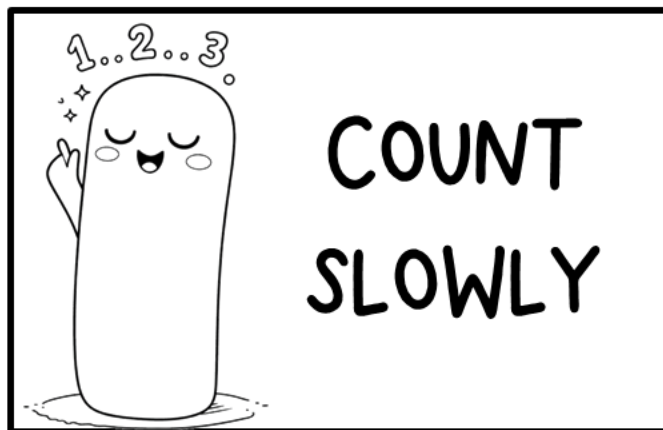
A large, empty rectangular box with a black border, intended for writing a coping skill.A large, empty rectangular box with a black border, intended for writing a coping skill.

MY FAVORITE COPING SKILLS

A large, empty rectangular box with a black border, intended for writing a coping skill.A large, empty rectangular box with a black border, intended for writing a coping skill.



TAKE
DEEP
BREATHS



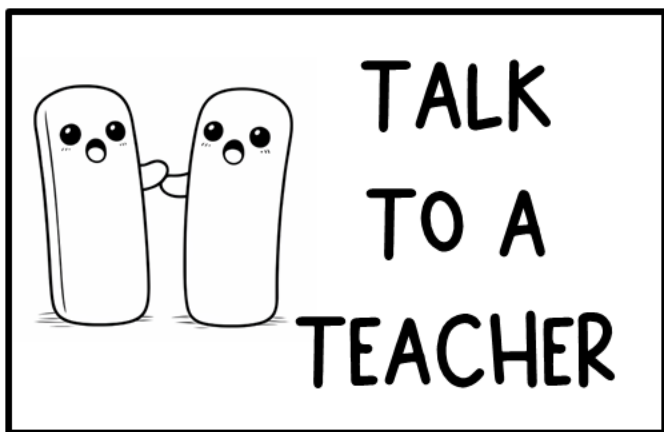
COUNT
SLOWLY



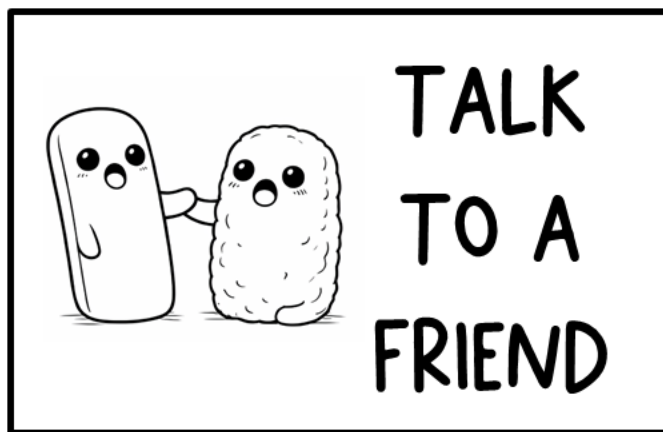
