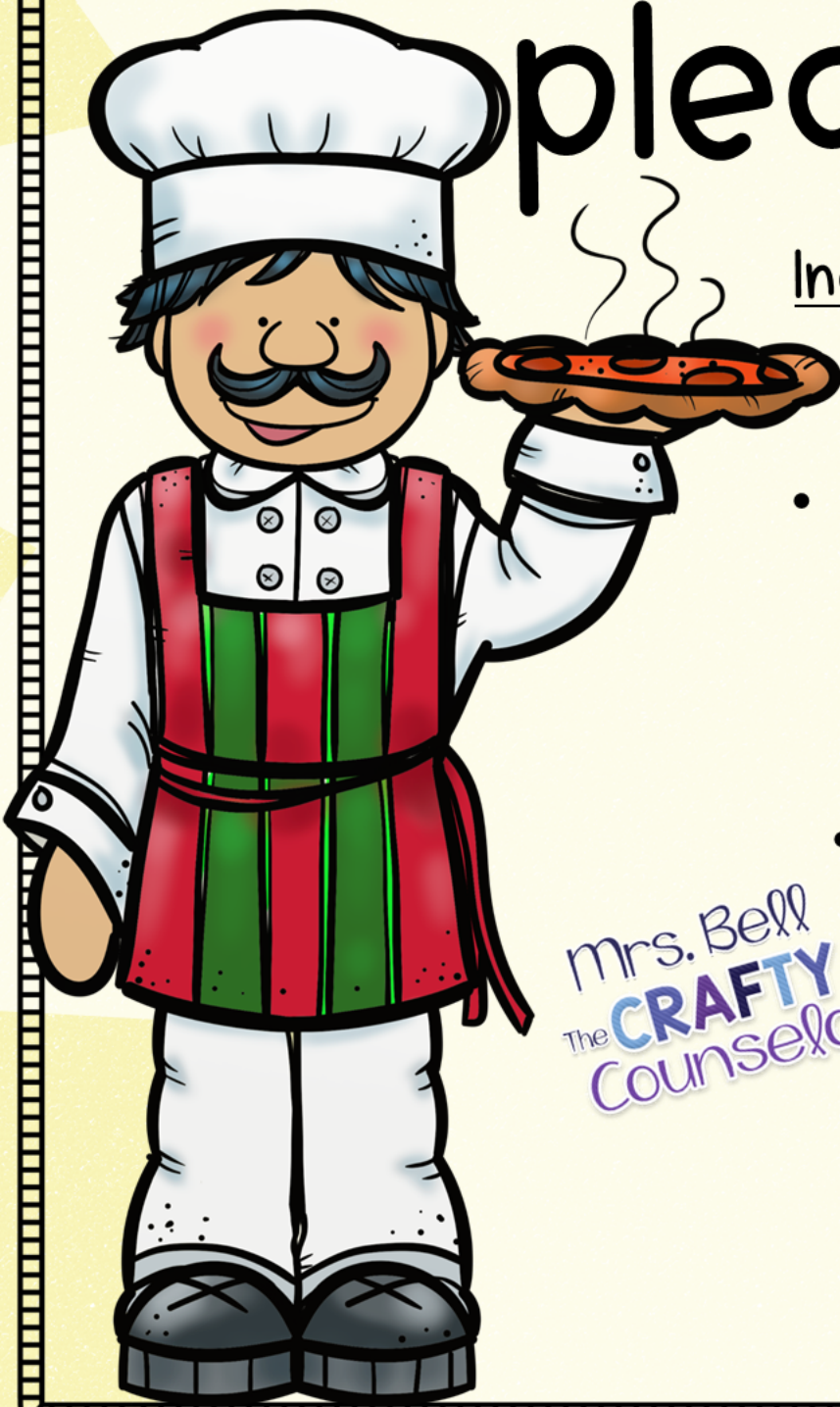


Use your stratacheese, please!



