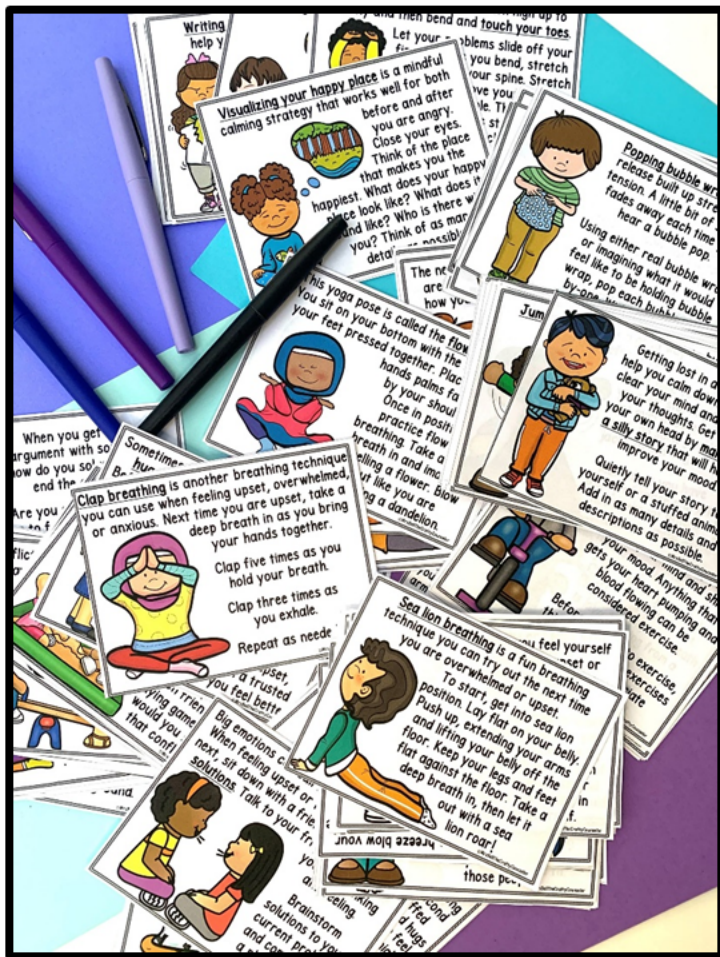
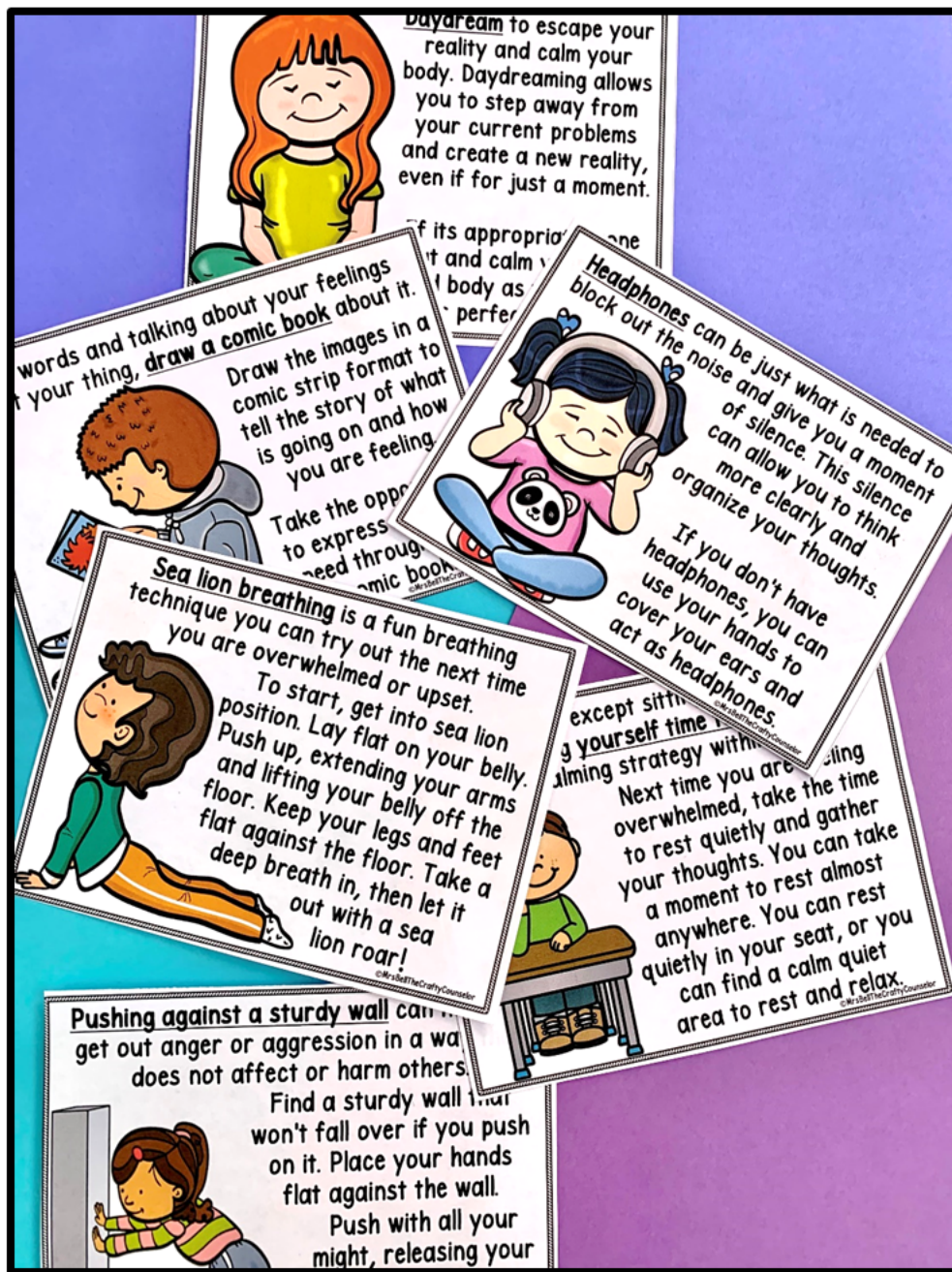


