

Calm Down Pop Up Activity

Mrs. Bell
The Crafty Counselor



Mrs. Bell
The **CRAFTY**
Counselor

Seven Templates / Four Cover Options

Designed for varying needs/abilities, use for differentiated instruction

A worksheet titled "Temperature Gauge" with a thermometer on the left. The thermometer has a red liquid level at approximately 8.5. The scale goes from 0 to 10. The worksheet is divided into three columns:

- Column 1:** "What is your current temperature?" with a scale from 0 to 10. The number 8.5 is written in the scale. Below it, "How I feel:" is written, and a drawing of a girl looks angry. Labels include "mind racing", "clear head", "out of sync", "worry", "hitting", and "feet stomping".
- Column 2:** "What is your goal temperature?" with a scale from 0 to 5. The number 2 is written in the scale. Below it, "How I want to feel:" is written, and a drawing of a girl looks calm. Labels include "body calm" and "in control".
- Column 3:** "What I can do to feel this way instead." with a list: "6-5-4-3-2-1", "*Breathe", and "*Talk to someone I trust".

A worksheet titled "Thoughts I want to share:" with a name "Ashley B." written in blue. Below the name is a grid of 10 boxes for writing thoughts. The first row of boxes contains the following text:

- I kept my hands to myself today.
- I stayed calm today.
- I loved lunch.
- I was nice to others.
- I did not understand math today.
- I need help with math.

A large wheel divided into four quadrants, each with a different theme and strategies:

- Top Quadrant:** "I can keep myself calm. Circle the calm down strategies that work well for you. Cross out the calm down strategies that do not work well for you." Strategies include: music (crossed out), talk (circled), stretch (circled), get a drink (circled), sit out (crossed out), write (circled), yoga (circled), and time to self (circled).
- Right Quadrant:** "6-5-4-3-2-1 Calm Down. Close your eyes." Strategies include: think time (circled), play (crossed out), jumping jacks (circled), read (circled), relax (circled), and squeeze (crossed out).
- Bottom Quadrant:** "Take 111 deep breathes. Open your eyes and name: FIVE things you can see, FOUR things you can feel, THREE things you can hear, TWO things you can smell, ONE thing you can taste." Includes drawings of a hand, an ear, a nose, and a mouth.
- Left Quadrant:** "I can keep myself calm." Strategies include: happy face (circled), breathe (circled), exercise (circled), and think time (circled).

Seven Templates / Four Cover Options

**Inside Sheet-
Double Side Print,
Flip on Short Edge
Pages 4-17**

**Cover Sheet-
Single Side Print
Pages 18-21**

Check out these videos: <http://bit.ly/2QV3h5Q> and <http://bit.ly/37IEIVk>

Mrs. Bell The Crafty Counselor

Temperature Gauge

What is your current temperature?

0 1 2 3 4 5
6 7 8 9 10

How I feel:

What is your goal temperature?

0 1 2 3 4 5
6 7 8 9 10

How I want to feel:

What I can do to feel this way instead:

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Thoughts I want to share:

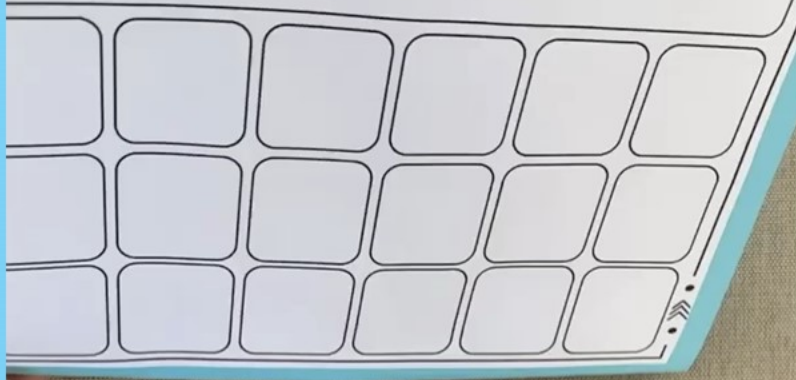
Thoughts I want to share:

Thoughts I want to share:

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Thoughts I want to share:

s belongs to:



Check out
these videos
for more details:

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<http://bit.ly/37IEIVk>

<http://bit.ly/33fMpJC>

You May Also Like :

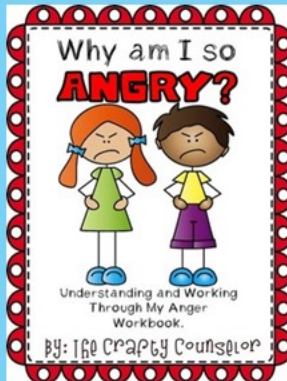
Calm Down Tools No Cut Flipbook



The image shows a flipbook with several pages. The pages are titled: 'Calm Down Tools prevent losing control', 'My Triggers', 'My Anger', 'Calming Strategies', 'Taking Control', and 'What Works For Me?'. The flipbook is designed to be printed and folded without cutting.

Simply print and fold
By: Mrs. Bell The Crafty Counselor

Why am I so ANGRY?



The image shows a workbook cover with two cartoon girls, one with red hair and one with brown hair, both looking angry. The text reads: 'Why am I so ANGRY? Understanding and Working Through My Anger Workbook. By: The Crafty Counselor'.

By: The Crafty Counselor

ANGER MONSTERS



The image shows a pink-bordered box containing activity sheets. It features a cartoon monster with a blue head and pink body. The text reads: 'Six Different Activity Sheets', 'Three Monster Designs', and 'Mrs. Bell The Crafty Counselor'.

Six Different Activity Sheets
Three Monster Designs
Mrs. Bell The Crafty Counselor

KEEP FROM ERUPTING



The image shows a volcano-shaped slider with a grey smoke plume. The text reads: 'Take Deep Breaths', 'Use a stress ball and bring it around the string to get to the top!', 'What happens when you could the base from erupting?', and 'Mrs. Bell The Crafty Counselor'. The bottom text says 'Calm down sliders'.

calm down sliders

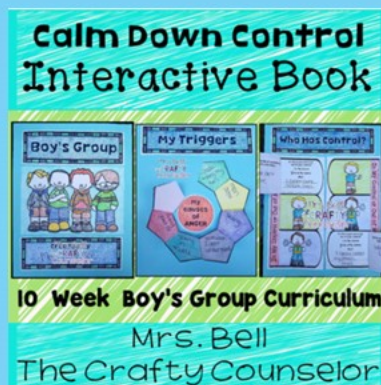
PEACE WEEK: ZEN CORNER



The image shows a collection of colorful cards for a 'Zen Corner'. The cards feature various illustrations of people practicing yoga and breathing exercises. The text reads: 'Set up your own Yoga Based Calm Down Corner' and 'Mrs. Bell The Crafty Counselor™'.

Set up your own Yoga Based Calm Down Corner
Mrs. Bell The Crafty Counselor™

Calm Down Control Interactive Book



The image shows a book cover with three panels: 'Boy's Group', 'My Triggers', and 'Who Has Control?'. The text reads: '10 Week Boy's Group Curriculum' and 'Mrs. Bell The Crafty Counselor'.

10 Week Boy's Group Curriculum
Mrs. Bell The Crafty Counselor

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Mrs. Bell
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