Included in Download:

- Posters
- Conversation Cube
- Stratacheese
Situation Cards
- Craftivity (pizza
outline and pizza
box template)
- Activity Sheet
- Exit Ticket

Mrs. Bell
The **CRAFTY**
Counselor

Lesson Outline:

Teach students calming strategies as they make their very own "calcheese" pizza. Stop at the end of the lesson to the class to discuss what they know about calming strategies. Guide the conversation.

Have students break up into groups and use the conversation cube as an icebreaker activity. Then, have students take turns covering the question.

Review common calming strategies and when/how to use calming strategies. Use the posters teaching the conversation.

After students have an understanding of the strategies and the uses, introduce the situational cards. One student picks a card, reads the scenario and answer the questions on the card. Answer any questions and guide the conversations as needed.








































After a student takes a turn, move into the activity activity portion of the lesson. Introduce the activity to students. Circulate the room helping students and answering questions. Let students share their work if they choose to share.

When finished, give all students an exit ticket. Students are to answer the questions and turn in their exit ticket before they leave.

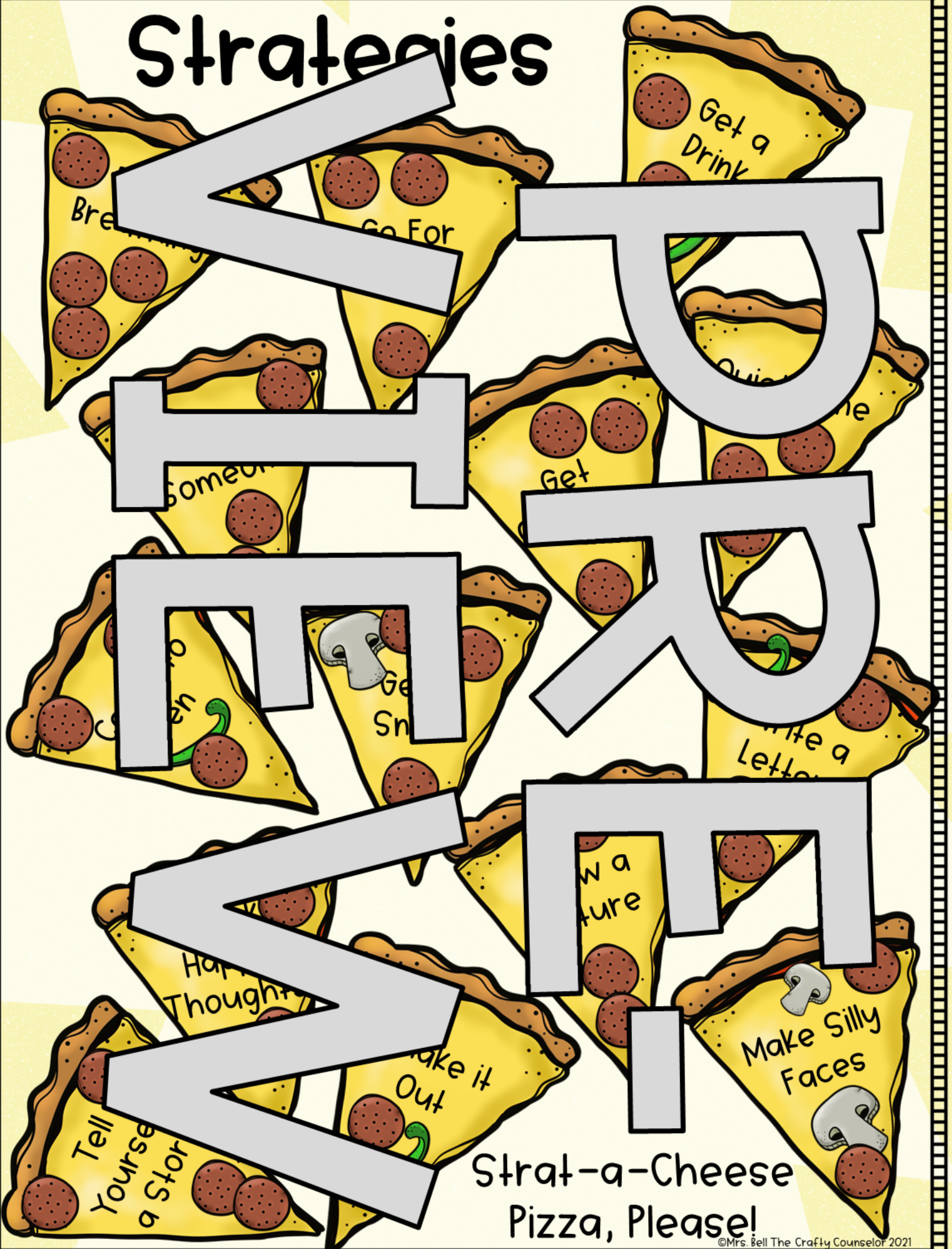
What are strategies?

