

Teach your students
& children 50 different
coping tools to help
them manage big
feelings!

What an awesome resource. I used this with my classroom and with my own kids! I love the tools... Fantastic.
-Kristen

WholeHearted School Counseling



WHAT YOU'LL LOVE ABOUT THIS SEL RESOURCE:

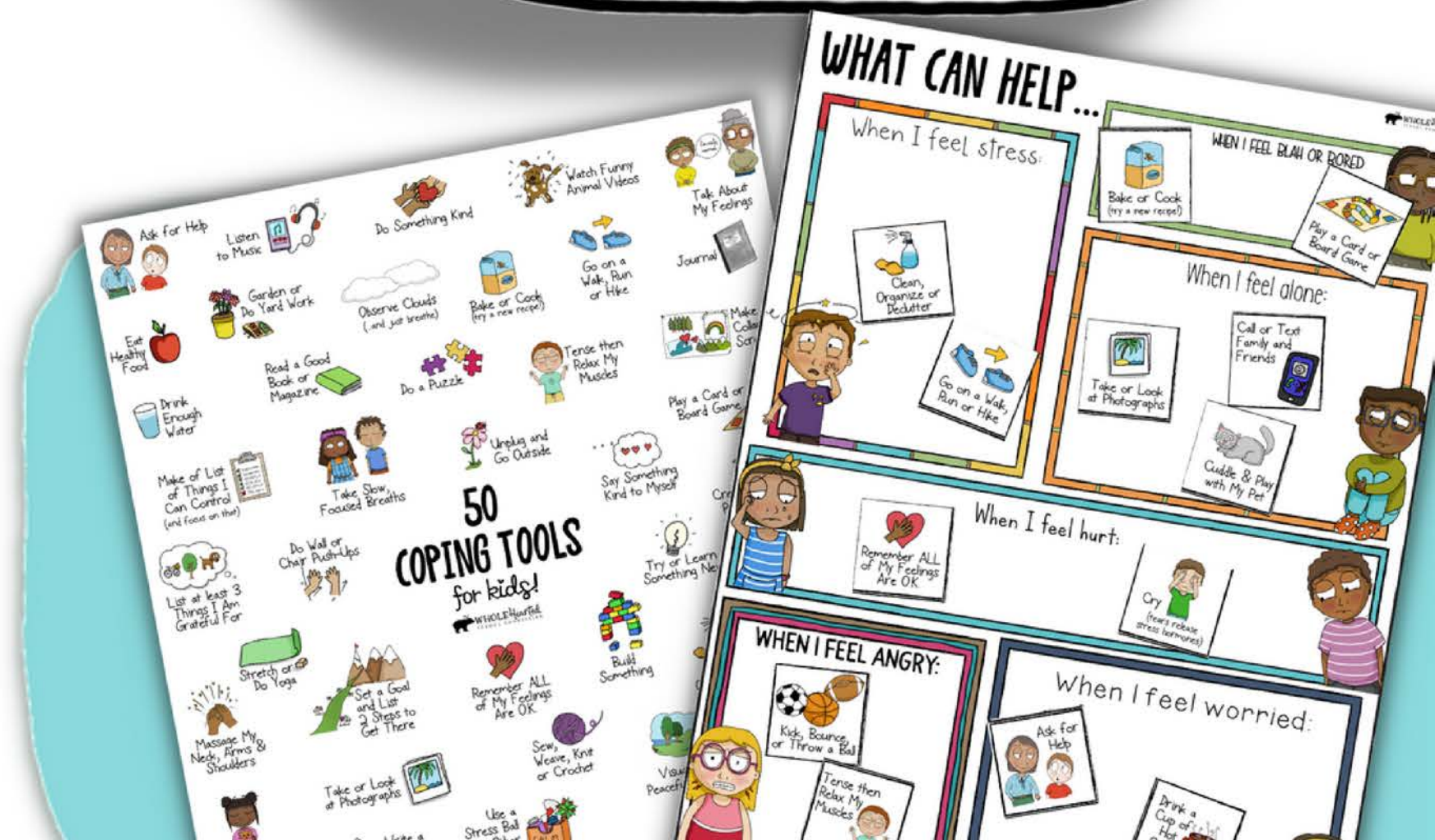
When you teach children emotion regulation and self-management skills, it makes your job as a counselor, teacher, or parent so much easier! Focus on prevention instead of putting out "dysregulation fires".

Students love the VISUAL SUPPORTS. This means greater engagement and buy-in!

Has TONS OF USES for differentiated instruction. Can be used by counselors, teachers, behavior interventionists, and parents with children. Perfect for classroom lessons, individual & small group counseling, and learning at home.

