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★★★★★ Extremely satisfied

let's connect!



For helpful ideas and free resources, please check out my website!

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www.musiccitycounselor.com

TO ASSEMBLE:

MATERIALS NEEDED:

- 3-ring binder (I used a 1-inch binder but you can use any size!)
- 3-hole punch
- Printed pages
- Scissors

DIRECTIONS:

1. If your binder has a clear display sleeve in the front, please place the title page "Feelings, Choices, & Coping Skills" cover page in there. I included two choices for the kid clipart for you.
2. Please use a 3-hole punch to punch holes in every page that you print.
3. Please place the "How to Play" directions page as the very last page in the binder. Then, please place the "I feel, when, I can" page in front of it.
4. Please cut out each of the feelings (I feel, yellow background), choices (when, blue background), and coping skills (I can, red background) cards individually. Please separate them into 3 piles by category and mix them up within the pile so there is a mix of positive and negative cards and they are not in any particular order.
5. Please put all of the feelings cards on the top ring of the binder, all of the choices cards on the middle ring of the binder, and all of the coping skills cards on the bottom ring of the binder.
6. Please see the samples as a guide! 😊

**Questions, comments, or suggestions? Please contact me
any time at laura@musiccitycounselor.com.
I am here for you!**

**PS I so appreciate when you please take the time to
review my products. It earns you credits towards future
purchases, helps my small business grow, and helps other
educators find high quality resources! 😊**

SAMPLE:



SCARED

I FEEL

WHEN

SO I

TEST

I have a big test tomorrow.

12345
678910

count to 10.

SAMPLE:



	 <p>HURT</p>	I FEEL
	 <p>I get stung by a bee.</p>	WHEN
	 <p>relax and take a break.</p>	SO I CAN

A hand is holding a yellow pencil on the right side of the page.

HOW TO PLAY:

This game can be played in individual and small group counseling, as well as in centers! There are many ways to play but I will share directions for 2 options below!

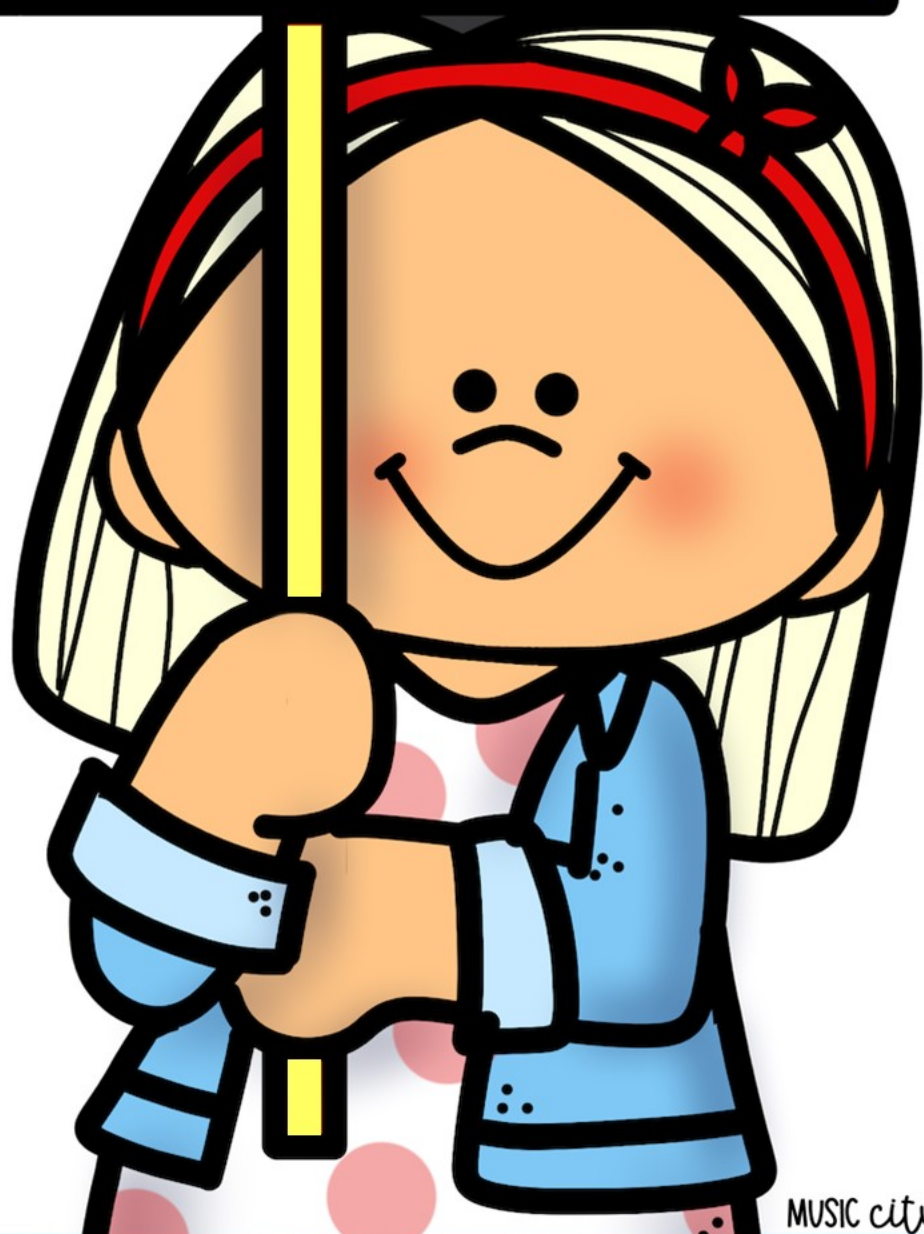
CHOOSE A FEELING:

Choose and flip to any feeling card. Then, choose and flip to a choice card that describes a time when you felt that way. Next, choose and flip to a coping skills card that would help you cope with that experience (if the experience/feeling are negative) or would encourage you (if the experience/feeling are positive).

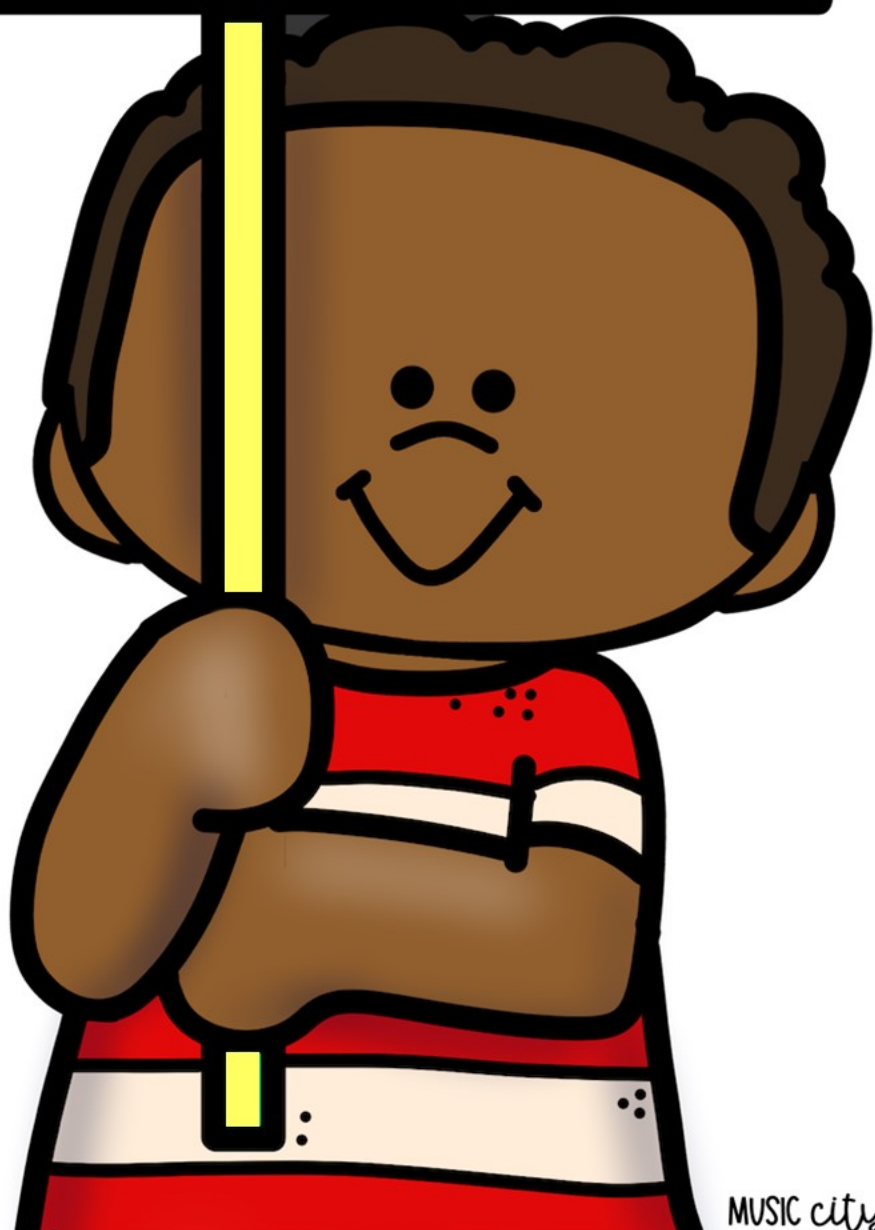
CHOOSE A CHOICE:

