## Calming Strategies



Teach self regulation skills with these discussion questions and calming strategies

## Directions:

Step #1: Gather all materials (scissors, Jenga ® blocks, Mod Podge, paintbrush, Jenga ® blocks labels).



Step #2: Cut apart all Jenga ® labels and discussion cards (optional laminate the discussion cards).



Step #3: Use the paintbrush to cover one side of Jenga ® block with Mod Podge. Step #4: Place the label on top of the glue to adhere the label to the block.



Step #5: Cover the top of the label with Mod Podge.



Step #6: Set the Jenga ® block to the side to dry.







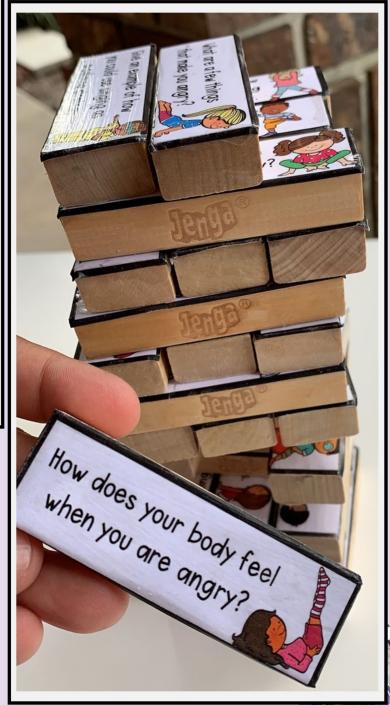


Perfect for individual sessions or small group meetings. Break the ice in a fun and interactive way!

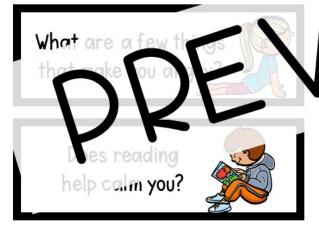


Teach social and emotional skills and strategies while playing a fun game!

Teach students how to recognize, regulate, and control their emotions.







How can you tell if someone is angry?



Po you know your arrest taggers? That the second se

to collect your thoughts help to calm you?

Have you ever tried yoga? What do you like/dislike about it?

Does thinking happy thoughts help calm you?



How often do you feel angry? How do you handle that anger?



Does doing cartwheels he to calm your likely carry?

How quickly carry likely carry?

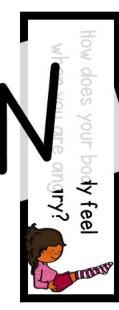
Does pushing against a wall help calm you?



What is your favorite calming activity?



at school, what strategies can you use?



feeling angry?

is the best at helping

to calm you?

© MrsBellTheCrafty Counselor2021