The graphics are so kid-friendly and the coping skills are easy for the students to relate to and implement.

-Sonia



CONCISE SOCIAL NARRATIVE LESSON THAT TEACHES KIDS WHEN AND HOW USING COPING TOOLS CAN HELP

Well worth the \$\$.
This lesson combines
many lessons I have
previously done in the
past. So well organized-
there are so many
things you can use this
for. Thanks!!
-Susan

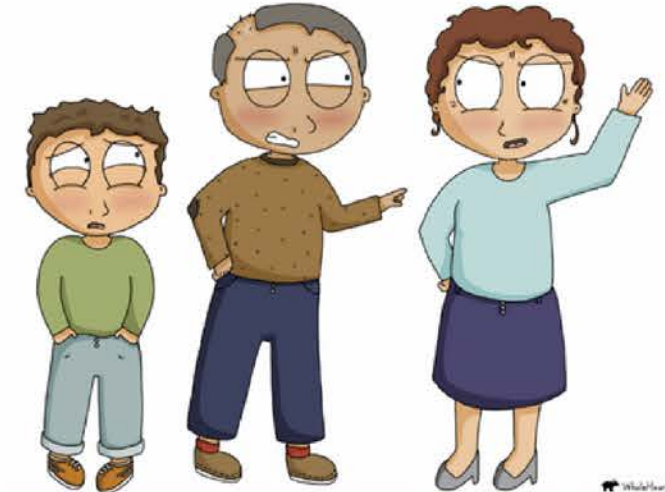
COMES IN DIGITAL & PRINTABLE FORMATS!

Sometimes life can get
really hard.

All of us experience
stress and
uncomfortable feelings
from time to time.



Maybe you are dealing with something
really challenging at home...



...at school,



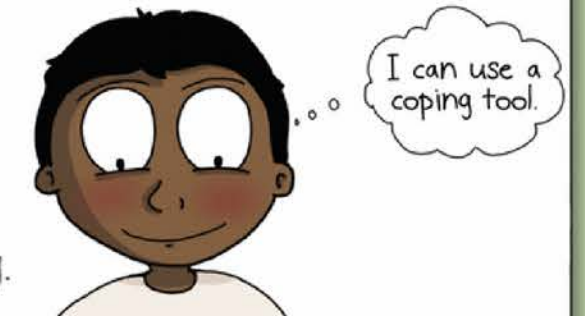
...or with friends.



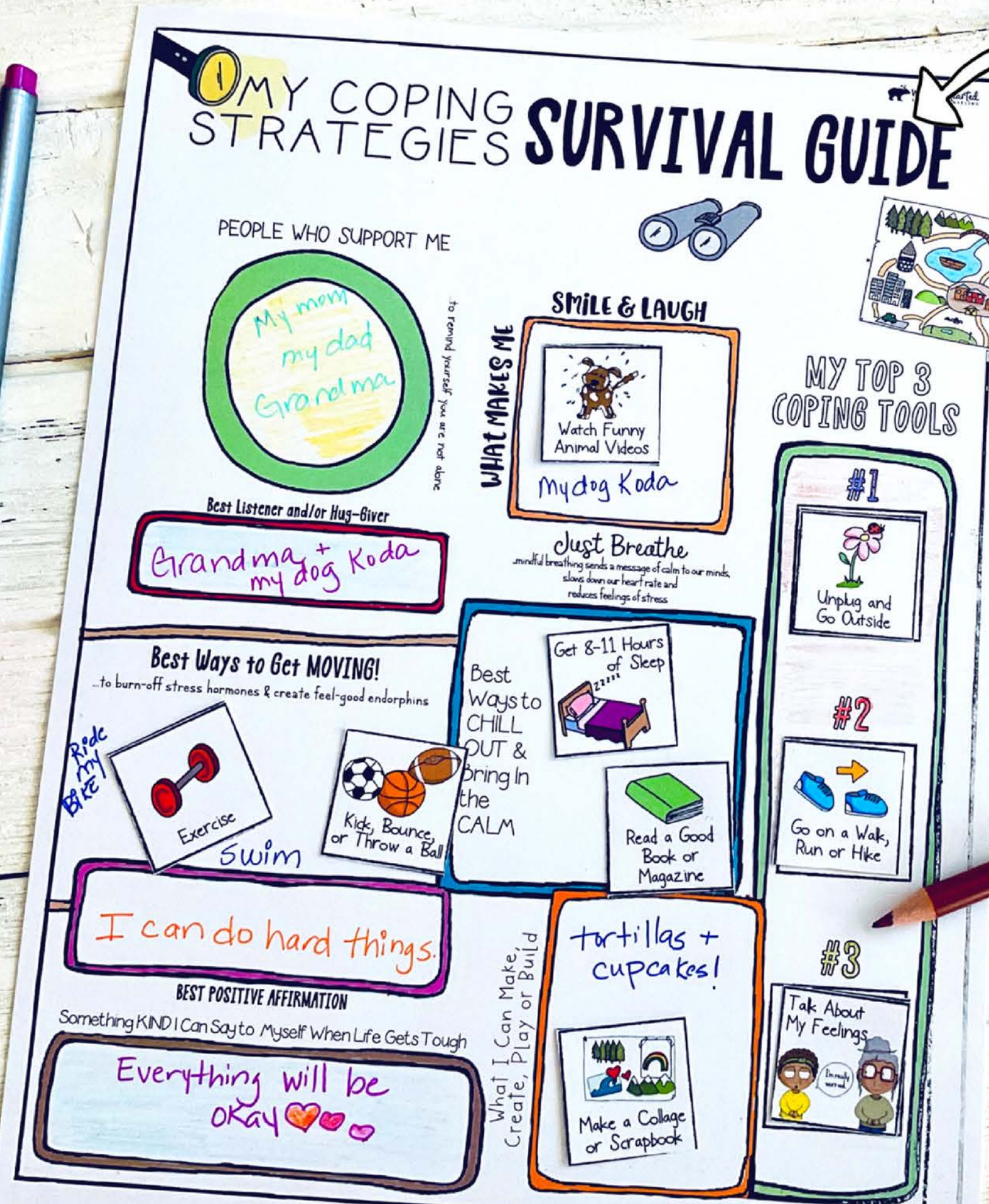
Some days you might just feel "blah"
or anxious and not even know why.



