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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Tools for Coping](#)

2 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.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



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

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

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 \(youtube video\)](#)

Tools for COPING



Objective:

- *Students will be able to identify coping skills to use in given situations.
- *Students will practice using coping skills in different scenarios.

Materials:

- *6 Tools for Coping (one for each student).
- *Toolbox (one for each student).
- *Tools for Coping pages & scenarios.

Guiding Questions

- *Why is it important to learn to cope with stressors that come our way?
- *How can using coping skills improve your life?

Activity Details:

- *"A tool is something we use to carry out a function, and to fix or build something. Well today we are going to learn about tools that help lead us to cope. We will learn about each tool and how we can use it to cope with stressors in life that come our way. An important part of life is knowing what tools you need to use and when."
- *Show the group the Tools for Coping paper, go through the different coping skills listed on there and what they mean. Then pass out the tools, make sure each student gets one of every tool (6 tools total). "I am giving you each the 6 tools with coping skills on them, place them in your toolbox until you need to play them. As I read to you some different coping scenarios, I will ask you all to pick the tool out of your toolbox that you would use to cope in this scenario, and I will ask you why or to give an example. I will go first." Read out loud the first scenario. "You are worried about how you will do on your test tomorrow.... I would use the tool that says Talk to someone because I always feel better when I talk to my best friend. Which one would you use?" Wait for everyone to put down a tool, ask why they chose that tool. Read the next coping scenario and have the students put down the tool they would use for each scenario and have them explain why and how they would use it. Everyone should pick back up their tool after each scenario, so they always have the 6 tools to choose from for every scenario.

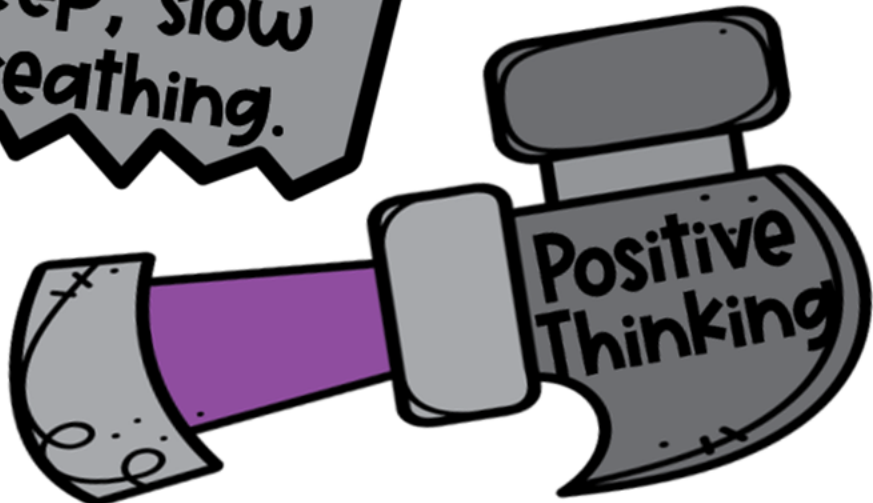
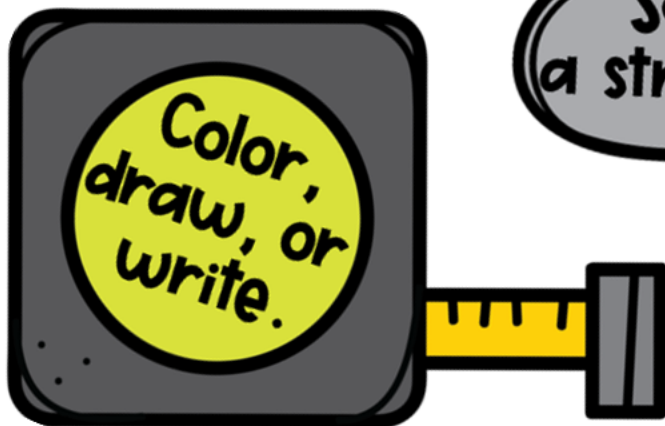
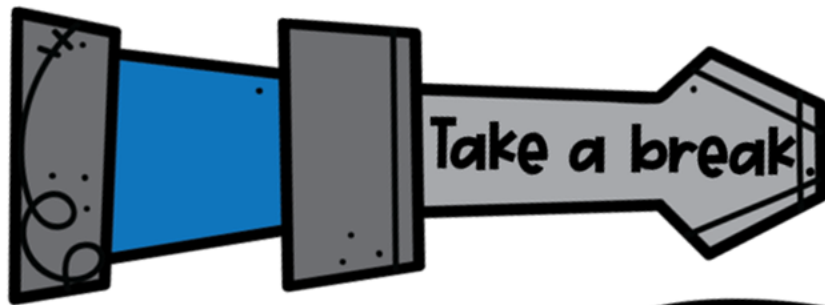
ASCA Standards Alignment:

