

WORRY MONSTER

COPING SKILLS CRAFTIVITY



Mrs. Bell
The CRAFTY Counselor

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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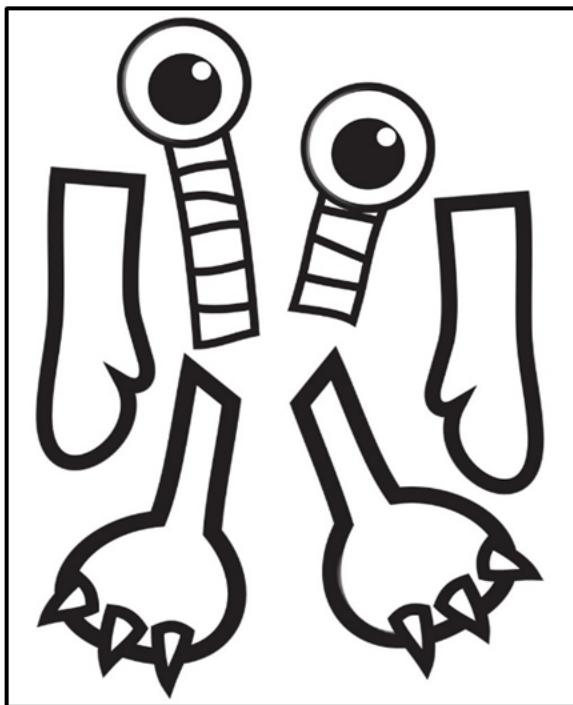


For more, check out
mrsbellthecraftycounselor.com




ASSEMBLY DIRECTIONS

Print one page of monster body parts and one body template page (choose a body template based on student ability and questions you'd like to address)



NAME: _____










How do you look when ANGRY?


How do you feel when ANGRY?

What makes you ANGRY?
 Draw or Describe.

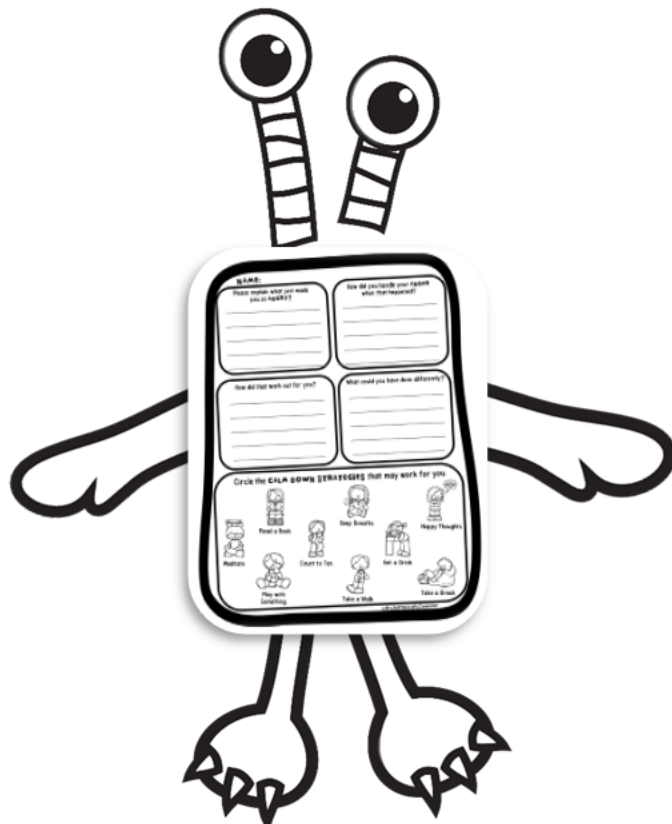
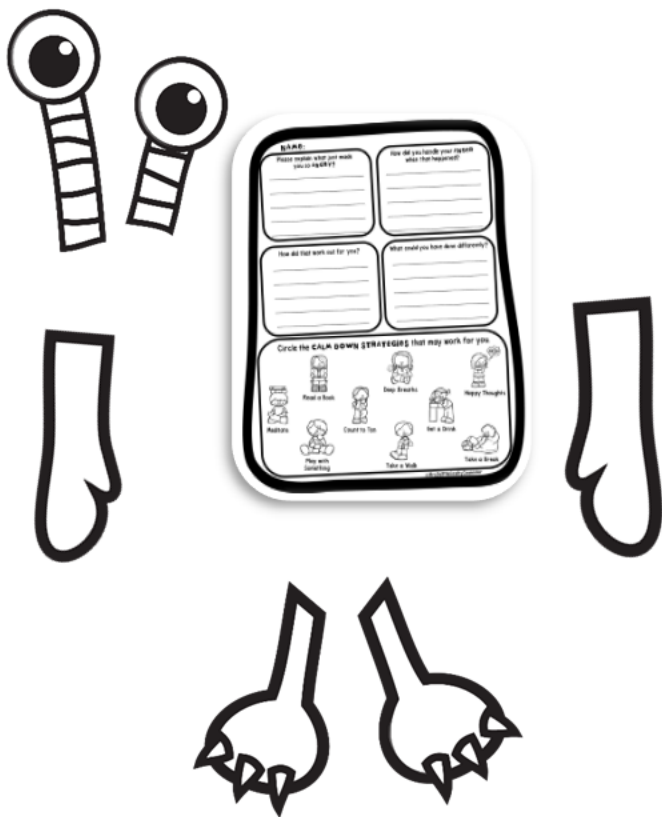
What do you do about your ANGER?
 Draw or Describe.

Circle the CALM DOWN STRATEGIES that may work for you.

 Meditate	 Read a Book	 Count to Ten	 Deep Breaths	 Happy Thoughts
 Play with Something	 Take a Walk	 Get a Drink	 Take a Break	

Cut to separate the body parts

Glue to attach and create the monster



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
Take a walk to the water fountain
Read a book
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, please

FEED THE MONSTERS
Calm Down Activity

FEED THE MONSTERS

Calming Strategies

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
Empathy Builders
Survivor

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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