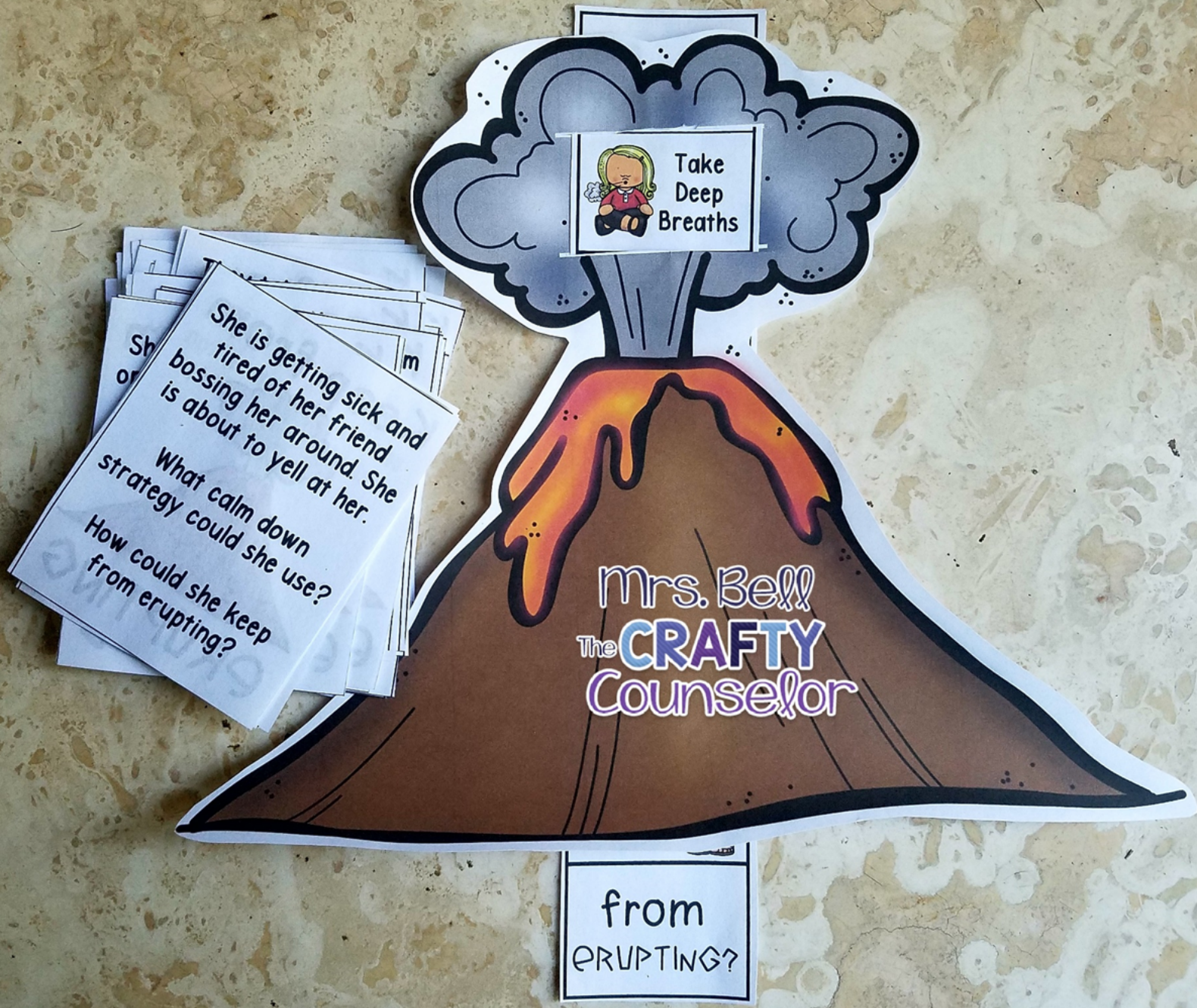


KEEP FROM ERUPTING



CALM DOWN SLIDERS

THANK YOU FOR BEING HERE!



Hi, I'm Ashley, the face behind Mrs. Bell The Crafty Counselor. I'm an elementary school counselor who loves travel, going to the beach, and all things SEL & emotional regulation.



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mrsbellthecraftycounselor.com



This activity challenges students think of how they could calm down when faced with situations that could blow their top!



Warning: Great conversations will occur during the duration of this activity.

Slider ASSEMBLY:

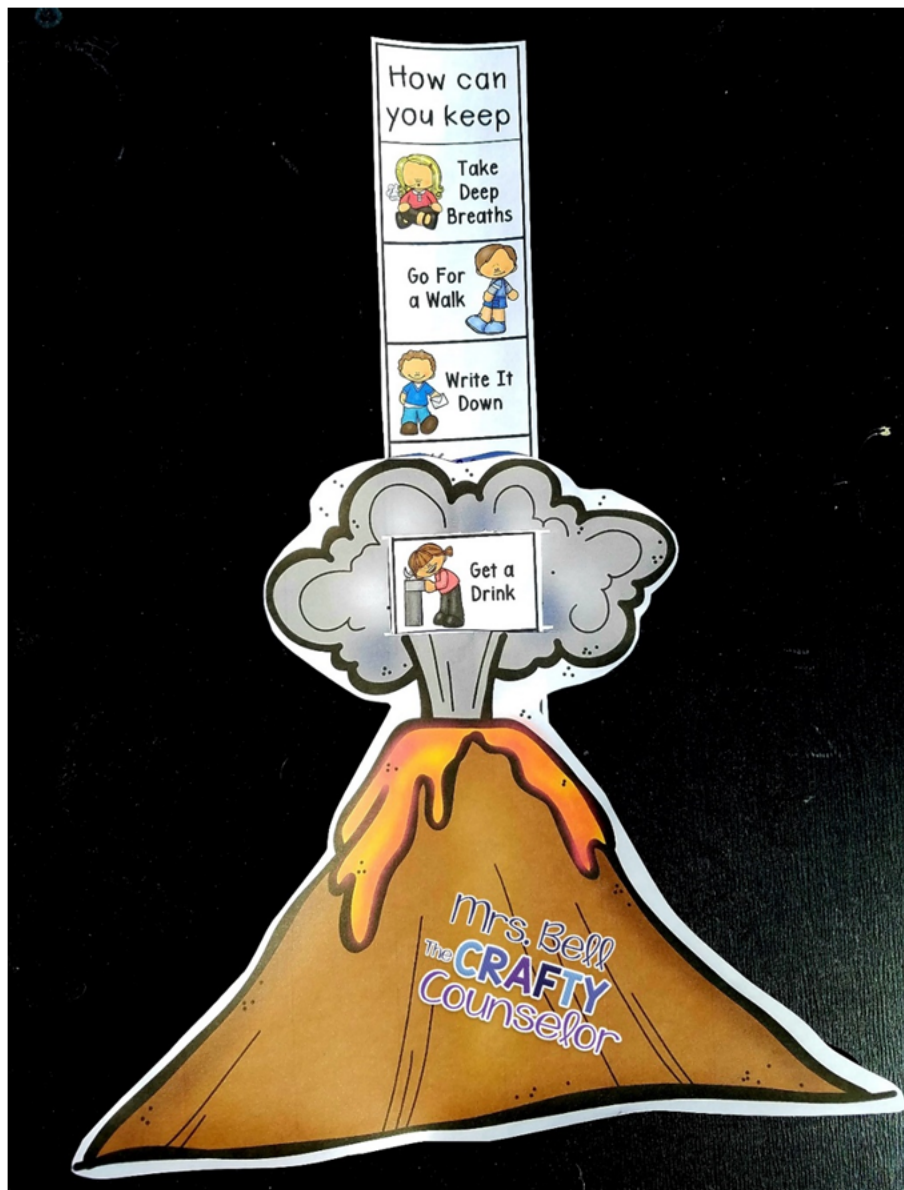
1. Laminate all materials (optional)
2. Cut slits on the two white lines on the volcano template
3. Separate the slider strips (strips that look like bookmarks)
4. On the volcano template, from behind, weave the slider strip through the bottom strip and out the top strip. You should be able to see what is written on the strip in the base of the volcano.

Photo on next page.

ASSEMBLY:

Single side print volcano slider templates and slider inserts. Double side print all situation cards. Laminate and cut apart all items. To create the sliders, cut slits on the white lines on the volcano. Weave the slider insert through the two slits so that the image is visible on the volcano base.

Cut slits



Weave slider insert through the slits.

Let's Connect:

Reflect and Regulate NO CUT FLIPBOOK

Reflect and Regulate
Think The Flipbook

one My STORY
two My IMPACT
three My CALM DOWN
four FINDING PEACE
five My FUTURE

SIMPLY PRINT AND FOLD
Mrs. Bell The Crafty Counselor

Sticky Notes
Calming Strategies and Words of Affirmation.

Squeeze some things in your hand
Sing your favorite song in your head
I can stay focused
Breathe

Think of your happiest memory
Take a break
Read a book
Take a walk to the water fountain
Write yourself a letter

Calming Strategies Activities

Ashley's Stretching PIZZA

Use your stretchy cheese, please

Strategy Sticks
Calming Strategies

Happy Place
Talk it Out
Draw it Out
Breathe
Take a Break
Use your stretchy cheese

FEED THE MONSTERS
Calm Down Activity

FEED THE MONSTERS

Calming Down

SUPER SELF CONTROL
Interactive Book

TOP SECRET NOTES

10 Week Self Control Curriculum
Mrs. Bell The Crafty Counselor

PEACE WEEK: ZEN CORNER

Set up your own Yoga Based Calm Down Corner

Mrs. Bell The Crafty Counselor™

No Cut Flipbook Bundle

NO CUT FLIPBOOK
Calm Down Tools
Friendship Flipbook
GROWTH MINDSET NO CUT FLIPBOOK
Empathy Builders NO CUT FLIPBOOK
1 SURVIVOR A natural disaster

SIMPLY PRINT AND FOLD

I HAVE THE POWER TO STAY CALM

SECRET COMPARTMENT FLIPBOOK
Mrs. Bell The Crafty Counselor

Calming Strategies

How quickly can you calm yourself down when angry?

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

CALM DOWN INTERACTIVE BOOK

10 Week GIRL'S GROUP Curriculum
Mrs. Bell The Crafty Counselor

Calm Down Pop Up Activity
Mrs. Bell The Crafty Counselor

Interactive Books BUNDLE PACK

Four 10 Week SMALL GROUP curriculums

Mrs. Bell The Crafty Counselor™

AWESOME ATTENDANCE

Six Week Small Group Lesson Plan targeting frequently absent/tardy students
Mrs. Bell The Crafty Counselor

Family Changes No Cut Flipbook

Family Changes

Life Changes
Divorce and Emotions
Facts about Divorce
Life Changes
The Future

Simply Print and Fold
By: Mrs. Bell The Crafty Counselor

School Counselor Introduction Lessons

Lessons for school wide use to introduce yourself and explain your roles, responsibilities, and services for students



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