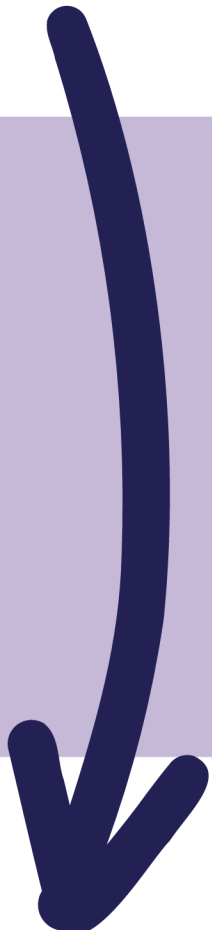


STRATEGY STICKS

An engaging toolkit with 60 calming strategies for children!



SCROLL
to take a look inside!



EMOTIONAL MELTDOWNS AND DISREGULATION

- Manage Meltdowns
- Reduce Disruptions
- Support Self-Regulation
- Empower Positive Choices
- Build a Calm Environment



Key Features

- ★ 60 Coping Strategies
- ★ Color & B/W options
- ★ Printer Friendly Design
- ★ Versatility: Whole group, small group, or individual
- ★ Easy-to-follow, kid-friendly instructions



Self-Regulation Toolkit



✓ Build Emotional Awareness

✓ Teach Self-Soothing Techniques

✓ Practice Impulse Control

✓ Use Positive Self-Talk

✓ Empathy & Perspective-Taking

✓ Test Problem-Solving Skills

KEY FEATURES

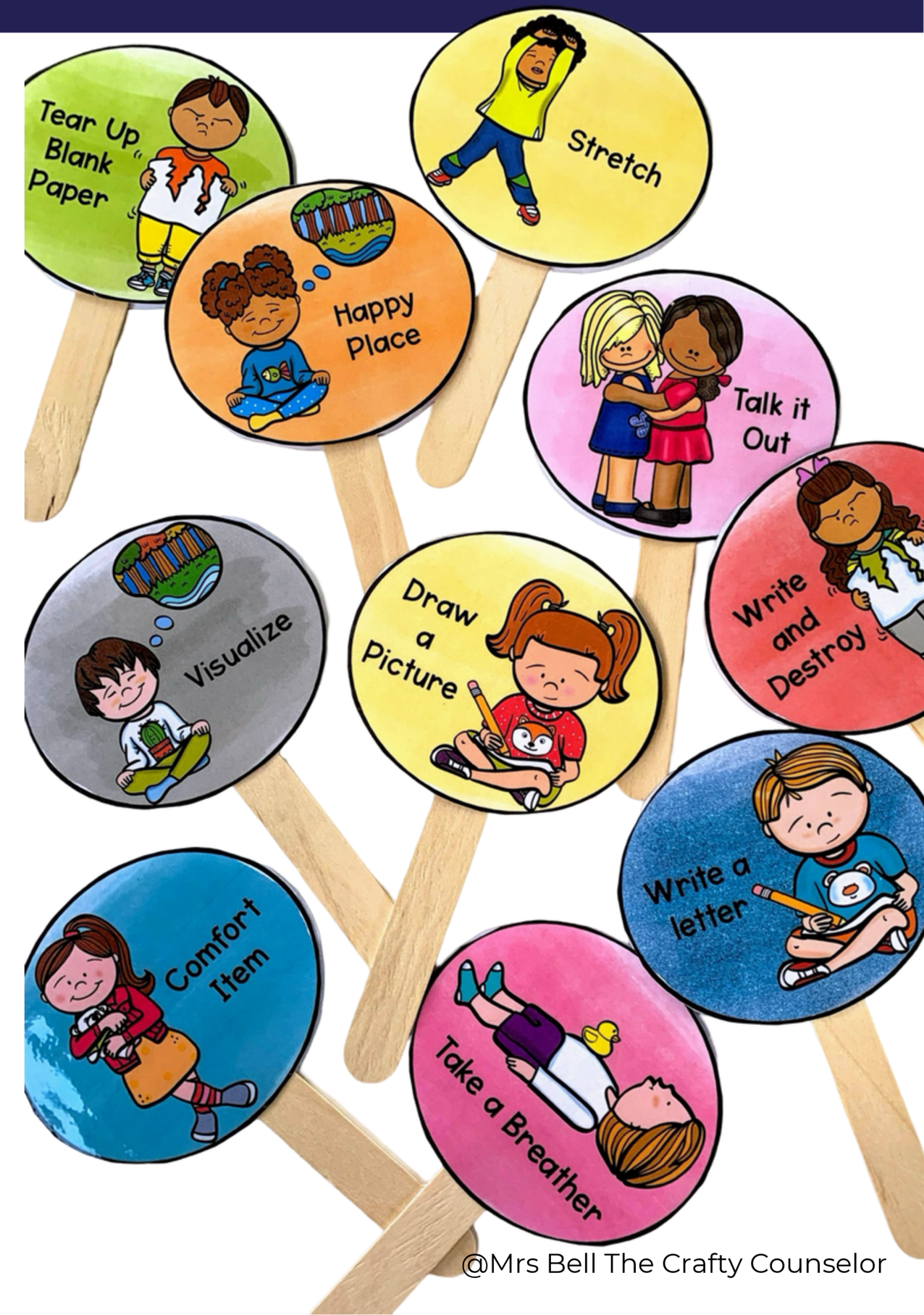


60 Unique
Calming Strategies

Versatile Use Across
Settings

Engaging,
Hands-On Format

Flexible Printing Options
(available in color &
black-and-white)