STRETCH
YOUR BODY



SIT
QUIETLY



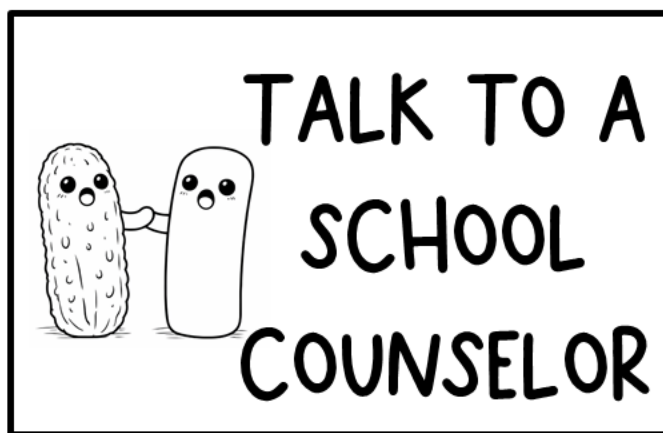
TALK
TO A
TEACHER



TALK
TO A
FRIEND



TALK TO A
TRUSTED
ADULT



TALK TO A
SCHOOL
COUNSELOR



HUG A
STUFFED
ANIMAL



CUDDLE IN
YOUR
FAVORITE
BLANKET



SIT IN A
QUIET
CORNER



RELAX IN
A CALM-
DOWN
SPACE



TAKE A
WALK



JUMP OR
STRETCH



DANCE



PLAY
OUTSIDE



**DRAW OR
COLOR**



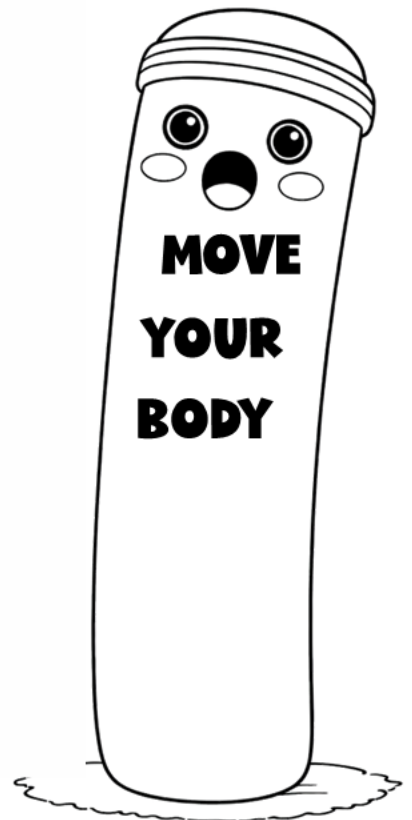
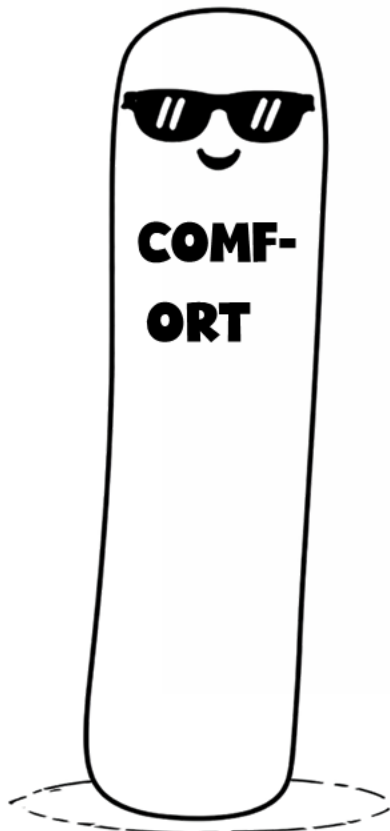
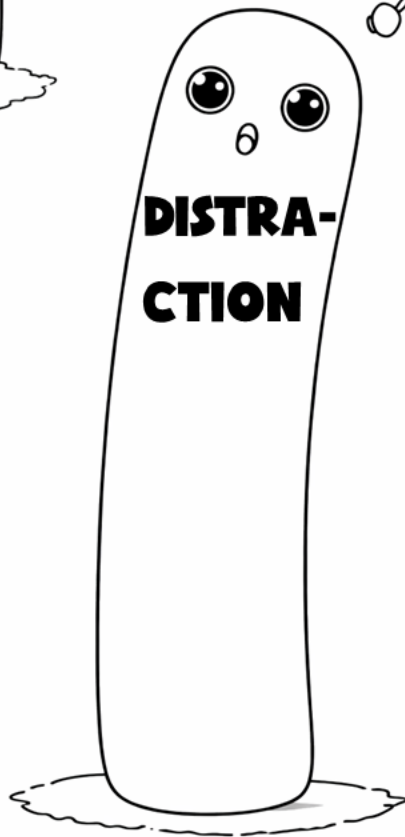
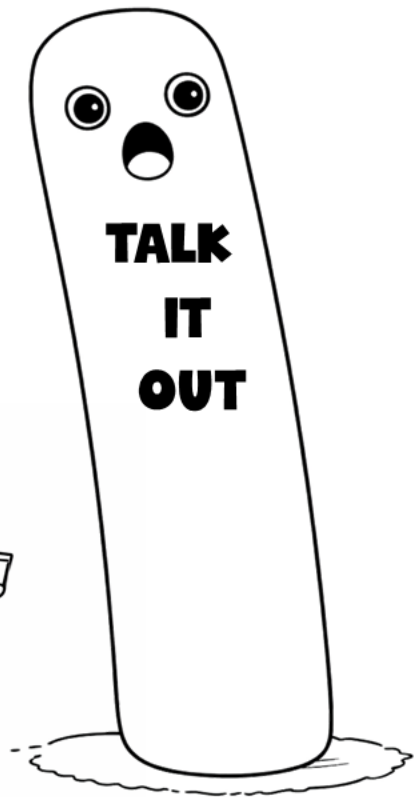
**PLAY A
GAME**