Strategies help you stay calm and regulated.

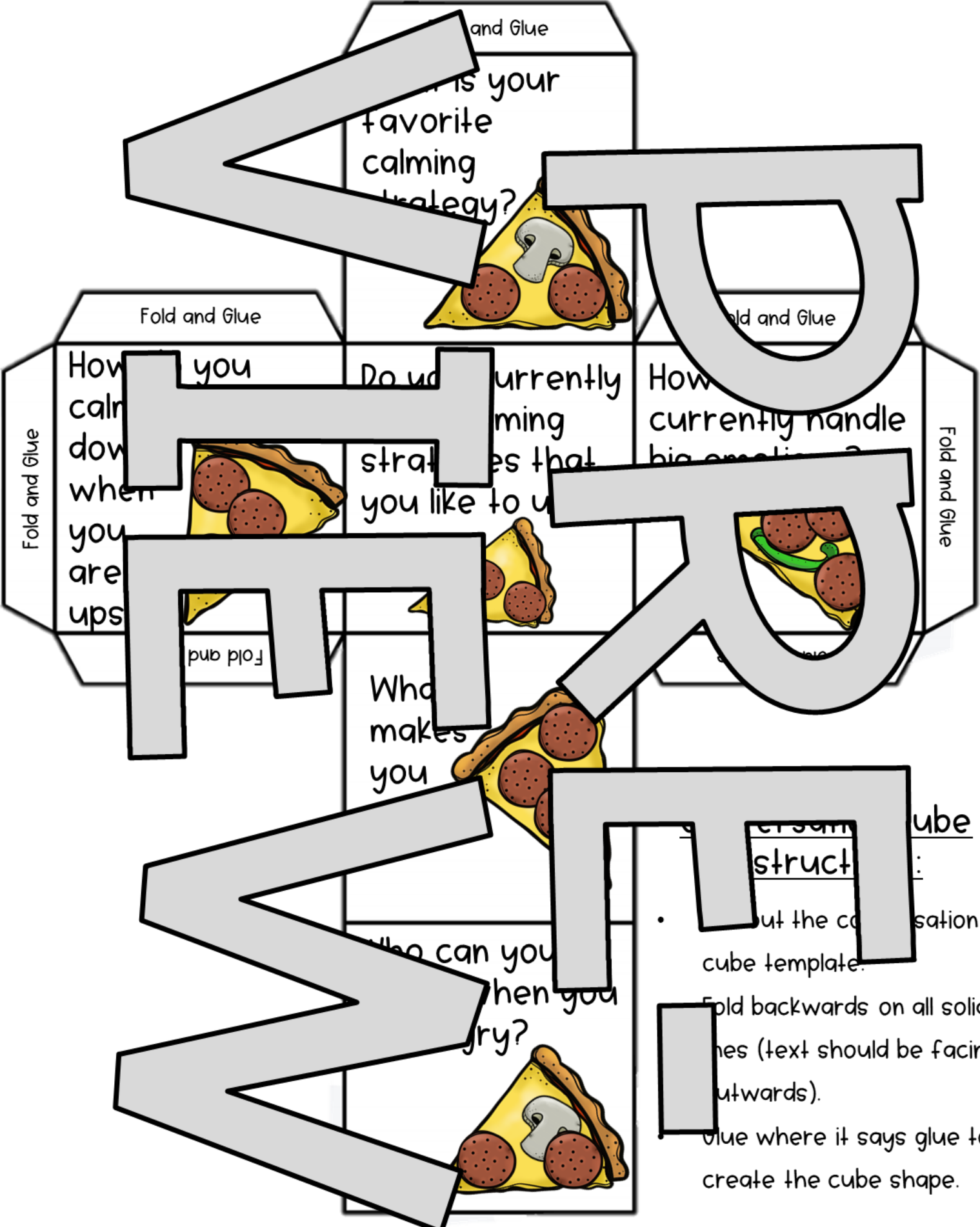
A calming strategy is something you use when you are getting upset or starting to feel big emotions to help you get your emotions under control. Below are some strategies you can use to remain calm.

