

KEEP YOUR COOL

DON'T HAVE A MELTDOWN

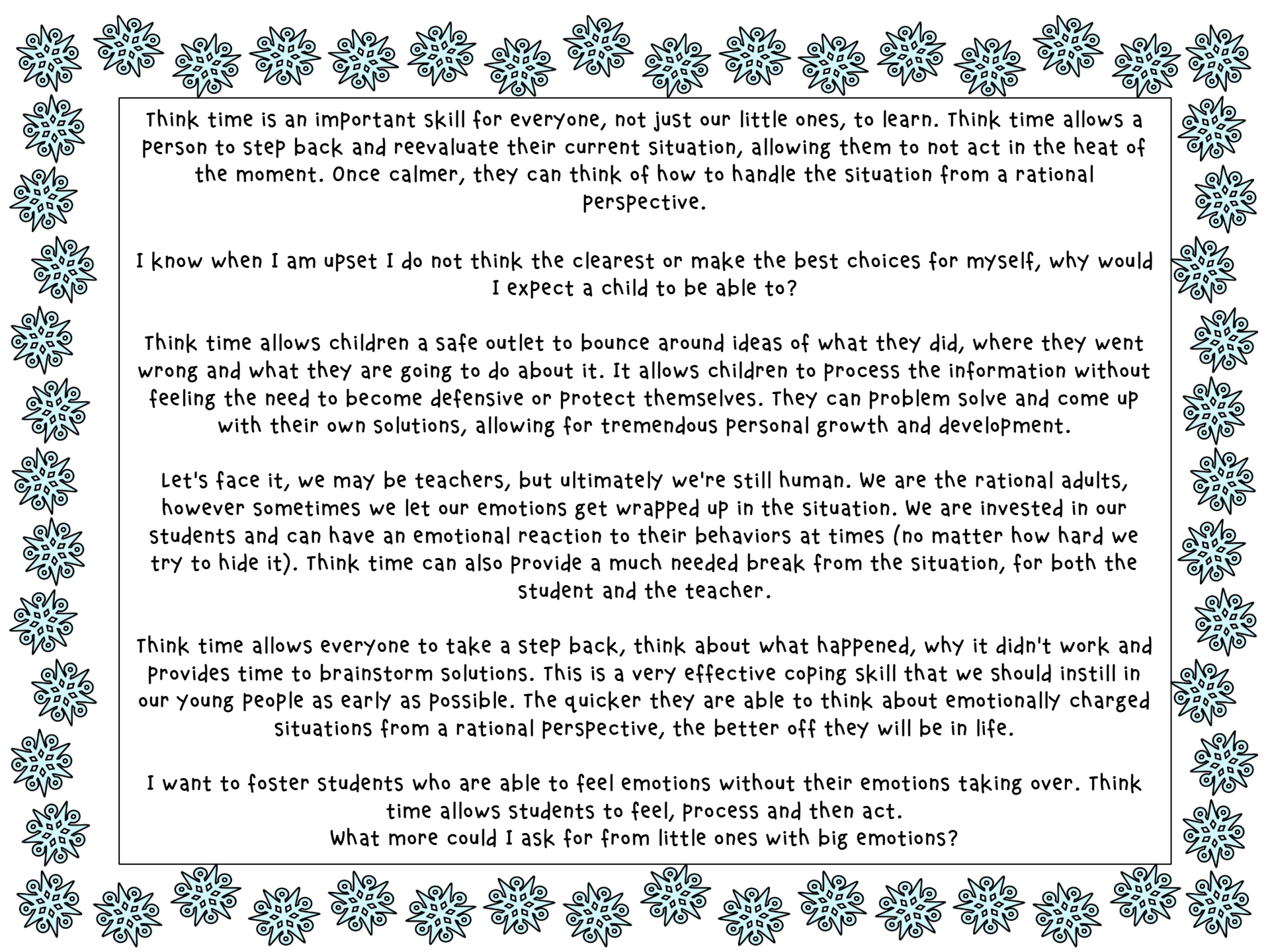


Keep Your Cool Posters
Flip Book for Students
Don't Have a Meltdown
Chart
Bookmarks & Desk
Charts
Think Time Sheets (4)



Mrs. Bell
The Crafty Counselor





Think time is an important skill for everyone, not just our little ones, to learn. Think time allows a person to step back and reevaluate their current situation, allowing them to not act in the heat of the moment. Once calmer, they can think of how to handle the situation from a rational perspective.