**READ A
BOOK**



**LISTEN
TO
MUSIC**



Worksheets & Coloring Pages

CALMING TOOLS NAME: _____

WRITE AN EXAMPLE OF EACH CALMING TOOL IN THE SPACE BELOW.

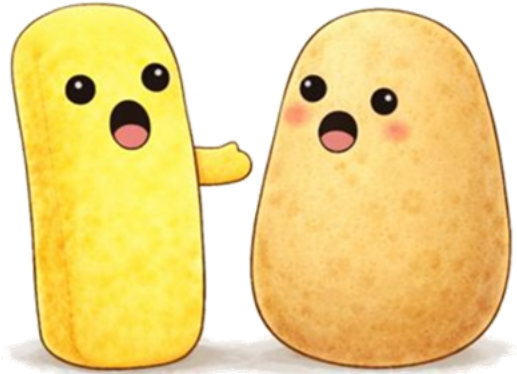
CALMING FRY

HELPS YOUR BODY SLOW DOWN.



TALK-IT-OUT FRY

HELPS YOUR HEART FEEL LIGHTER.



COMFORT FRY

HELPS YOU FEEL SAFE AND COZY



MOVE YOUR BODY FRY

HELPS RELEASE BIG ENERGY.



CALMING TOOLS NAME: _____

WRITE AN EXAMPLE OF EACH CALMING TOOL IN THE SPACE BELOW.

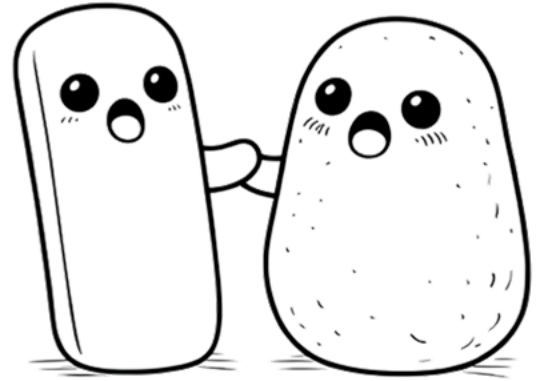
CALMING FRY

HELPS YOUR BODY SLOW DOWN.



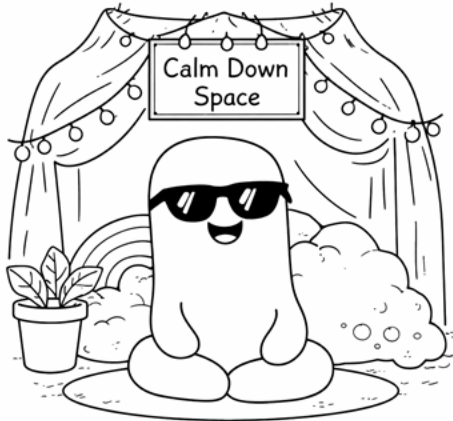
TALK-IT-OUT FRY

HELPS YOUR HEART FEEL LIGHTER.