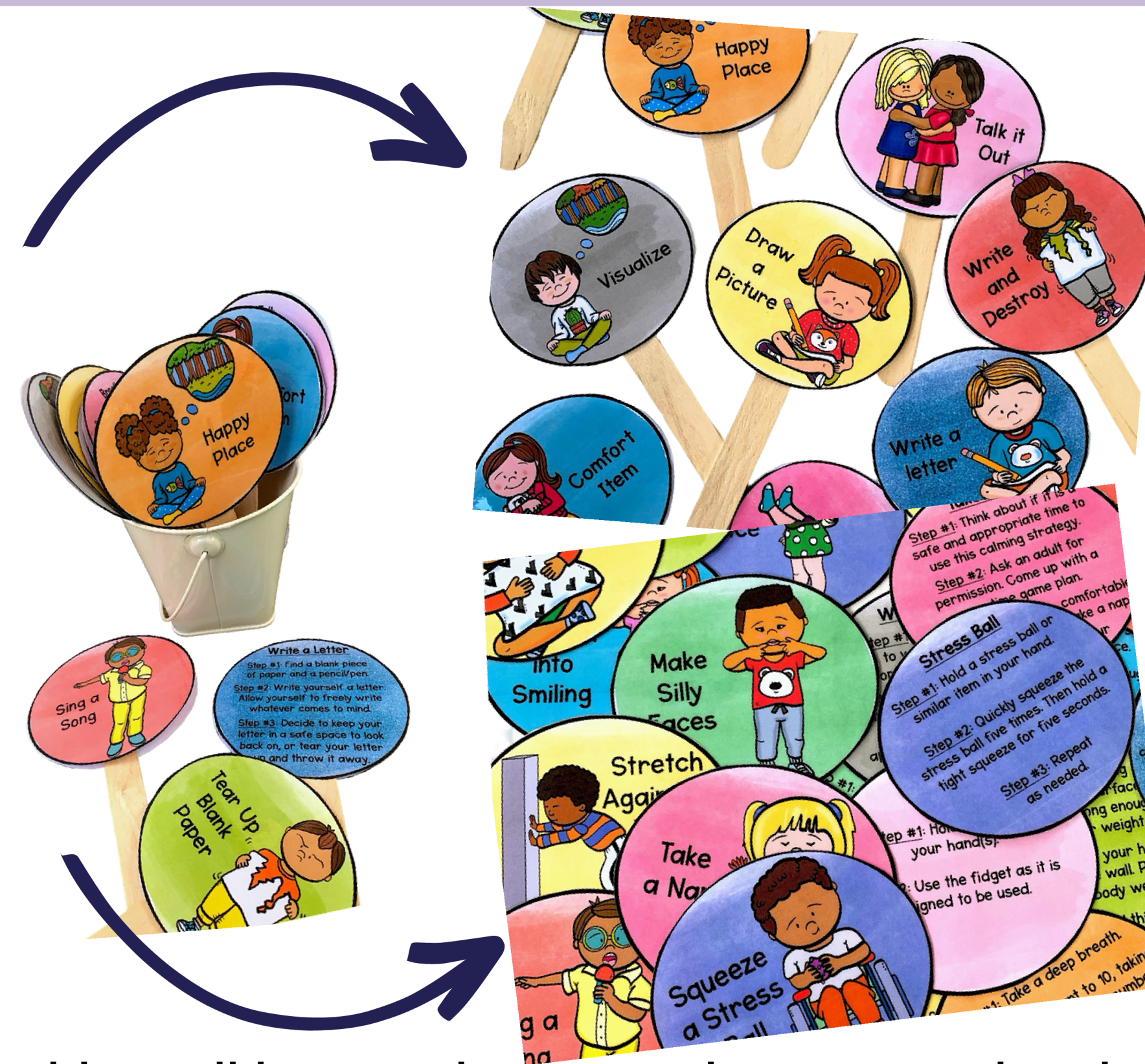
VERSITILE USAGE

Calm-Down Corners: Quick access during emotional moments

After Meltdowns: Encourages positive, proactive coping

SEL Groups & One-on-One: Great for structured SEL lessons

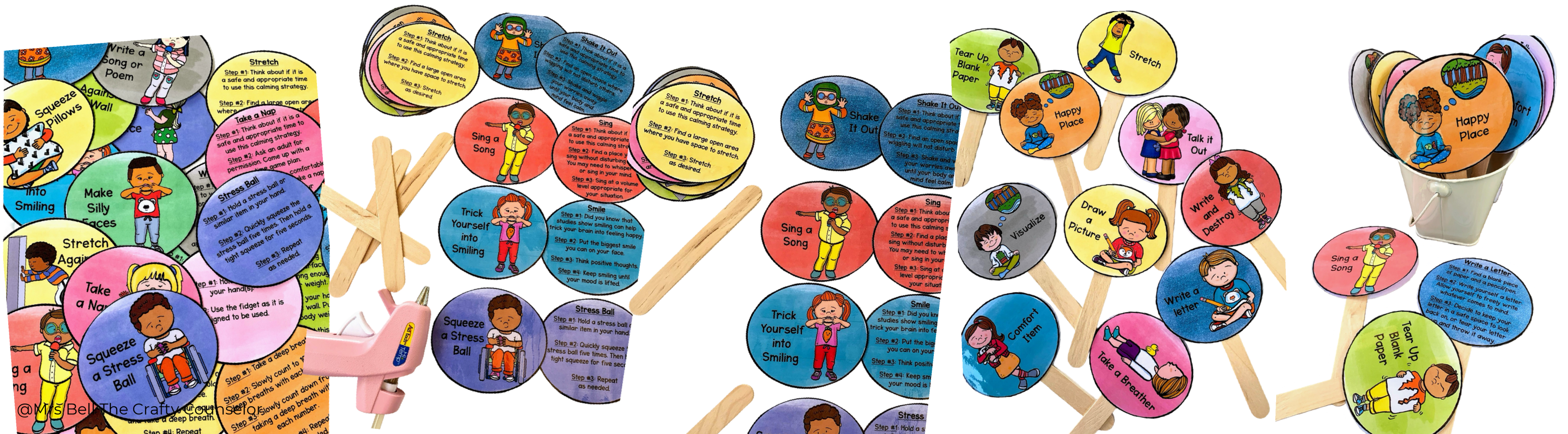
Brain Breaks & Transitions: Helps reset between activities



This toolkit can adapt to various scenarios, helping students regulate emotions anywhere.

Ways to Use this Resource

- ★ Calm-Down Corner Tool
- ★ Brain Breaks & Transitions
- ★ Counseling Sessions
- ★ Post-Meltdown Reflection



Who is this for?

- ✓ elementary classrooms
- ✓ homeschool setups
- ✓ counseling offices
- ✓ anyplace with kids!



HAPPY EDUCATORS SAID:



★★★★★ "Adorable and effective! Kids love choosing their strategies and practicing coping skills. This resource has become an essential part of my calm-down corner." — Sarah R.

★★★★★ "Perfect for small group sessions! My students enjoy picking and practicing their favorite strategies. It's helped them handle tough moments so much better." — Melissa J.

★★★★★ "This is a lifesaver in my counseling office! Students find it so engaging and helpful." — Jennifer B.

CHECK IT OUT!

STRATEGY STICKS



Empower your students with the tools they need for self-regulation and emotional growth!

Click "Add to Cart" to bring this Ultimate Self-Regulation & Coping Skills Toolkit into your classroom, homeschool, or counseling program and watch your students thrive.

[@mrsbellthecraftycounselor](https://www.instagram.com/mrsbellthecraftycounselor)