

FEED THE MONSTERS

Calm Down Activity



FEED THE MONSTERS



Counselor

MONSTER STATE VS. CALM STATE

MONSTER STATE

When people find themselves in a "monster" state, they may feel intense emotions or feel out of control. How do you feel when you are in your "monster" state?

UPSET STOMACH

SAD

SCARED

SEEING RED

SWEATY

WANT TO ESCAPE

SHAKY

FISTS CLENCHED

FEET STOMPING

THOUGHTS RACING

OUT OF CONTROL

URGE TO RUN

BLURRED VISION

LONELY

Is there anything you would like to add?

CALM STATE

When people find themselves in a calm state, they feel in control of themselves and their emotions. How do you feel when you are in your calm state?

CALM BODY

HAPPY

CONTENT

CLEAR MIND

FEET CALM

BELONGING

CONTROLLED

FISTS CALM

CONTENT WHERE YOU ARE

CLEAR VISION

IN CONTROL

COOL AND COLLECTED

WANT TO ESCAPE

THOUGHTS CLEAR

Is there anything you would like to add?

Teach students how anger feels

CALMING STRATEGIES

Feed the monster an idea! Pick the calm down strategies you think would work best.

How should she handle his situation?

Talk It Out (cupcake icon)

Count to Ten (ice cream icon)

Clear Your Mind (monster icon)

Deep Breathing (balloon icon)

Get a Drink (ice cream icon)

Think of Options (cupcake icon)

Take a Break (bottle icon)