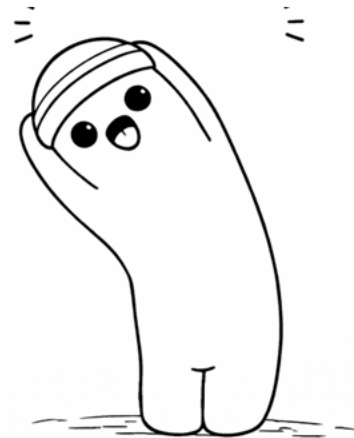
COMFORT FRY

HELPS YOU FEEL SAFE AND COZY



MOVE YOUR BODY FRY

HELPS RELEASE BIG ENERGY.



NAME: _____

CALMING TOOLS

DRAW AND WRITE AN EXAMPLE OF A CALMING
TOOL IN EACH BOX BELOW.



FEEL BETTER TOOL

FEEL BETTER TOOL

FEEL BETTER TOOL

FEEL BETTER TOOL

NAME: _____

CALMING TOOLS

DRAW AND WRITE AN EXAMPLE OF A CALMING
TOOL IN EACH BOX BELOW.



FEEL BETTER TOOL

FEEL BETTER TOOL

FEEL BETTER TOOL

FEEL BETTER TOOL

NAME: _____

CALMING TOOLS

DRAW AND WRITE AN EXAMPLE OF YOU USING A
CALMING TOOL.

A large, empty rectangular box with a thick red border, intended for a drawing.

NAME: _____

CALMING TOOLS

DRAW AND WRITE AN EXAMPLE OF YOU USING A
CALMING TOOL.



TOOLS THAT HELP OUR FEELINGS FEEL BETTER

CALMING FRY **COMFORT** FRY

MOVE YOUR BODY FRY

TALK-IT-OUT FRY

DISTRACTION FRY



FEEL BETTER

Fries



TOOLS THAT HELP OUR
FEELINGS FEEL BETTER.

CALMING FRY

HELPS YOUR BODY SLOW DOWN.



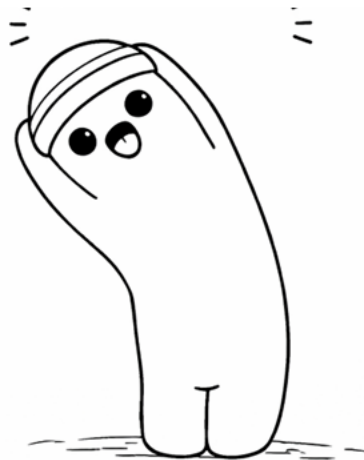
COMFORT FRY

HELPS YOU FEEL SAFE AND COZY



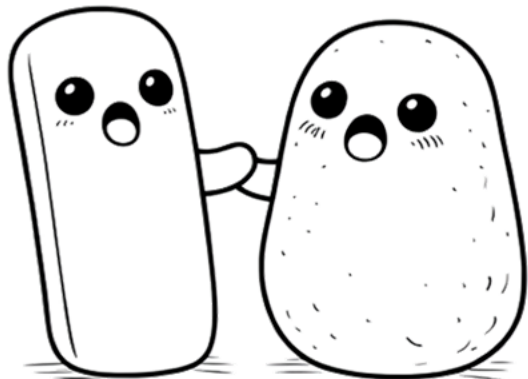
MOVE YOUR BODY FRY

HELPS RELEASE BIG ENERGY.



TALK-IT-OUT FRY

HELPS YOUR HEART FEEL LIGHTER.



DISTRACTION FRY

HELPS YOUR BRAIN TAKE A BREAK.



CALMING FRY

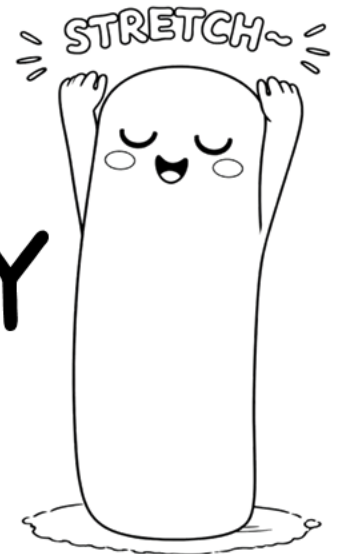
HELPS YOUR BODY SLOW DOWN.