- *Mindset: Belief in using abilities to their fullest to achieve high quality results and outcomes (M 5)
- *Behavior: Effective Coping Skills. (B-SMS 7)

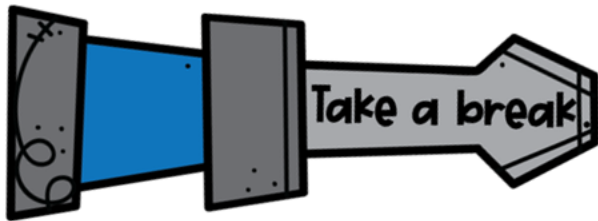
SEL Competencies:

- *Self-management: Stress Management.
- *Responsible decision making: Identifying problems, analyzing situations, solving problems.

Tools for COPING

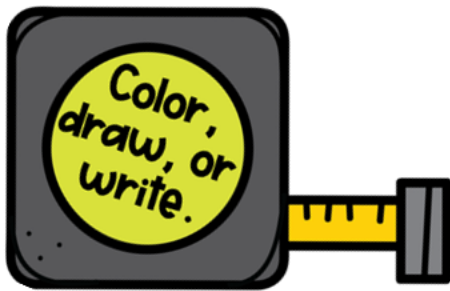


Tools for COPING



Take a step away from what you are doing and come back to it when you feel calmer.

Squeeze a stress ball or similar object to release tension.



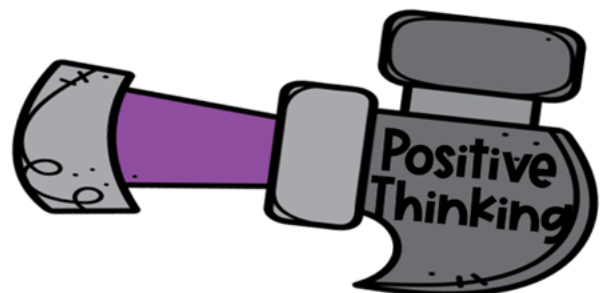
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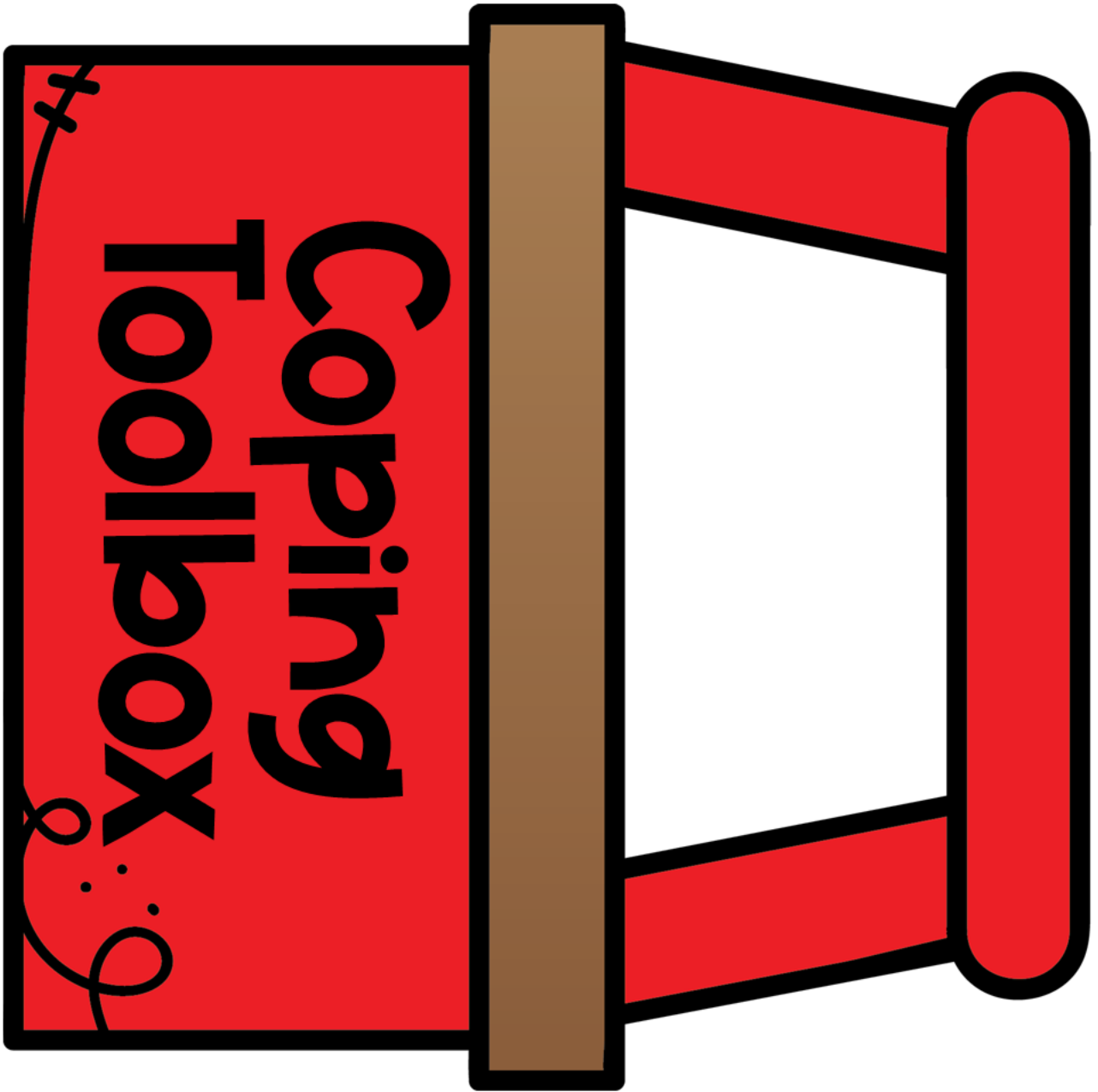