I know when I am upset I do not think the clearest or make the best choices for myself, why would I expect a child to be able to?

Think time allows children a safe outlet to bounce around ideas of what they did, where they went wrong and what they are going to do about it. It allows children to process the information without feeling the need to become defensive or protect themselves. They can problem solve and come up with their own solutions, allowing for tremendous personal growth and development.

Let's face it, we may be teachers, but ultimately we're still human. We are the rational adults, however sometimes we let our emotions get wrapped up in the situation. We are invested in our students and can have an emotional reaction to their behaviors at times (no matter how hard we try to hide it). Think time can also provide a much needed break from the situation, for both the student and the teacher.

Think time allows everyone to take a step back, think about what happened, why it didn't work and provides time to brainstorm solutions. This is a very effective coping skill that we should instill in our young people as early as possible. The quicker they are able to think about emotionally charged situations from a rational perspective, the better off they will be in life.

I want to foster students who are able to feel emotions without their emotions taking over. Think time allows students to feel, process and then act.
What more could I ask for from little ones with big emotions?



**KEEP
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Desk Charts & Bookmarks



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MELTDOWN

Flip Book for Students



Keep Your Cool Posters



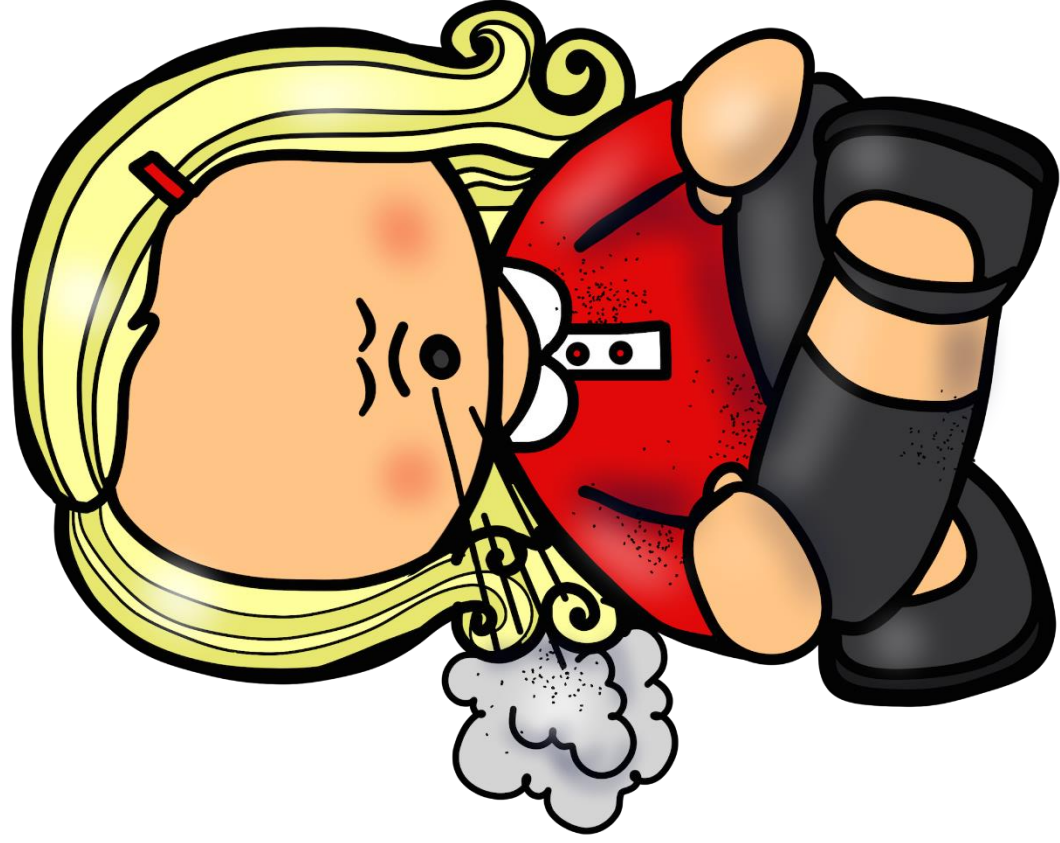
Think time sheets (4)
and parent
notification/ signature
page



Don't Have a
Meltdown Chart



Breathe Deep



Take five deep breaths.
Hold the air deep in your
tummy and then blow it out.

Write It Down



You could write a letter to
your anger or write about
how you are feeling.

Credits:



Calming
Strategies Clipart



Snowmen Clipart



Snowflake Frames



By: Mrs. Bell
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