

COPING SKILLS ACTIVITY BOOK NO-CUT & QUICK PREP



**Calm Down
Tools**
prevent losing control

Two small cartoon drawings of a girl with a grumpy expression, one on the left and one on the right, flanking the text.

- one **My Triggers**
- two **My Anger**
- three **Calming strategies**
- four **Taking control**
- five **What works For Me**



Calm Down Strategies

Calm down strategies are actions you can take to calm yourself down and keep from losing control. Circle the calm down strategies you think may work for you. Cross out any that you have tried that were not a good fit for you.

Think of Something Else	Read a Book	Take a Break	Jumping Jacks	Exercise It Out
Clear Your Mind	Get a Drink	What works best for you?	Listen to Music	Breathe Deep
Squeeze It Out	Write About It	Play a Game	Go For a Walk	Think It Out

Which calm down strategy would you use in each of these situations?

- 1 They are laughing and making fun of you. How do you keep calm?
- 2 You just got blamed for something you didn't do. How do you keep calm?
- 3 They pushed you a little too hard during the game, causing you to fall. How do you keep calm?
- 4 You are trying to join them but they are ignoring you. How do you keep calm?
- 5 You are getting yelled at. How do you keep calm?

- three Calming Strategies
- four Taking Control
- five What Works For Me

Calm Down Tools

prevent losing control

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Double side print with "flip on short side" enabled for **NO-CUT & QUICK PREP**



What are triggers?

Triggers are things that really push our buttons and cause us to blow our tops and lose our cool. People have very different triggers, what really bothers me may not bother you at all. The key to keeping cool is identifying triggers and dealing with the feelings they cause in a healthy way.

Some common triggers are:

Unfairness	Being bossed around	Rumors being spread	Being blamed
Being ignored	Feeling uncared for	Not being listened to	Made fun of
Name calling	Excessive noises	Losing at a game	Laughed at

What are your triggers? Draw or describe them.

one **My Triggers**

two **My Anger**

three **Calming Strategies**

four **Taking Control**

five **What Works For Me**

Help students learn **COPING SKILLS & CALMING STRATEGIES**



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three calming strategies

four Taking control

five What works For Me

Calm Down Tools

prevent losing control

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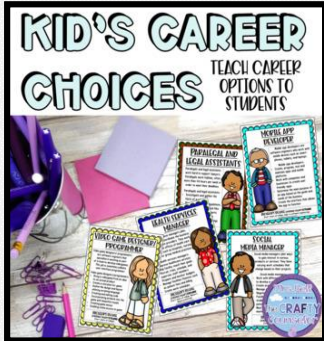
five What works For Me

PRINT, FOLD, STAPLE, USE

YOU MAY ALSO LIKE:

KID'S CAREER CHOICES

TEACH CAREER OPTIONS TO STUDENTS



Practical and High Achievers
Health Options
Social Media Manager
Virtual Care Provider

Mrs. Bell The Crafty Counselor

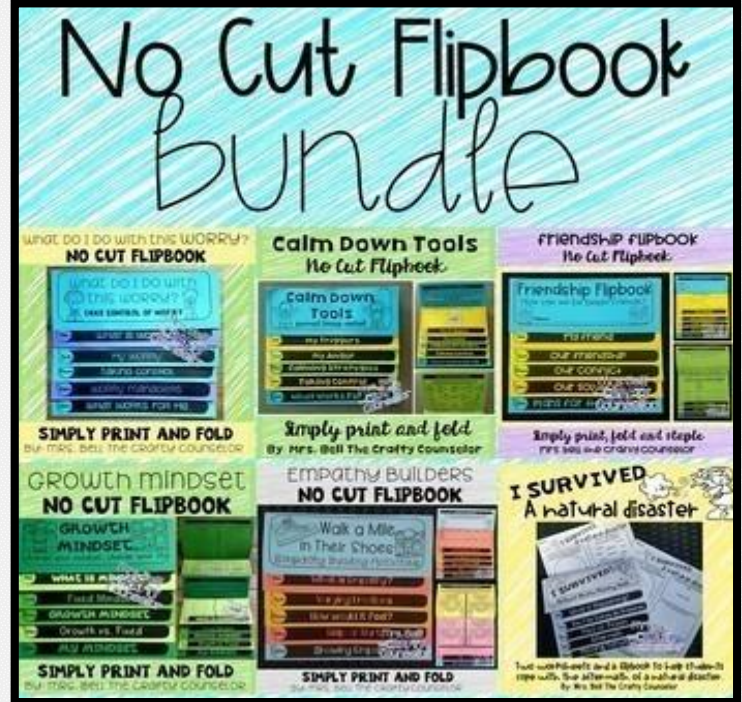
Calming Strategies



Teach self regulation skills with discussion questions, yoga poses, and calming strategies

Mrs. Bell The Crafty Counselor

No Cut Flipbook Bundle



What do I do with this worry? NO CUT FLIPBOOK
Calm Down Tools No Cut Flipbook
Friendship Flipbook No Cut Flipbook
Growth Mindset NO CUT FLIPBOOK
Empathy Builders NO CUT FLIPBOOK
I SURVIVED A natural disaster

Simply print and fold
Simply print and fold
Simply print, fold and staple
Simply print and fold

Mrs. Bell The Crafty Counselor

Calm Down Control Game

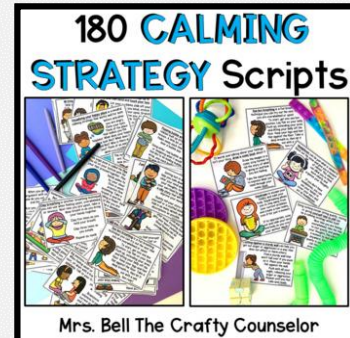
Promote Social/Emotional Growth

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One of your favorite teachers at I is low
You do not know the answer to the call. How do you stay calm?
Your big plans got cancelled. How do you stay calm?

180 CALMING STRATEGY Scripts



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TEASING... Playful or Mean?



Playful TEASES
Mean TEASES

Teaching kids the difference

By: Mrs. Bell The Crafty Counselor

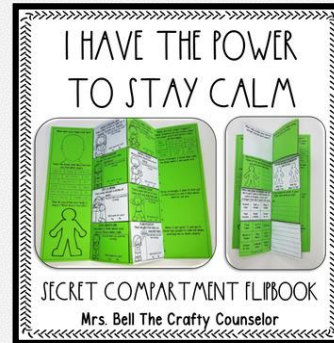
WORRY MONSTERS

Six Different Activity Sheets
Three Monster Designs



Mrs. Bell The Crafty Counselor

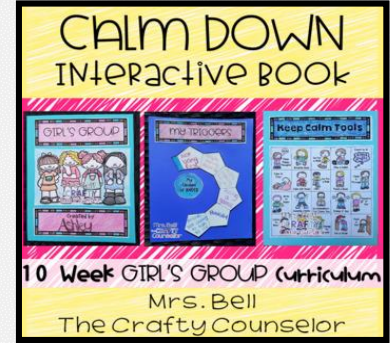
I HAVE THE POWER TO STAY CALM



SECRET COMPARTMENT FLIPBOOK

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CALM DOWN INTERACTIVE BOOK



10 Week GIRL'S GROUP Curriculum

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