Choose and flip to any choice card. Then, choose and flip to a feeling card that describes how you would feel in that situation. Next, choose and flip to a coping skills card that would help you cope with that experience (if the experience/feeling are negative) or would encourage you (if the experience/feeling are positive).

FEELINGS,
CHOICES, &
COPING SKILLS



FEELINGS,
CHOICES, &
COPING SKILLS



..

I FEEL

..

WHEN

..

**SO I
CAN**

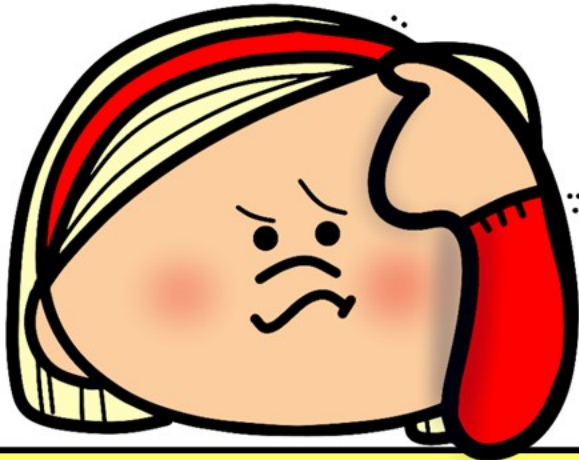
I FEEL Cards

EXCITED



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CONFUSED



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EMBARRASSED



MUSIC CITY COUNSELOR

ANGRY



MUSIC CITY COUNSELOR

DISGUSTED



MUSIC CITY COUNSELOR

TIRED



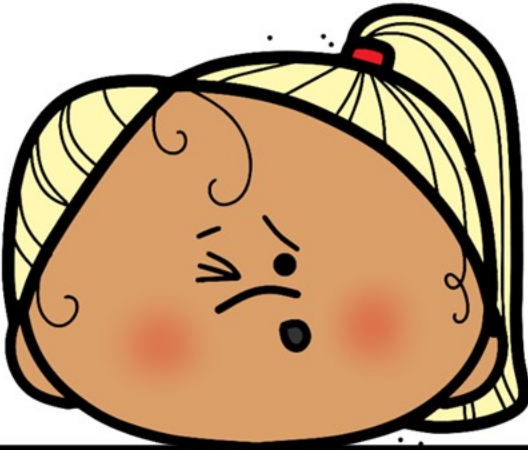
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HAPPY



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HURT



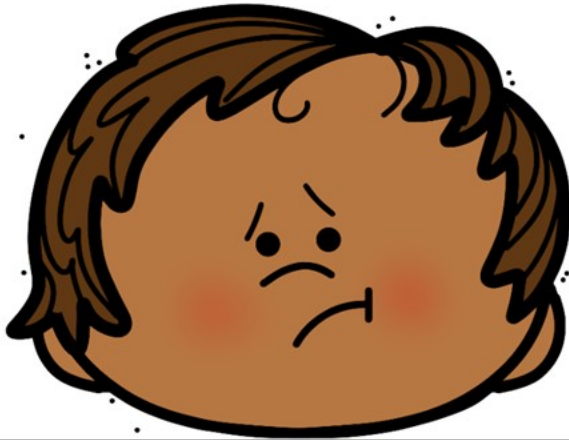
MUSIC CITY COUNSELOR

CONFUSED



MUSIC CITY COUNSELOR

SAD



MUSIC CITY COUNSELOR

EMBARRASSED



MUSIC CITY COUNSELOR

SCARED



MUSIC CITY COUNSELOR

SURPRISED



MUSIC CITY COUNSELOR

BORED



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WHEN Cards



he takes
care of me
when I'm
hurt.