TAKE DEEP BREATHS



COUNT SLOWLY

STRETCH YOUR BODY

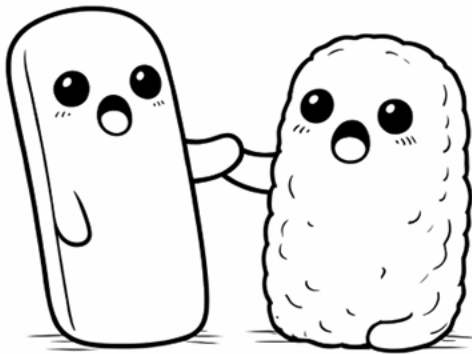
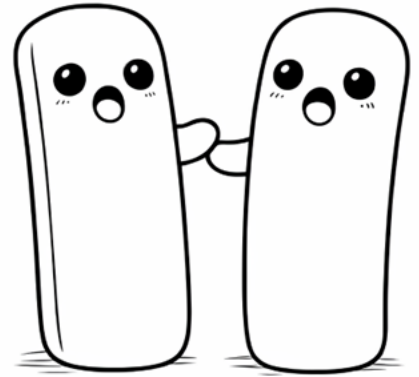


SIT QUIETLY

TALK-IT-OUT FRY

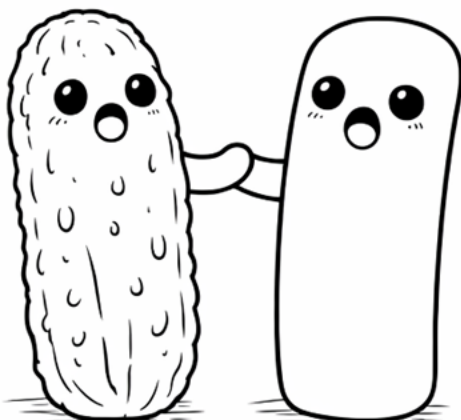
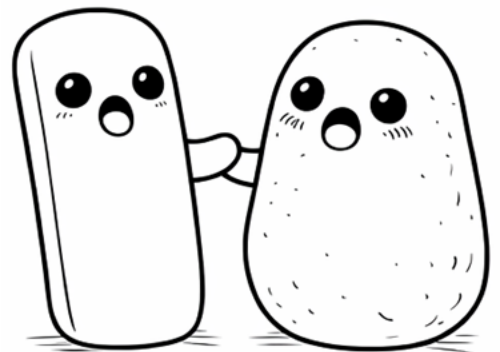
HELPS YOUR HEART FEEL LIGHTER.

TALK TO A TEACHER



TALK TO A FRIEND

TALK TO A TRUSTED
ADULT



TALK TO A SCHOOL
COUNSELOR

COMFORT FRY

HELPS YOU FEEL SAFE AND COZY

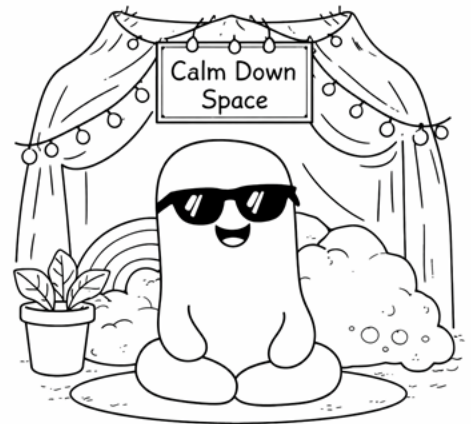
CUDDLE IN YOUR
FAVORITE BLANKET



HUG A
STUFFED ANIMAL



RELAX IN A CALM-
DOWN SPACE



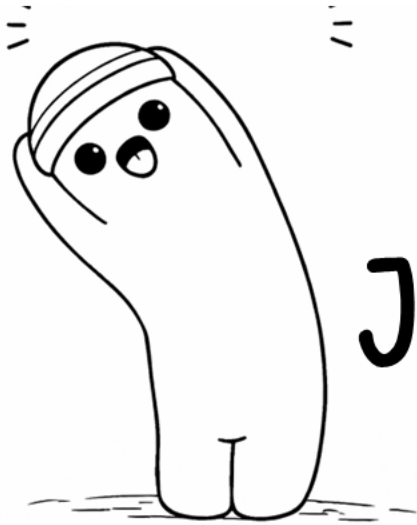
SIT IN A QUIET CORNER



MOVE YOUR BODY FRY

HELPS RELEASE BIG ENERGY.