180 CALMING STRATEGY Scripts



Mrs. Bell The Crafty Counselor

180 CALMING STRATEGY Scripts



Explicitly teach students the strategies needed to become calm and able to self-regulate.



Print poster sized and laminate. Hang at student eye level.

Give student an expo marker. Let them circle strategies to try and cross off strategies that don't work well for them. Wipe it away when finished.

Included in Download:

180 CALMING STRATEGY Scripts



Includes 168 different calming strategies and 12 conversation questions that challenge students to use their calming strategies.

YOU MAY ALSO LIKE:

FEED THE MONSTERS
Calm Down Activity

FEED THE MONSTERS
Calm Down

Sticky Notes
Calm Strategies and Words of Affirmation

I can stay focused
Breathe
Sing your favorites song
Read a book
Write your self a letter
Think of your happiest memory
Take a walk to the water fountain

Calm Strategies Activities

Achilles STRACHESI PIZZA
Use your strachese, please!

Strategy Sticks
Calm Strategies

Calm Strategies

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

ANGER BUNDLE

Four Resources Super Savings Deal!

Mrs. Bell The Crafty Counselor

simmer -or- IGNI TE
PROBLEM SOLVING GAME
Google Slides Activity

He is upset that an embarrassing photo of him was posted to social media.

Mrs. Bell The Crafty Counselor

CALMING STRATEGIES
SIX Google Slides Activities

WINTER THEMED DIGITAL Calm Down Corner
FALL THEMED Calm Down Corner
ZEN ZONE Calm Down Corner
FEED THE MONSTERS Calm Down Corner

Mrs. Bell The Crafty Counselor

SUPER SELF CONTROL
Interactive Book

TOP SECRET NOTE

10 Week Self Control Curriculum
Mrs. Bell The Crafty Counselor

ANGER MONSTERS

Six Different Activity Sheets
Three Monster Designs

Mrs. Bell The Crafty Counselor

WINTER THEMED
Calm Strategies
Google Slides Activity

Calm Strategies and Activities
Winter Themed Self-Regulation Skill Builder Activities

Mrs. Bell The Crafty Counselor

Calm Down Tools
No Cut Flipbook

Calm Down Tools
My Triggers
My Anger
Calm Strategies
Taking Control
What Works For Me

Simply print and fold
By Mrs. Bell The Crafty Counselor

DIGITAL
Calm Down Corner

FIND YOUR ZENNER CALM
Zen Zone Calm Down Corner Activity

Mrs. Bell The Crafty Counselor

EMOTIONS BUNDLE!
Five engaging activities for ONE LOW PRICE!

Mrs. Bell The Crafty Counselor

Calm Down Pop Up Activity
Mrs. Bell The Crafty Counselor

I HAVE THE POWER TO STAY CALM

SECRET COMPARTMENT FLIPBOOK
Mrs. Bell The Crafty Counselor

Calm Down Control Game
Promote Social/Emotional Growth
Mrs. Bell The Crafty Counselor™

One of your favorite teachers at is now...
You do not know the teacher's name...
You are planning to...
You are planning to...
You are planning to...

Reflect and Regulate
NO CUT FLIPBOOK

Reflect and Regulate
Think Time Flipbook

My STORY
My IMPACT
My CALM DOWN
FINDING PEACE
My FUTURE

Simply Print and Fold
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

PEACE WEEK: ZEN CORNER
Get up your own Yoga Based Calm Down Corner

Mrs. Bell The Crafty Counselor™

No Cut Flipbook bundle

NO CUT FLIPBOOK
Calm Down Tools No Cut Flipbook
Friendship Flipbook No Cut Flipbook

Simply print and fold
Simply print and fold
Simply print and fold

GROWN MINDSET NO CUT FLIPBOOK
I SURVIVED A natural disaster

Simply print and fold
Simply print and fold

Interactive Books BUNDLE PACK
Four 10 Week SMALL GROUP curriculums

Girl's Group
Boy's Group
My Triggers
My Calm Down

Mrs. Bell The Crafty Counselor™

CALM DOWN INTERACTIVE BOOK

Girl's Group
My Triggers
My Calm Down

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

KEEP FROM ERUPTING

KEEP FROM ERUPTING
Calm Down Sliders

Mrs. Bell The Crafty Counselor

Calm Down Control Interactive Book

Boy's Group
My Triggers
My Calm Down

10 Week Boy's Group Curriculum
Mrs. Bell The Crafty Counselor

Let's Stay Connected:



Mrs. Bell The Crafty Counselor