This is when
using healthy
coping tools
come in handy.



STUDENTS LOVE CREATING
THEIR VERY OWN
SURVIVAL GUIDE &
FORTUNE TELLER GAME!



This resource is fantastic.
So many options are included
to use when teaching about
Coping Skills and it is very
easy to differentiate for a
variety of learners.
-M.R.

This is an amazing resource!! I used different pieces of it for coping skills lessons with grades 1st-5th. The kids loved the activities... and it was such a fun way to talk about coping skills! I will definitely be using this again and again for individual, group, & whole class lessons!
-Rebecca

Complete Feelings Help Plan by:

- Writing
- Drawing
- Glueing -or-
- Sorting



FEELING HELP PLAN:
What Might Help when Feeling Specific Emotions

CHECKLIST + SORTING CARDS

(make two copies
& play Memory!)

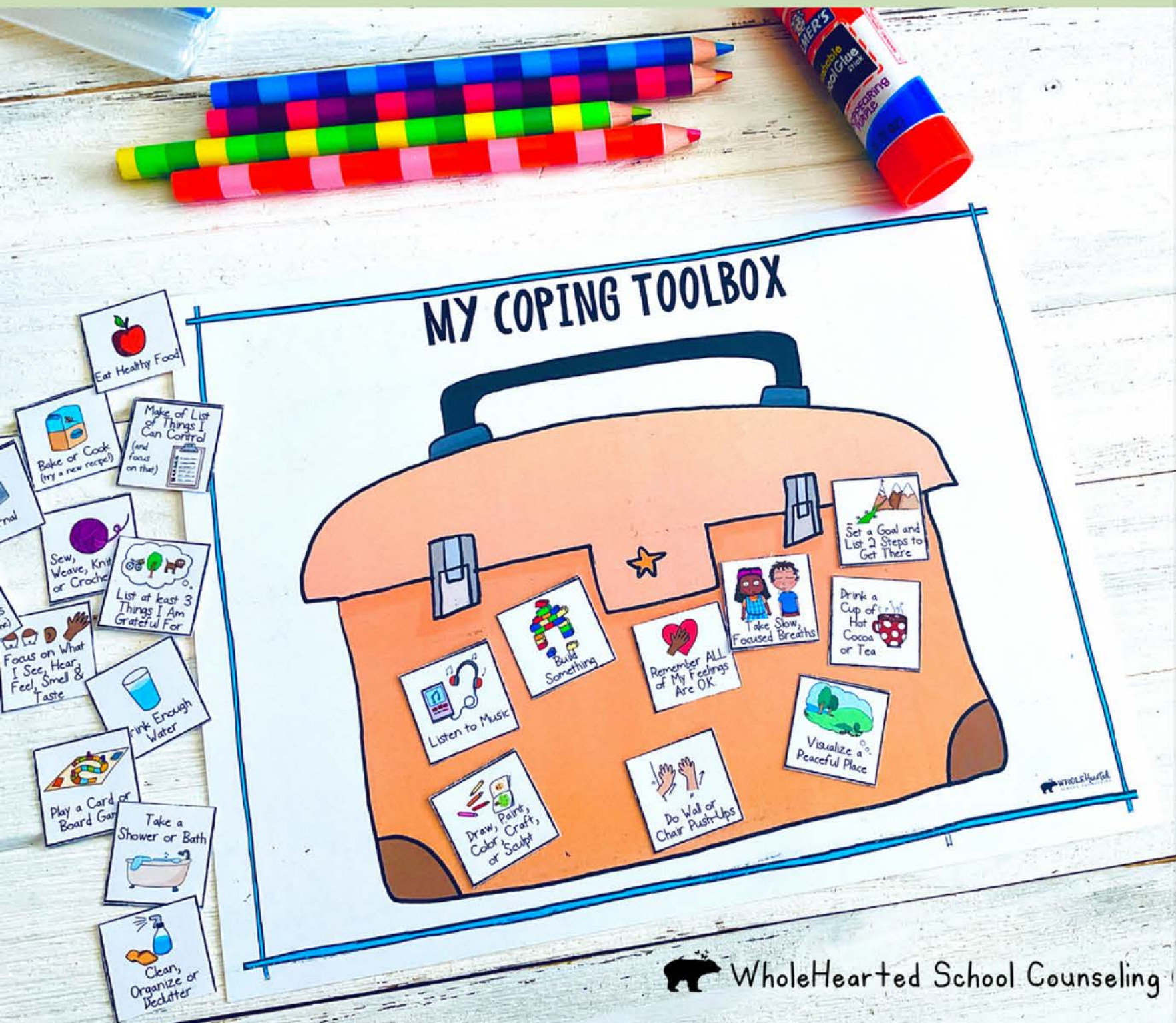


These Are Some Coping Tools I'd Like to Try:

- ☐ Read a Good Book or Magazine
- ☐ Build Something
- ☐ Focus on What I See, Hear, Feel, Smell & Taste
- ☐ Unplug and Go Outside
- ☐ Make a Collage or Scrapbook
- ☐ Drink Enough Water
- ☐ Watch Funny Animal Videos
- ☐ Play a Card or Board Game
- ☐ Do a Puzzle
- ☐ Call or Text Family and Friends
- ☐ Make a List of Things I Can Control
- ☐ Go on a Walk, Run or Hike
- ☐ Remember ALL of My Feelings Are OK
- ☐ Drink a Cup of Hot Cocoa or Tea
- ☐ Stretch or Do Yoga
- ☐ Say Something Kind to Myself