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I don't
understand.

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They leave me out.



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I make new friends.



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I forget my lunch money.



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I am late for school.



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my brother's music is
too loud.



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I have to do
chores.

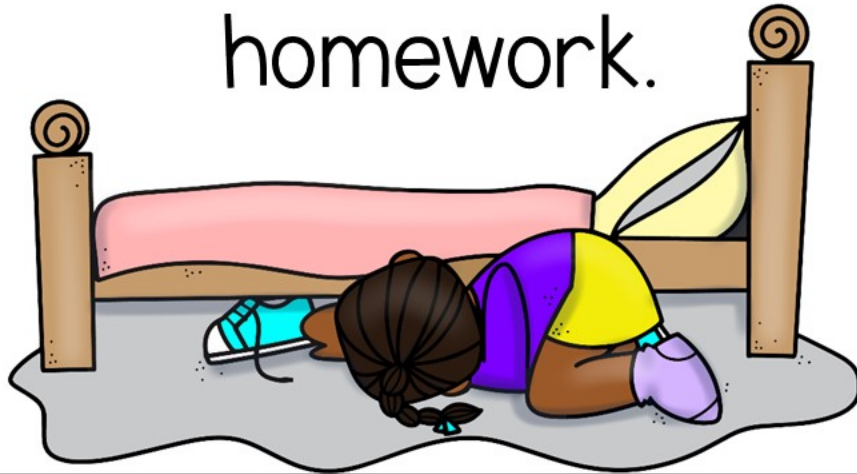
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I make a mess.



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I can't find my homework.



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I can't find my favorite toy.



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I get stung by a bee.



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I have a big
test tomorrow.

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my bike has a flat tire.

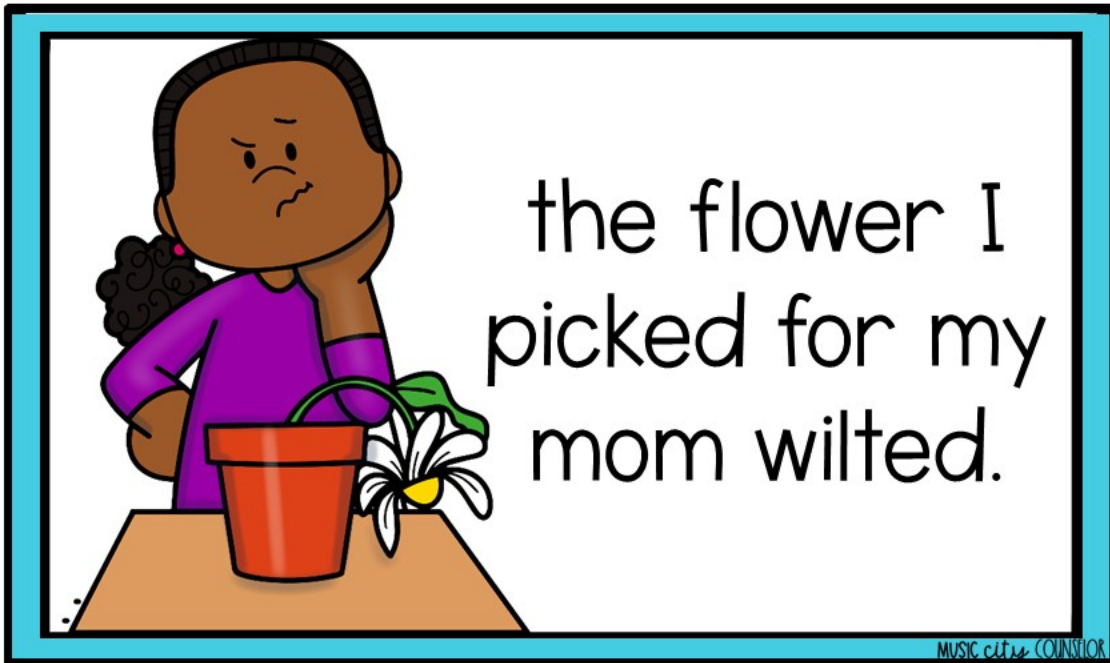


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I got lost
trying to find
my grandma's
house.