TAKE A WALK



JUMP OR STRETCH

DANCE



PLAY OUTSIDE

DISTRACTION FRY

HELPS YOUR BRAIN TAKE A BREAK.

DRAW OR COLOR



PLAY A GAME

LISTEN TO MUSIC



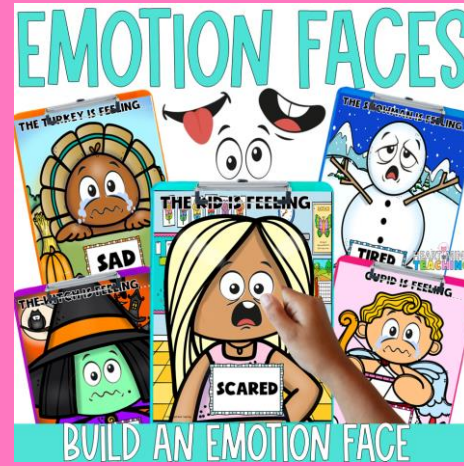
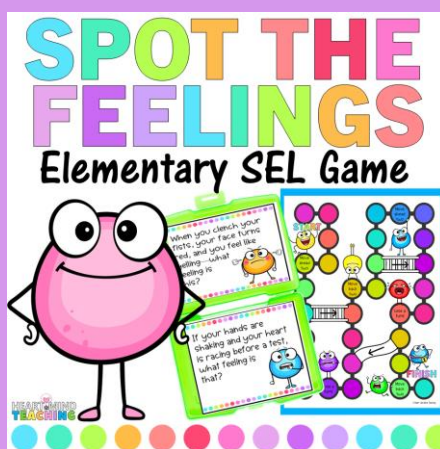
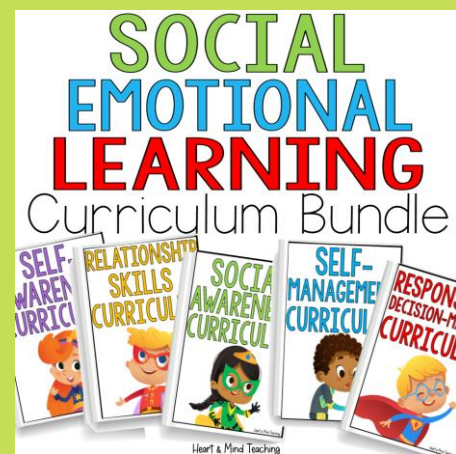
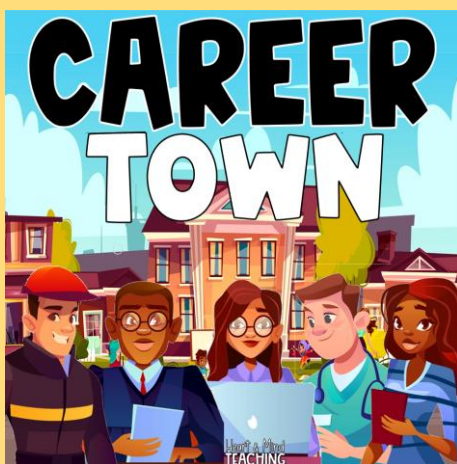
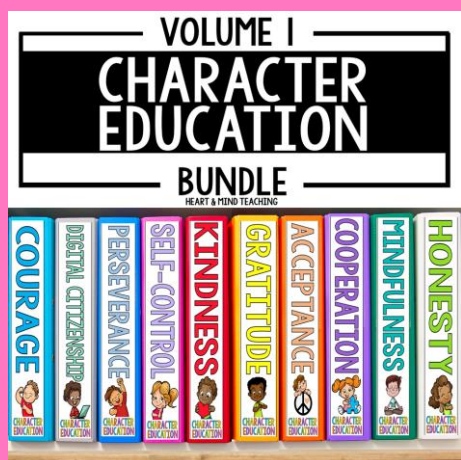
READ A BOOK



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these too!

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