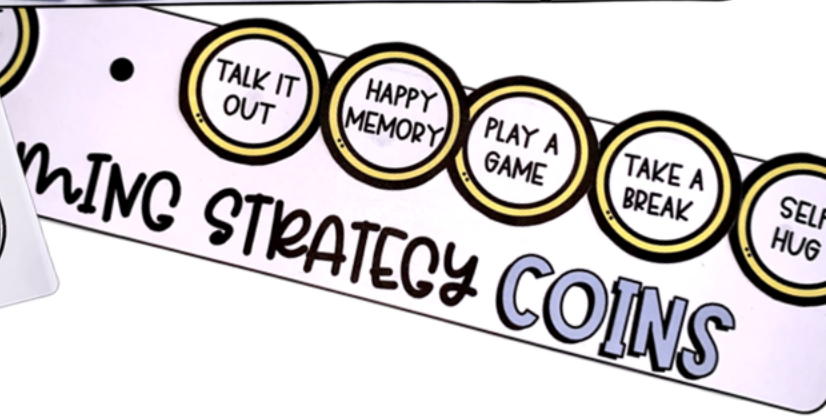
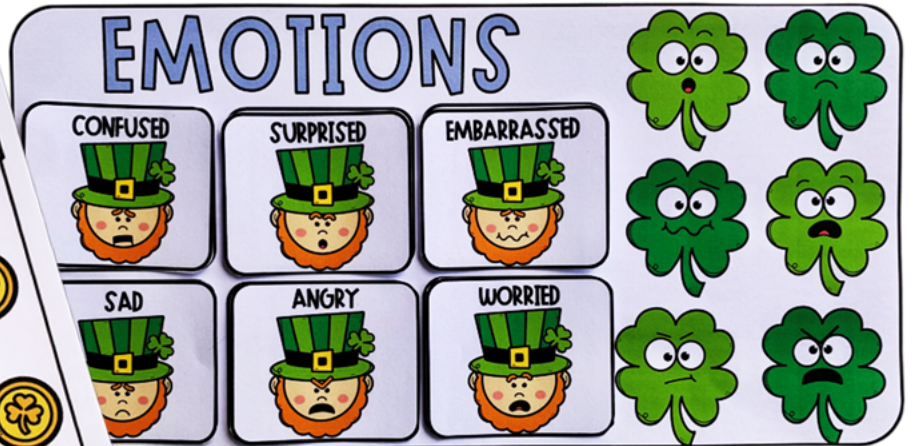


# The Troubled LEPRECHAUN PRINTABLE ACTIVITIES





# ACTIVITY #1 TROUBLED LEPRECHAUN BOOK







Sometimes when we are upset, it is hard for us to remember which strategies work best for us. On the following pages, Lucky will face common situations that could make them lose control and enter into a troubled state.

It's up to you to decide which calming strategy would work best in each situation. Choose a calming strategy coin that will help

Lucky go from troubled to calm. Once you choose a strategy coin, add it to Lucky's pot of strategies so they can stay regulated and in control!

Will you help Lucky collect calming strategies for their pot of gold?



TRUBLED LEPRECHAUN + CALMING STRATEGIES  
= CALM LEPRECHAUN

# 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. Make note of the strategies you think may work for you!



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# TEACH COPING SKILLS & CALMING STRATEGIES





They had been ... for weeks ... They were excited to hand out their cards at the Valentine's Day party. They did not get ... as they ...

# TWO PRINTABLE ACTIVITIES

## CALMING strategies

Sometimes when we are upset, it is hard for us to remember which strategies work best for us. On the following pages, Lucky will face common situations that could make them lose control and enter into a troubled state.

It's up to you to decide which calming strategy would work best in each situation. Choose a calming strategy coin that will help Lucky go from troubled to calm. Once you choose a strategy coin, add it to Lucky's pot of strategies so they can stay regulated and in control!

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

GO FOR A WALK	TAKE A BREAK	THINK TIME	STRETCH
PLAY A GAME	GET A DRINK	LISTEN TO MUSIC	BALANCE BALL
HAPPY MEMORY	TAKE DEEP BREATHS	THINK OF A SONG	WRITE A LETTER
DO WHAT WORKS	FINISH A PUZZLE	BOUNCE A BALL	CLEAR YOUR MIND
QUIET TIME	COUNT TO TEN	TALK IT OUT	DRAW
EXERCISE			

TRUBLED LEPRECHAUN + CALMING STRATEGIES = CALM LEPRECHAUN



# EMOTIONS

<b>CONFUSED</b> 	<b>SURPRISED</b> 	<b>EMBARRASSED</b> 		
<b>SAD</b> 	<b>ANGRY</b> 	<b>WORRIED</b> 		
				

**CALMING STRATEGY COINS**

- SING A SONG
- STRETCH
- GET A DRINK
- JUMPING JACKS
- QUIET TIME
- TALK IT OUT
- HAPPY MEMORY
- PLAY A GAME
- TAKE A BREAK
- SELF HUG

# EASY-PREP ACTIVITIES



# **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.



**Click to Join**  
**My Email List!**

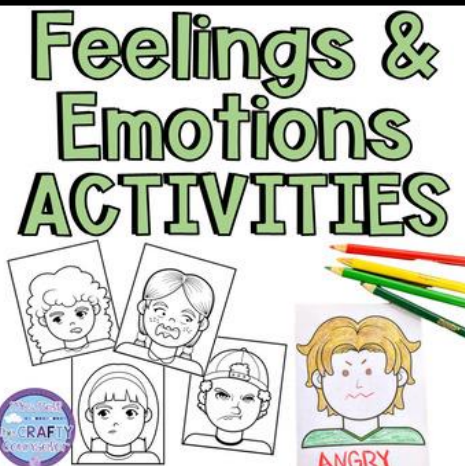


For more, check out  
**[mrsbellthecraftycounselor.com](https://mrsbellthecraftycounselor.com)**