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the flower I
picked for my
mom wilted.

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I did my
best on my
homework.

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I get stuck
in the rain.

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he teases
me.



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he
stomps
on my
foot.



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she blames me for the
broken vase.

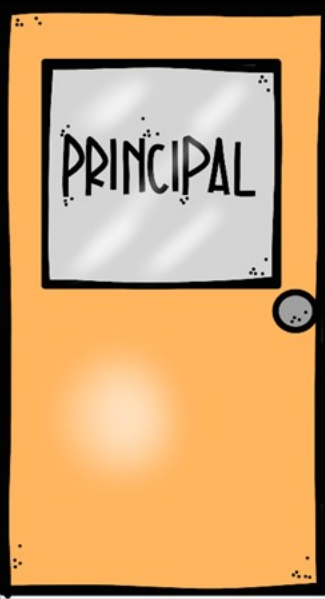


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she pinches
me.

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I get sent
to the
principal's
office.

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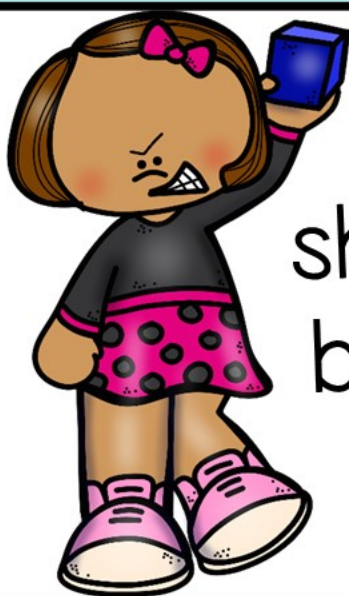
he pushes
me.

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she keeps scribbling on
my work.



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she throws a
block at me.

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he uses bad words on
the bus.



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she helps
me clean up.

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she gives
me a
high five.

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I try my best
on the spelling
test.

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I make a
new friend
on the bus.

MUSIC CITY COUNTESS



I say bye to
my mom on
the first day
of school.

MUSIC CITY COUNTESS

I make friends with the
new student.



MUSIC CITY COUNTESS



he is drawing
a picture for
me.

MUSIC CITY COUNSELOR



she asks me
to play
blocks
together.

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he asks me for
a hug.

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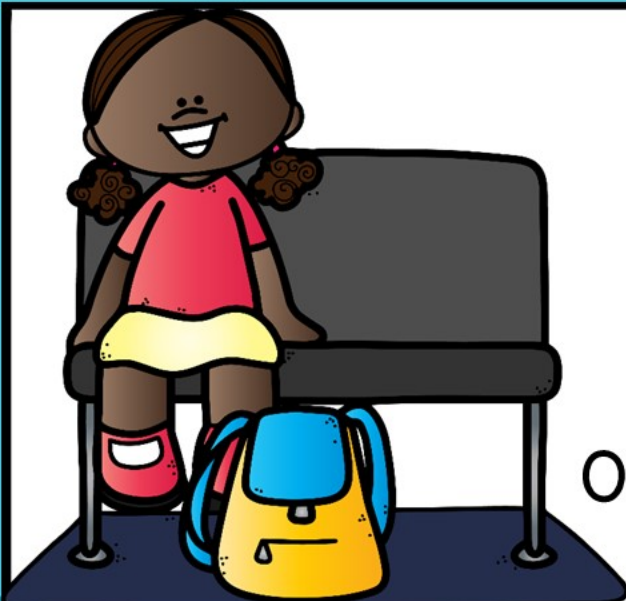
she won't
give me a
turn on the
monkey bars.

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he is
bothering
me at
lunch.

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she asks
me to sit
with her
on the bus.

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I solve a
problem
myself.

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we work together.



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they include me in their
group.



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she uses
kind words.

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she
shares
with me.

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he
distracts me.

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I CAN Cards



keep up the
good work!

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teach others how to
make good choices, too.



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earn
rewards
and
privileges!

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be a role
model for
others.

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make new friends.

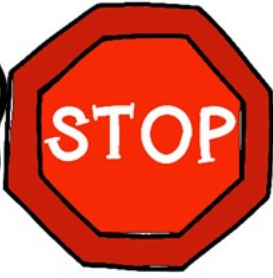


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learn new things.



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ask them
to stop.

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apologize.



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ignore it.



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walk away.

