

Effective Classroom Management Tool

Our Desk Name Tags encourage students to develop self-awareness, identify their feelings, & self-regulate using classroom-appropriate coping tools.

I absolutely love using this resource with my students. It helps them self-regulate so they can get back on task with their academics.
-Aimee

Jen

I feel...

Sad Tired Disappointed Hurt Sick Bored	Unfocused Excited Distracted Silly Hyper Antsy	Calm Focused Ready to Learn Safe Happy Good	Worried Confused Embarrassed Unsafe Anxious Stress	Angry Out of Control Scared Aggressive
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My Coping Tools

- Squeeze Then Relax My Muscles
- Take Slow Breaths and Just Sit With My Feelings
- Get a Drink of Water
- Push Against the Wall and Then Relax
- Build Something or Do a Puzzle
- Use a Tool from the Calm Box

Dwen

I feel...

unfocused	calm	worried	angry
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My Coping Tools

- Give Myself or a Stuffed Animal a Big Hug
- Read a Book or Look at Feel-Good Pictures
- Journal or Write a Letter
- Think of a Happy Memory or Peaceful Place
- Stretch or Do Yoga
- Use a Breathing Board

Grace

I feel...

sad	unfocused	calm	worried	angry
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My Coping Tools

- Do Wave Breathing
- Use Positive Self-Talk
- Help Someone or Ask to Do a Classroom Chore
- Ask for Help
- Do 5 Finger Breathing
- Quietly Exercise



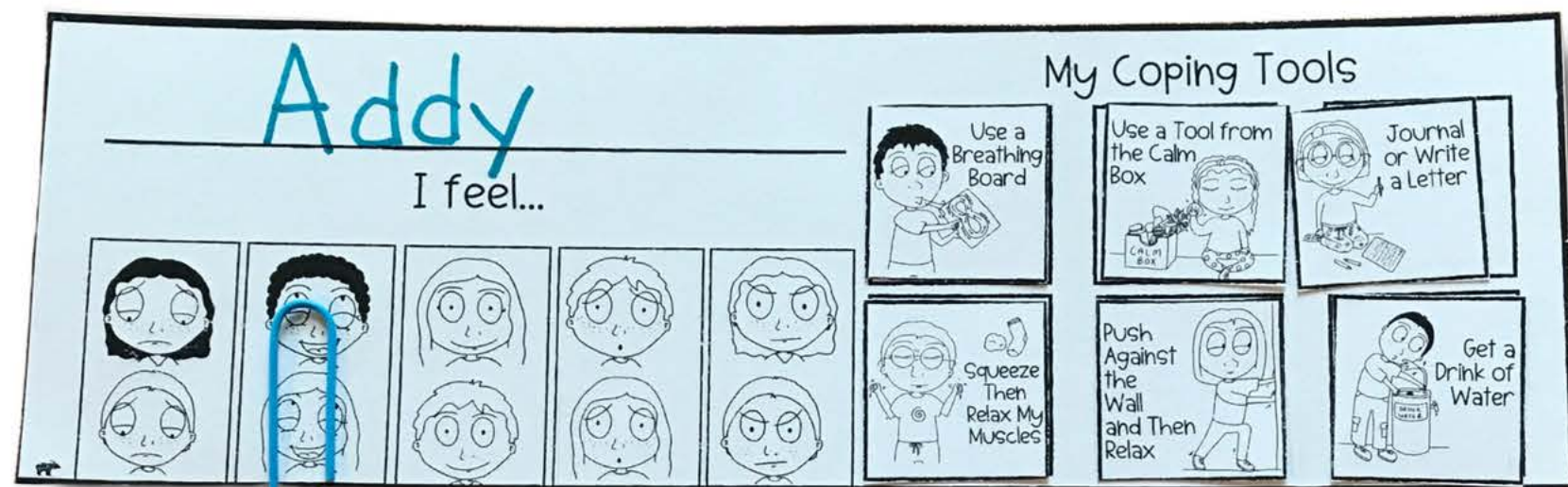
WHAT YOU'LL LOVE ABOUT OUR NAME PLATES

- Decreases classroom disruptions
- Empowers students to take ownership of their feelings and **SELF-REGULATE INDEPENDENTLY**
- DETAILED VISUAL SUPPORTS** make it accessible, relevant and easy for students to use
- CUSTOMIZABLE** with tons of options for **DIFFERENTIATION**
- Is researched based & **TRAUMA INFORMED**

Great tool and visual reminder for students who needs help expressing their feelings and who struggle with self-regulation.
-Mallory



Customize Feelings & Coping Tools to Meet Each Individual Student's Needs



I'm obsessed with these name tags! They have really helped my students take ownership of their emotional regulation and coping skills. I love it!
-Lorle

9 Different Styles
Plus Full Color, Light Color & Black/White Printing

Breathing Board & Mindful Exercises Mini-Guide

I love these name tags!
Today one of my students was very angry and I thought was going to have a melt down, instead he pointed to the tool he wanted to use and calmed down and finished his assignment!
-Megan

Infinity Breathing Board

BREATHE IN

BREATHE OUT

BREATHE IN

BREATHE OUT

Slowly follow the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out. Keep going until you feel more...

Mindfulness Exercises Guide

5-Finger Breathing
Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

Squeeze Then Relax My Muscles
Like "Rocks & Socks"
Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.

Wave Breathing
Place hands on your forehead and breathe in, then breathe out.

Used in Over 5,000 Classrooms Around the World!

These nameplates are a great and simple way for students to be reminded of different feelings, communicate how they are feeling with a teacher, and remind them of skills to use when they are having big feelings. All of the students wanted one after a few got them and were using them. Totally worth the money!
-Felicia



Coping Tools

Directions: Cut out your favorite 6 Coping Tools and paste them onto your Self-Regulation Name Plate.

Draw or Color	Get a Drink of Water	Give Myself or a Stuffed Animal a Big Hug	Tell Myself a Positive Affirmation or Mantra	Quietly Exercise
Use a Breathing Board	Use a Tool from the Calm Box	Read a Book	Do 5 Finger Breathing	Look at Feel-Good Pictures
Stretch or Do Yoga	Squeeze Then Relax My Muscles	Journal or Write a Letter	Ask for Help	Push Against the Wall and Then Relax
Think of 3 Things I Am Grateful For	Build Something or Do a Puzzle	Do Wave Breathing	Help Someone or Ask to Do a Classroom Chore	Treat Myself with Kindness & Just Breathe

Use the Cheat Sheet to cut out the following mindfulness coping tools:

Cheat Sheet

5-Finger Breathing
Slowly trace my hand with my finger, breathing in, as I trace my fingers going up, breathing out, as I trace my fingers going down.

Squeeze Then Relax My Muscles Like "Rocks & Socks"
Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.

Wave Breathing
Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.