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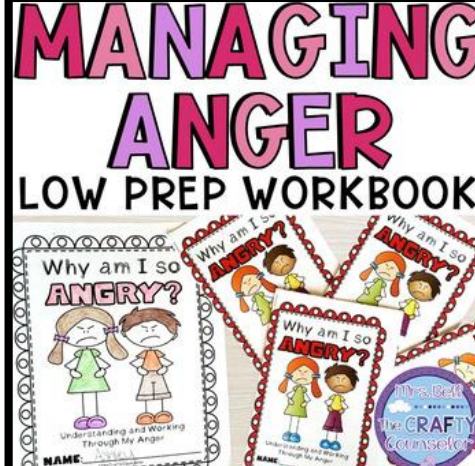
## Feelings & Emotions ACTIVITIES



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## MANAGING ANGER

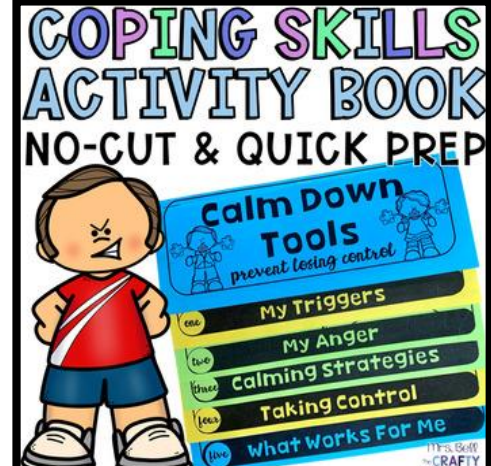
### LOW PREP WORKBOOK



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## COPING SKILLS ACTIVITY BOOK

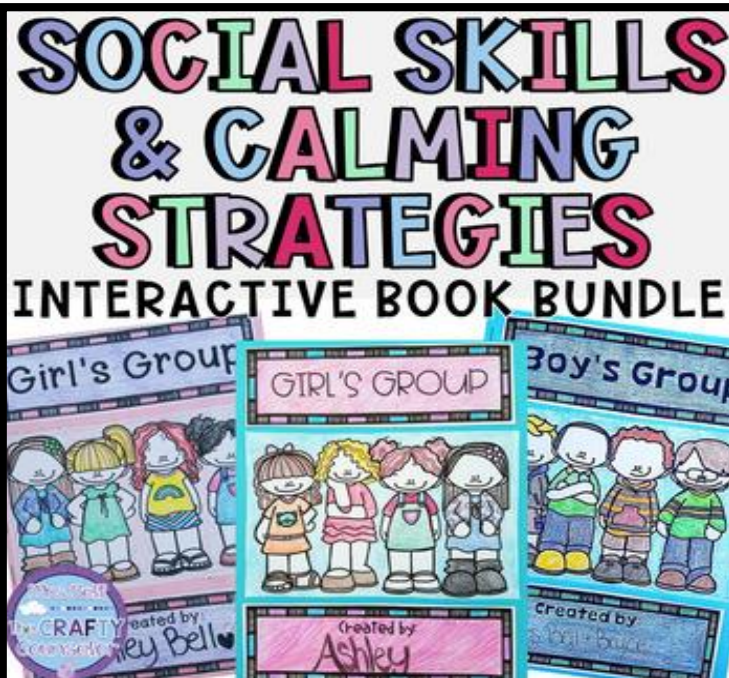
### NO-CUT & QUICK PREP



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## SOCIAL SKILLS & CALMING STRATEGIES

### INTERACTIVE BOOK BUNDLE

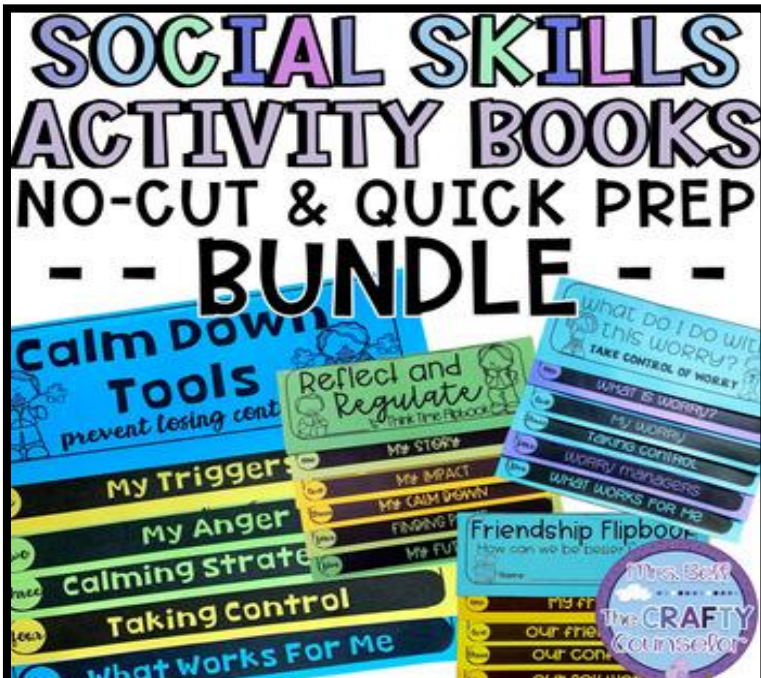


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## SOCIAL SKILLS ACTIVITY BOOKS

### NO-CUT & QUICK PREP

# - - BUNDLE - -



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