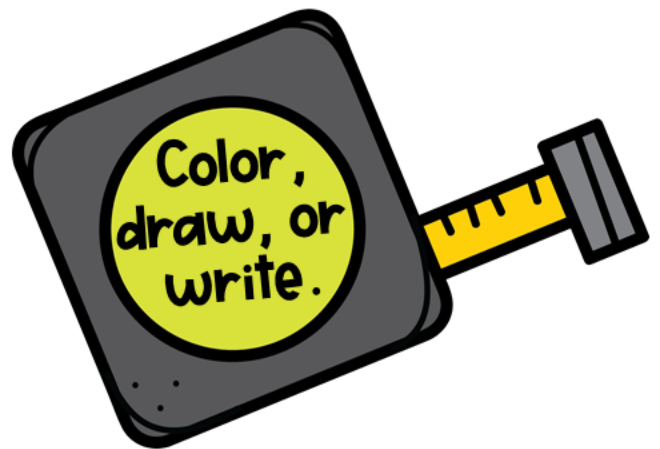
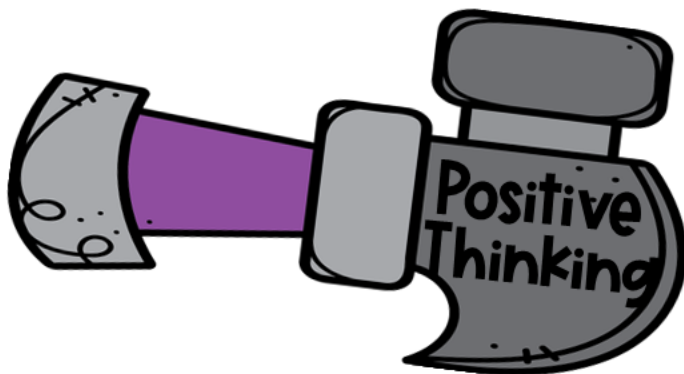
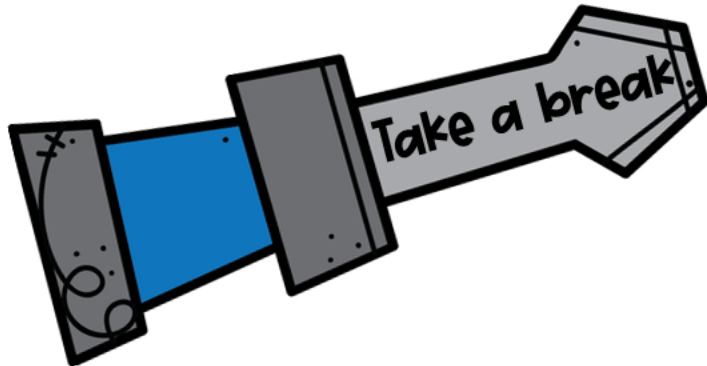
Slow your breathing by taking a few long, deep, breaths slowly.

Believe in yourself and look at the bright side of things.









Coping Scenarios

Which tool would you use?



You are worried about how you will do on your test tomorrow.



You are in the middle of a crowded shopping mall with your friend. You suddenly feel very anxious and your breathing starts getting quicker.



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It is almost your turn to present a project in front of the entire class. You feel your heart racing and hands sweating.



You are trying to solve a difficult math problem but can't figure it out. You feel like giving up.



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Success Scenarios

Which tool would you use?



You are waiting for your dentist appointment and feel nervous about the work you have to get done on your teeth. Your mind fills with worries.



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You are new to a school and don't know anyone. You feel lonely and isolated during lunchtime.