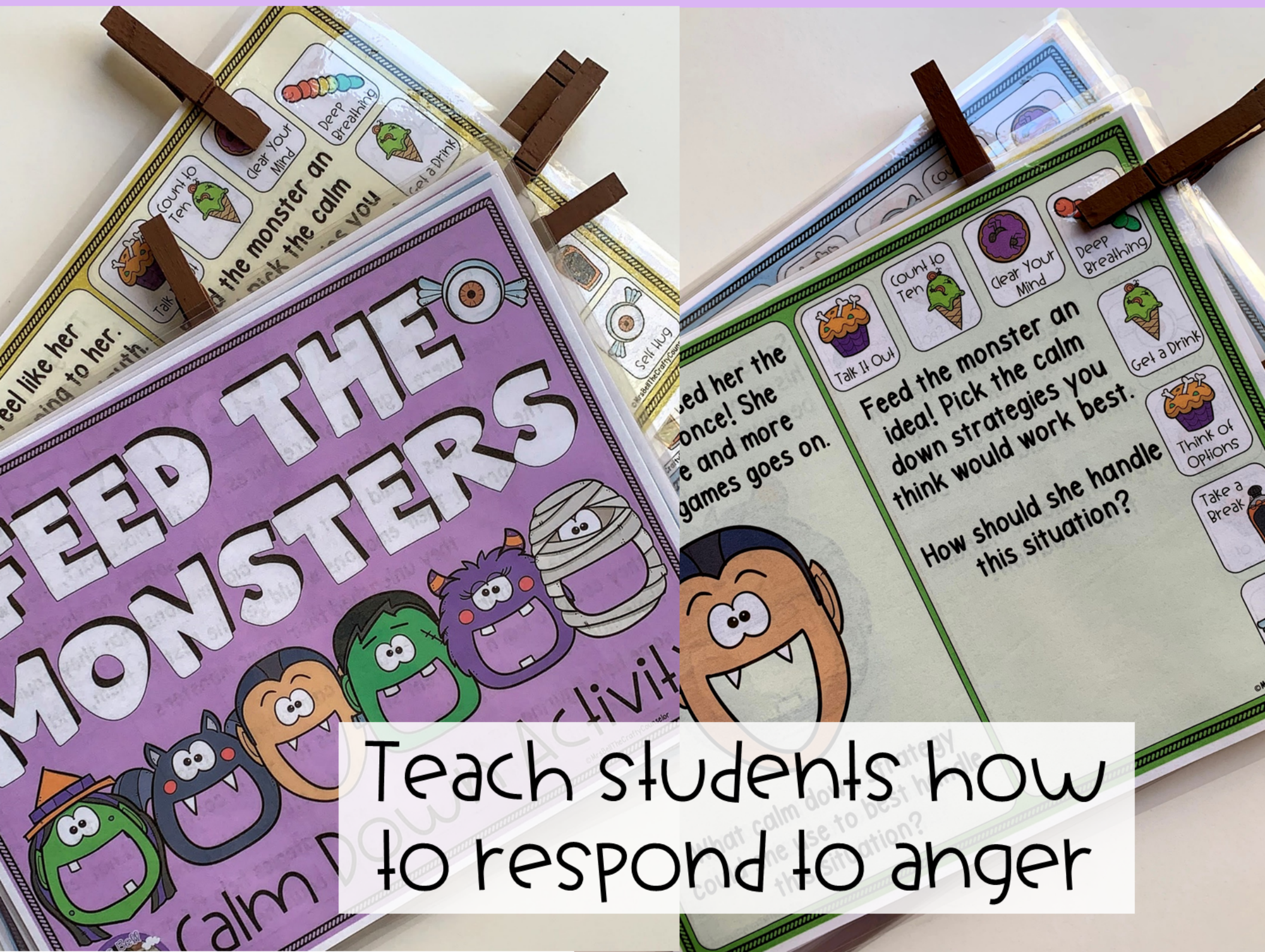
CALMING STRATEGIES

Calming strategies help us get to our calm state. Let's practice these calming strategies together. Act out each strategy, one-by-one. Think of which strategies you think may work best for you!

- SELF HUG
- GO FOR A WALK
- PUSH A WALL
- TAKE A BREAK
- THINK OF YOUR OPTIONS
- SQUEEZE A STRESS BALL
- PLAY A GAME
- LISTEN TO MUSIC
- BALANCE BALL
- EXERCISE
- JUMPING JACKS
- THINK HAPPY THOUGHTS
- SLOW YOUR BREATHING
- READ A BOOK
- DO WHATEVER WORKS
- FINISH A PUZZLE
- BOUNCE A BALL
- FIND A QUIET SPOT
- STRETCH
- COUNT TO TEN
- TALK IT OUT
- DRAW ABOUT IT
- SING YOURSELF A SONG
- WRITE ABOUT IT
- CHW GUM
- HELP FROM TRUSTED ADULT
- DANCE
- TWIRL

Teach students how to self-regulate

HOW WOULD YOU RESPOND?



Teach students how to respond to anger

YOU MIGHT ALSO LIKE:

Sticky Notes

Calming Strategies and Words of Affirmation.

Squeeze something 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 your self a letter.
Take five deep breaths.

Calming Strategies Activities

Ashley's Stratacheese PIZZA
Use your stratacheese, please!

Strategy Sticks

Calming Strategies

Calming Strategies

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

HAVE THE POWER TO STAY CALM

SECRET COMPARTMENT FLIPBOOK
Mrs. Bell The Crafty Counselor

Reflect and Regulate NO CUT FLIPBOOK

Reflect and Regulate
NO CUT FLIPBOOK
SIMPLY PRINT AND FOLD
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

Simply print and fold
Mrs. Bell The Crafty Counselor

Calm Down Pop Up Activity

Mrs. Bell The Crafty Counselor

Calm Down Tools No Cut Flipbook

Simply print and fold
By: Mrs. Bell The Crafty Counselor

DIGITAL Calm Down Corner

Find Your Inner Calm
Zen Zone Calm Down Corner activity

FRIENDSHIP GROUP Interactive Book

10 Week FRIENDSHIP GROUP Curriculum
Create HEALTHY Friendships
Mrs. Bell The Crafty Counselor™

TEASE MONSTERS Playful or Hurtful Teasing?

Google Slides™ Activity

HURTFUL TEASES
Are meant to hurt feelings
Happen between people who do not care about each other
The person being teased is not laughing or does not think it is funny
Feelings are hurt and someone is being made fun of
Laughing AT Someone

Teach Kids the difference.

Calm Down Control Interactive Book

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

CALMING STRATEGIES

SIX Google Slides™ Activities

WINTER THEMED Calming Strategies
DIGITAL Calm Down Corner
FALL THEMED Calming Strategies
DIGITAL Calm Down Corner
CALMING STRATEGIES
DIGITAL Calm Down Corner

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You can message me at craftycounselor614@gmail.com.

LET'S CONNECT:

