



# HELP CHILDREN LEARN VITAL SKILLS AND STRATEGIES

- Helps kids pause, think, and make thoughtful choices
- Reduces classroom disruptions
- Enhances learning & skills for focus
- Promotes positive social interactions
- Problem-solving skills & coping strategies

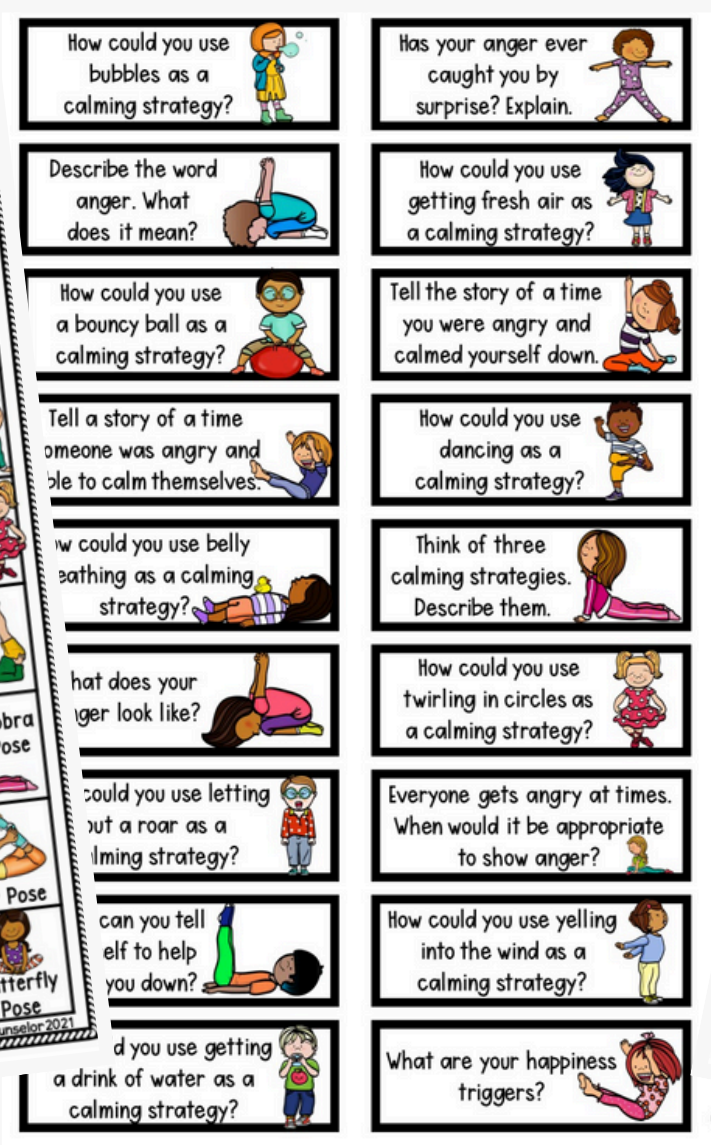


# What's Included

★ Coping Skills, Calming Strategies, & Yoga Poses Chart

★ 63 Building Block Labels

★ 63 Calming Strategy Cards



★ color & printer friendly versions included

# Skills they will learn!



- ✓ Impulse Control
- ✓ Self-Awareness
- ✓ Coping Strategies
- ✓ Decision-Making
- ✓ Social Skills
- ✓ Resilience



# Ways to Use this Resource

★ Classroom Activity

★ Counseling Groups

★ Calming Corner

★ Behavioral Interventions



# HAPPY EDUCATORS SAID:



★★★★★ Vickie N. says, "Great resource! The directions were clear and easy to follow. My students love this tool!"

★★★★★ Denise D. says, "I love using Jenga as a way to engage students in learning! I've used it for math skills and reading skills, and this is perfect for SEL. Thank you for this amazing resource!"

★★★★★ Amy C. says, "My students are much more engaged in lessons when we have some type of game. My third and fourth graders enjoyed playing, and because the group was small, they all shared answers after each block was pulled out. This encouraged them to take social risks and share more."

the story  
were angry  
himself down.

Do you know your anger  
triggers? What are they?

... as a  
... strategy?

Are you more of a  
leader or a follower?

Everyone gets angry at times.  
When would it be appropriate  
to show anger?

If you become angry  
at school, what  
strategies can you use?

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great  
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How does your mood  
affect your decision-  
making?

How would you  
describe your ability  
to have self c...

**MAKE IT YOURS NOW!**

What phrases could  
someone say to calm  
themselves down?

Playing with fidgets can be a  
great calming strategy. How  
could you use this strategy?



@mrsbellthecraftycounselor