Blow a Pinwheel 	Blow Bubbles 	Change Your Spot 	Belly Breathing 	Bounce 
Twirl in Circles 	Put on a Roar 	Break 	Yell Into the Wind 	Grab a Favorite 
Snuggle 	Take a Paper Airplane 	Stretch 	Visualize 	Walk 
Happy Place 	Take a Breath 	Draw a Picture 	Count 	Write a letter 
Feel the Sun on Your Skin 	Jump Rope 	List to Music 	Read a Book 	Print a Picture 
Create a Comic Strip 	Get Creative 	Read a Book 	Ride a Bike 	Think Time 
Make Silly Faces 	Trick Yourself into Smiling 	Push 	Write a Song or Poem 	
Count to Ten 	Take a Nap 	Hug a Pillow 	Play With a Fidget 	Squeeze a Stress Ball 

Strategies



Strat-a-Cheese
Pizza, Please!



and Glue
What is your favorite calming strategy?

Fold and Glue

old and Glue

Fold and Glue
How do you calm down when you are upset?

Do you currently use any calming strategies that you like to use?

How do you currently handle big emotions?

Fold and Glue

Who makes you feel calm?

person
structure

Who can you go to when you are hungry?

• Cut out the cube template.

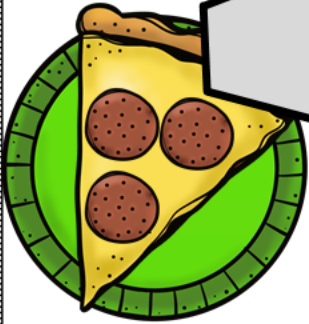
• Fold backwards on all solid lines (text should be facing outwards).

• Glue where it says glue to create the cube shape.

She feels like she is being bullied by a student on her bus. What should she do?

He isn't very happy with his new haircut. He is worried the students at school will make fun of him. What should he do?

He is new at school. It is his first day and he is feeling a bit overwhelmed. What should he do?



What strategy can she use to stay calm?

What strategy can he use to stay calm?

What strategy can he use?

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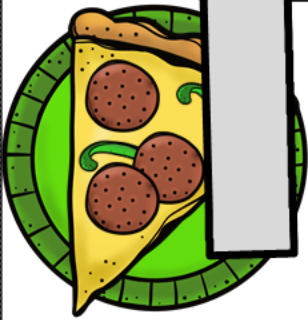
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Her father is a new teacher. She is overwhelmed and a little jealous of the attention. What should she do?

She is feeling lots of anxiety and has nervous energy. What should she do?

It didn't work out like he planned. What strategy can he use?



What strategy can she use?

What strategy can he use?

What strategy can he use?