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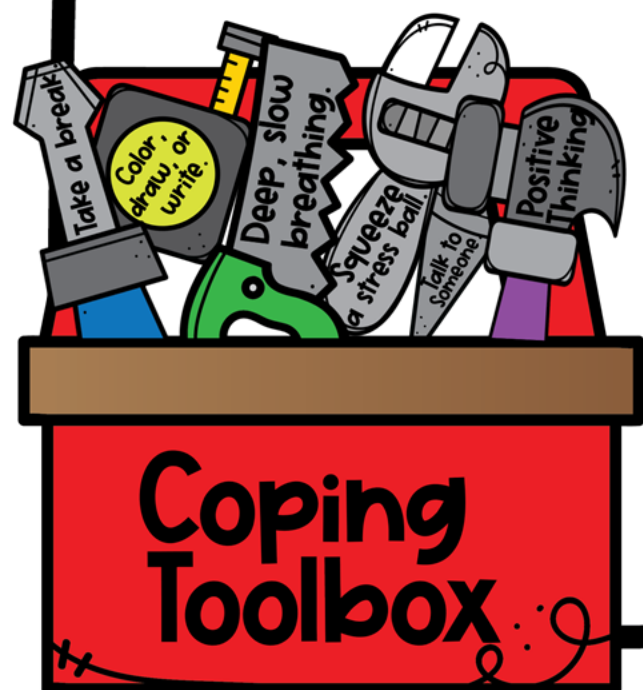
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What Coping Tool do you want to try to use more and why?

Are there any Coping Tools that you find do not help you?

What other Coping Tools do you use to help you (that are not listed)?



Tools for COPING

The logo for 'Tools for Coping' features the word 'Tools' in a bold, black, sans-serif font, followed by 'for' in a smaller, regular, black, sans-serif font. Below 'Tools' and 'for' is the word 'COPING' in a large, bold, black, sans-serif font. The letter 'O' in 'COPING' is replaced by a graphic of a toolbox with several tools (a wrench, a screwdriver, and a key) protruding from it.

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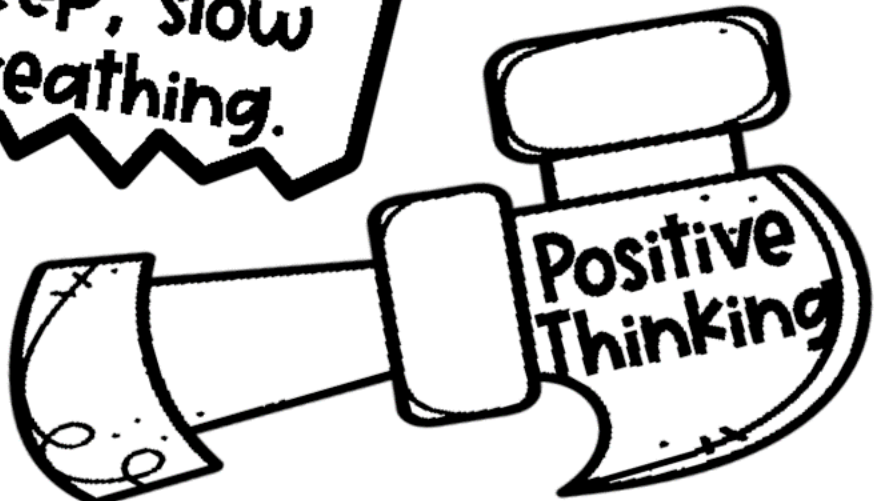
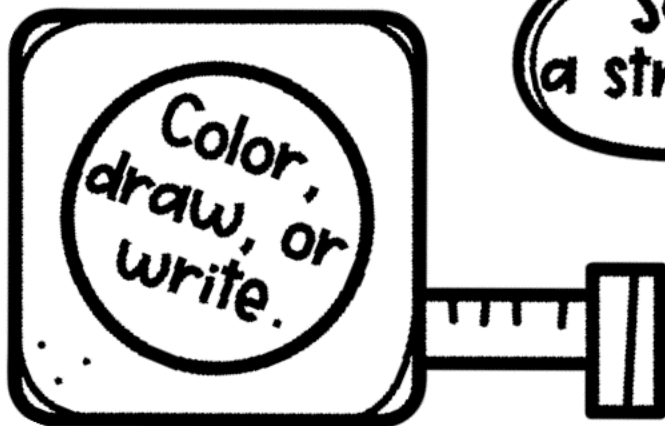
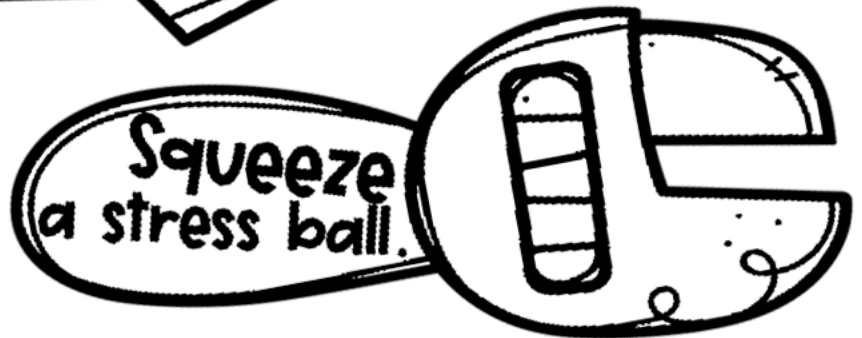
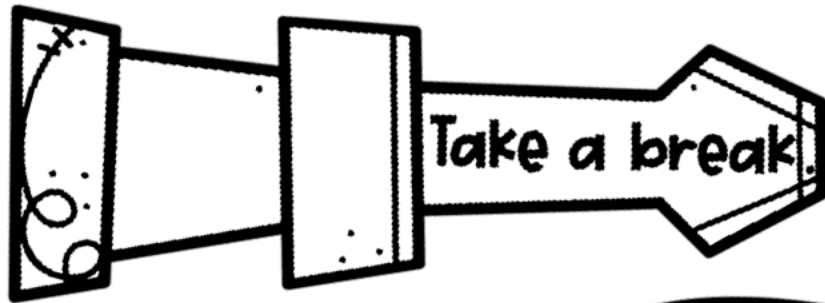
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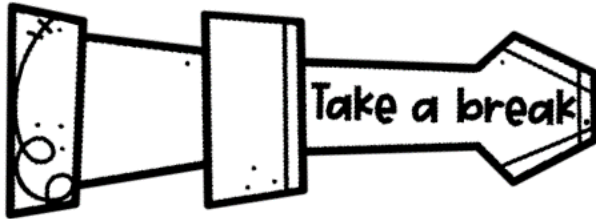
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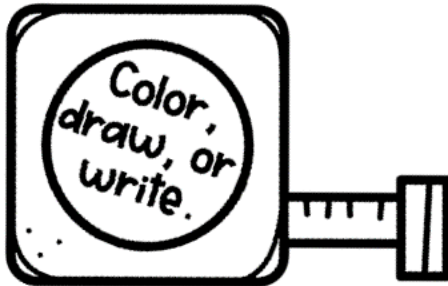
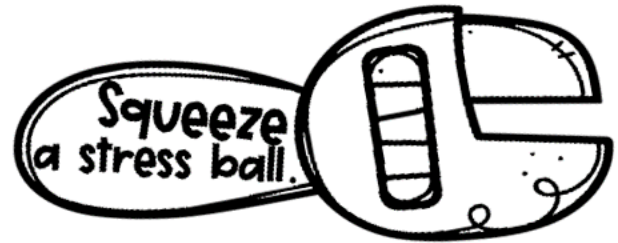