- ☐ Cuddle & Play with My Pet
- ☐ List at least 3 Things I Am Grateful For
- ☐ Take or Look at Photographs
- ☐ Sew, Weave, Knit or Crochet
- ☐ Set a Goal and List 2 Steps to Get There
- ☐ Write a Letter
- ☐ Remind Myself I Can Do Hard Things
- ☐ Take a Shower or Bath
- ☐ Smile (smiling tricks our brain into feeling happier)
- ☐ Talk About My Feelings
- ☐ Create Origami or Paper Airplanes
- ☐ Massage My Neck, Arms & Shoulders
- ☐ Bake or Cook (try a new recipe!)
- ☐ Journal
- ☐ Tense then Relax My Muscles
- ☐ Listen to Music
- ☐ Do Wall or Chair Push-Ups
- ☐ Draw, Paint, Color, Craft, or Sculpt
- ☐ Garden or Do Yard Work
- ☐ Take Slow, Focused Breaths
- ☐ Clean, Organize or Declutter
- ☐ Cry (tears release stress hormones)
- ☐ Try or Learn Something New
- ☐ Observe Clouds (...and just breathe)
- ☐ Use a Stress Ball or Other Fidget
- ☐ Get 8-11 Hours of Sleep
- ☐ Kick, Bounce, or Throw a Ball
- ☐ Exercise
- ☐ Ask for Help
- ☐ Hug (myself, someone else, or a stuffed animal)
- ☐ Do Something Kind
- ☐ Visualize a Peaceful Place
- ☐ Eat Healthy Food
- ☐ Sing and/or Dance



FUN SORTING ACTIVITIES



USED BY OVER
22,000
TEACHERS,
COUNSELORS &
PARENTS!



This is my absolute favorite resource that I have purchased on this site. It has so many activities available, explains concepts and activities incredibly well, and my students have enjoyed everything we've done from this resource.
-Cristina