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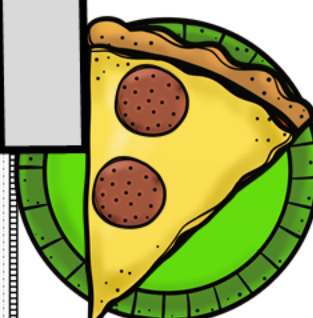
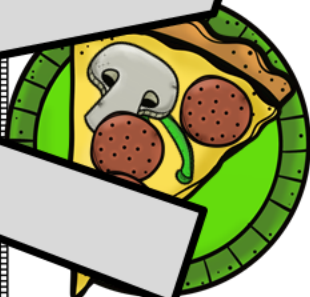
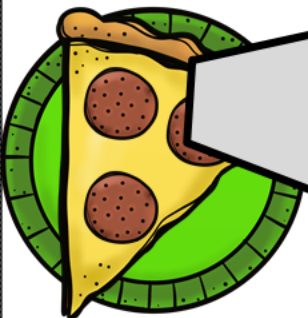
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She feels unable to control her behavior. What should she do?

Her friends said they don't like her. She is feeling like they aren't talking to her. What should she do?

His project was not working on the computer. He is nervous that he has to start over. What can he do?



What strategy can she use?

What strategy can he use?

What strategy can he use to become calm?

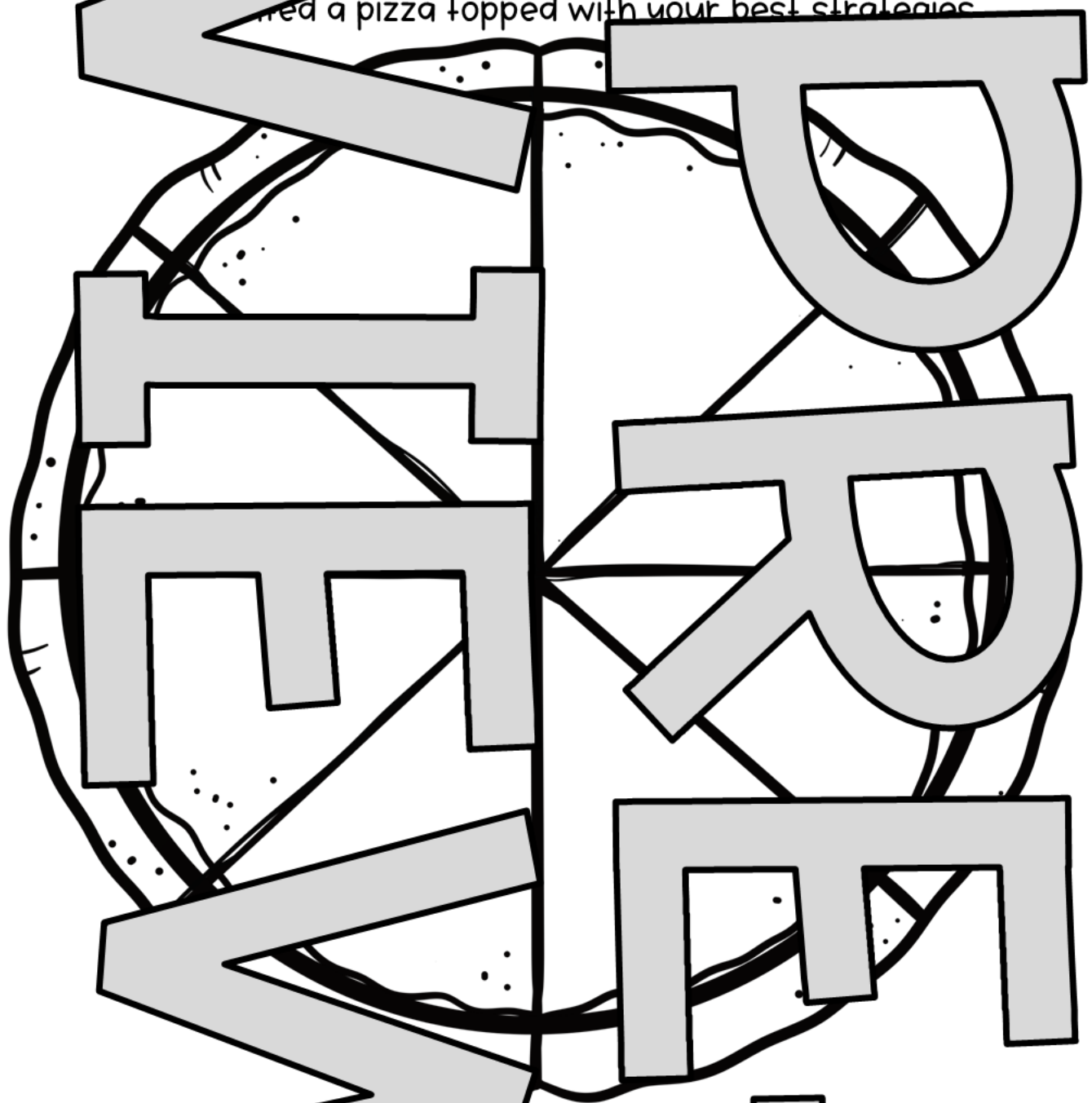
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Name: _____