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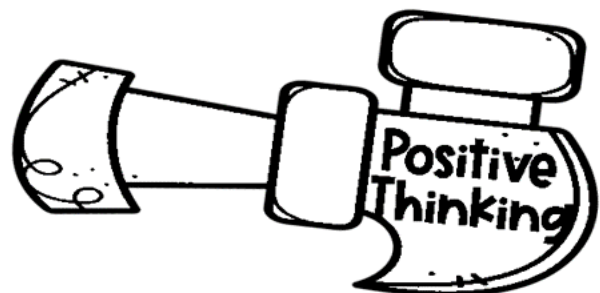
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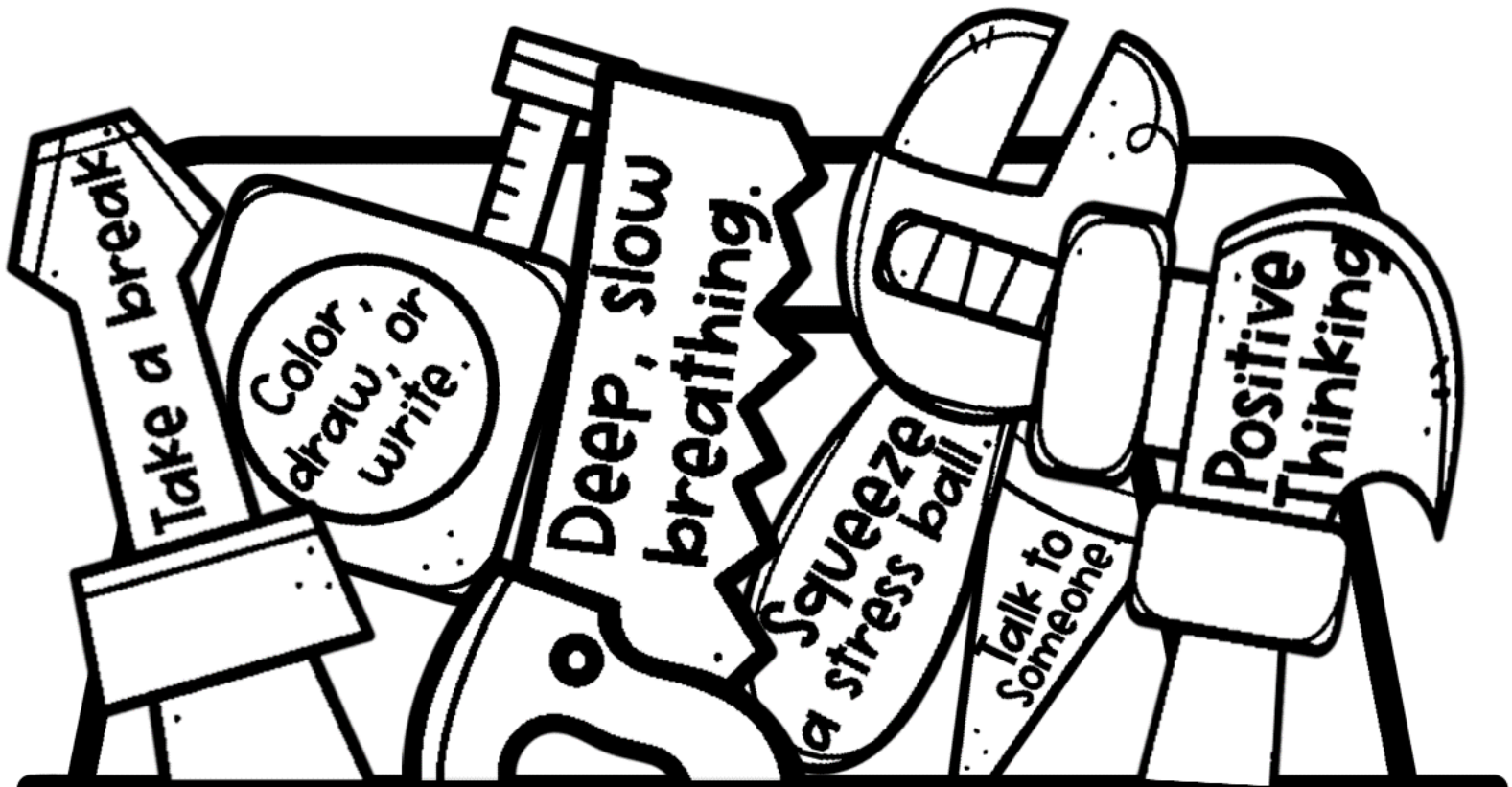
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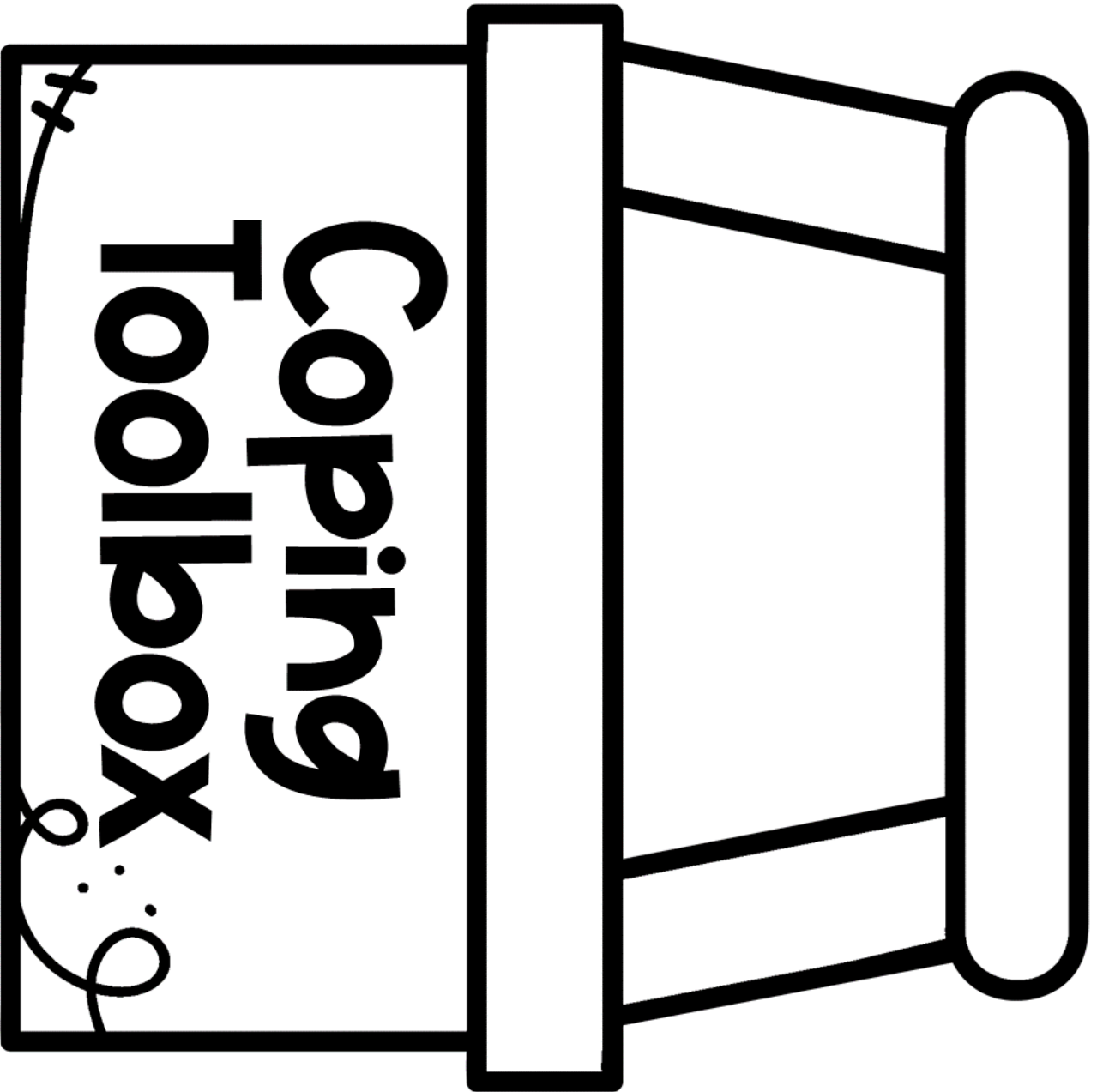
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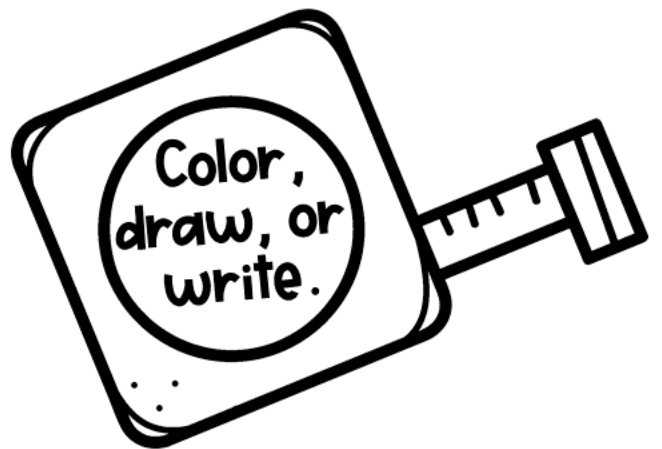
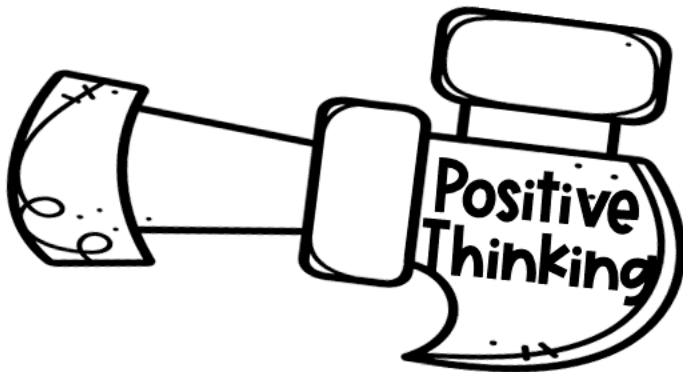
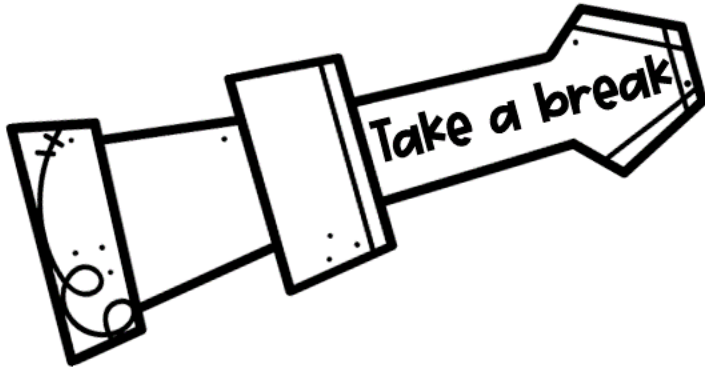
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Coping Toolbox





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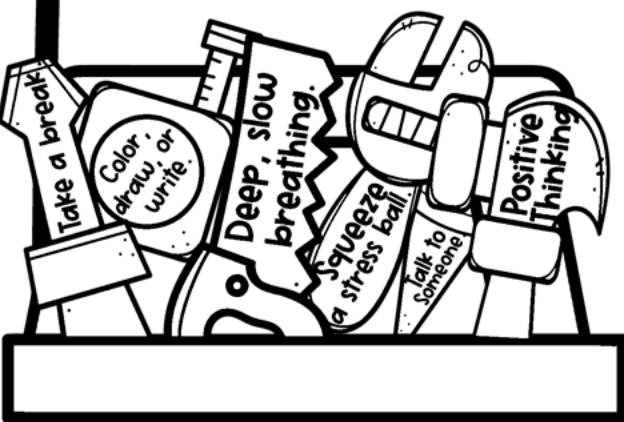
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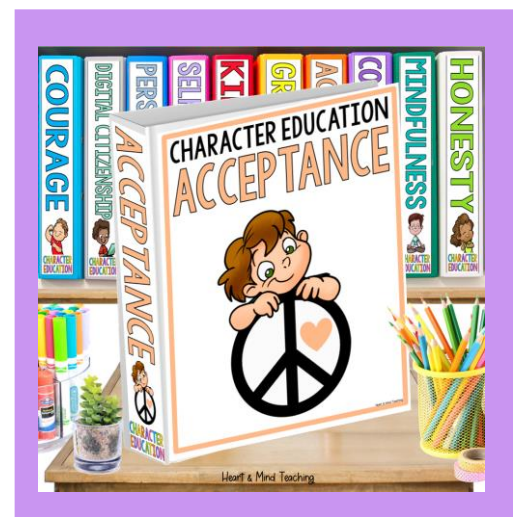
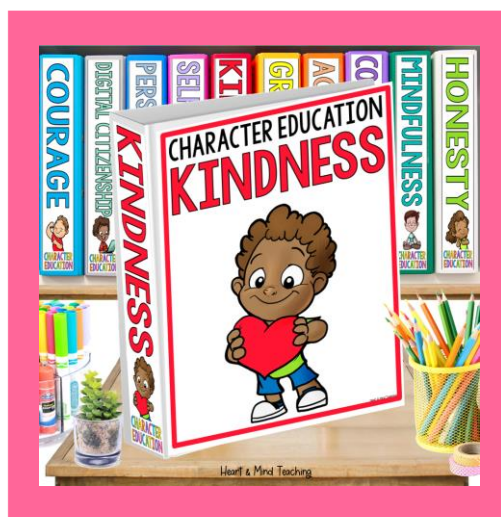
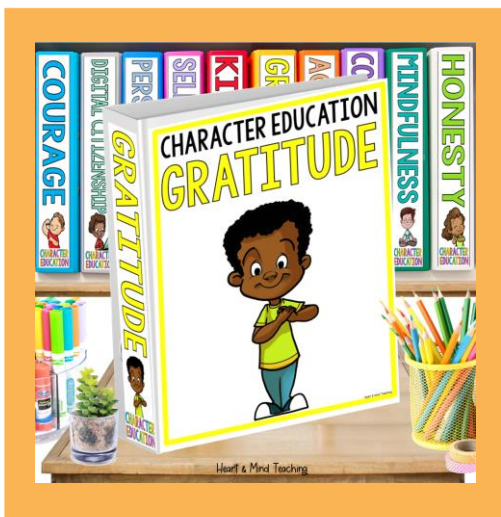
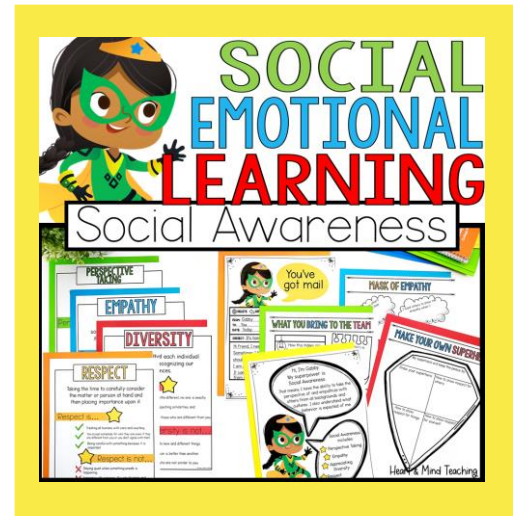
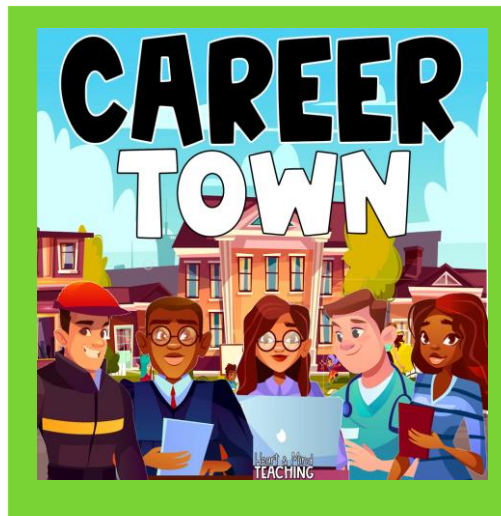
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**Coping
Toolbox**

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR Collab

with Laura & Ashley



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

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HEART + MIND
TEACHING



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

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