MUSIC CITY COUNCIL



1 2 3 4 5
6 7 8 9 10

count to 10.

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take deep
breaths.

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drink
water.

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relax and
take a break.



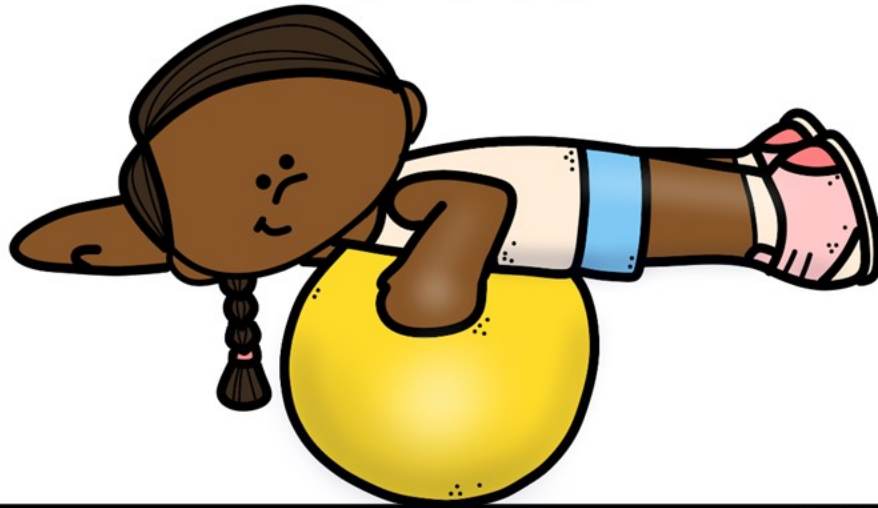
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go for a
walk.



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exercise.



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talk to a grown-up.



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talk out my feelings.



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use an I-Message.



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journal or
write.

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draw about my
feelings.

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listen to
music.

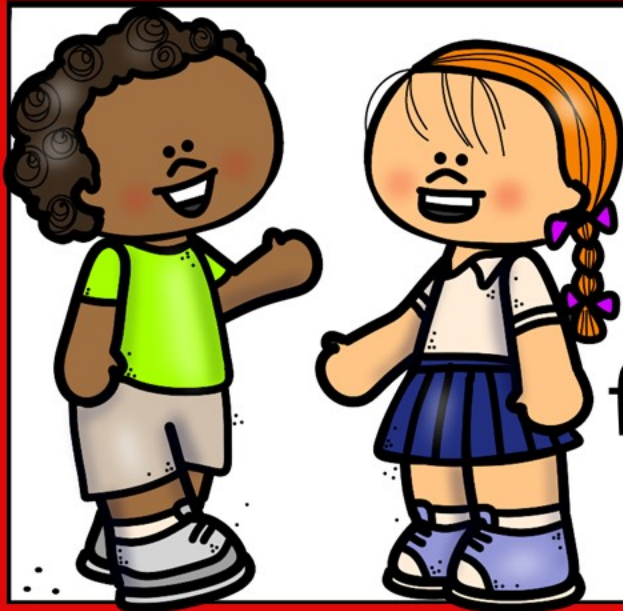
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stay busy with an
activity I enjoy.



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ask
politely
for a turn.



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go to another game.



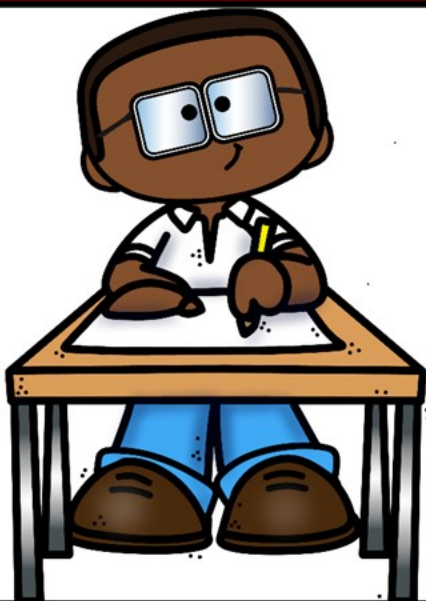
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ask for
help.



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try my
best.



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tell a
grown-up
I trust.

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ask if I can play?



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respect
others.

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get
organized.

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think happy
thoughts.

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think before
I speak.

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