Build a stratacheese pizza of your very own! Add a strategy you find useful to each slice of pizza below. Decorate each slice using words and pictures. When you are done, you will have a pizza topped with your best strategies.



How do you know you are angry?
If you are angry, what would you tell your anger?

When you are angry, who can you talk to?

You May Also Like:

180 CALMING STRATEGY Scripts



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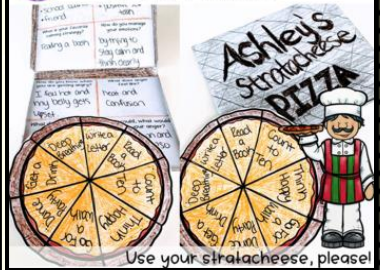
FEED THE MONSTERS Calm Down Activity



Sticky Notes Calming Strategies and Words of Affirmation.



Calming Strategies Activities



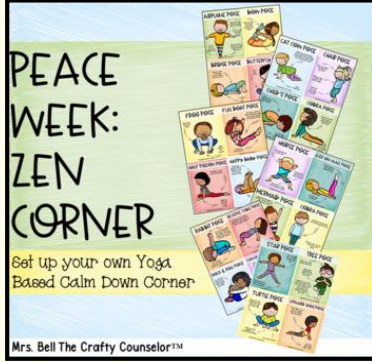
Calming Strategies



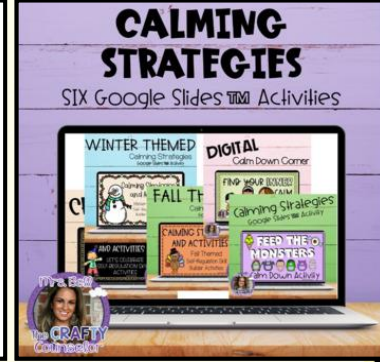
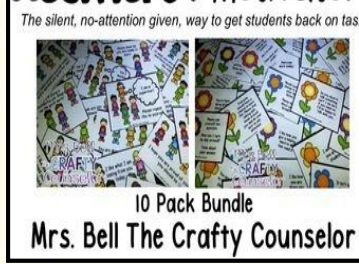
I HAVE THE POWER TO STAY CALM



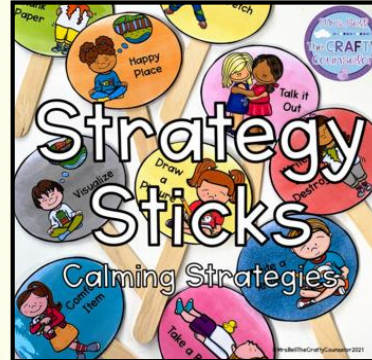
Family Changes No Cut Flipbook



Behavior Cards Modifiers & Motivators



Reflect and Regulate NO CUT FLIPBOOK



School Counselor Introduction Lessons



KID'S CAREER CHOICES



Attendance Success NO CUT FLIPBOOK



AWESOME ATTENDANCE



Rank These Statements Easter Egg Sort



simmer-or-IGNITE PROBLEM SOLVING GAME



I can't
wait to
connect
with you!



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