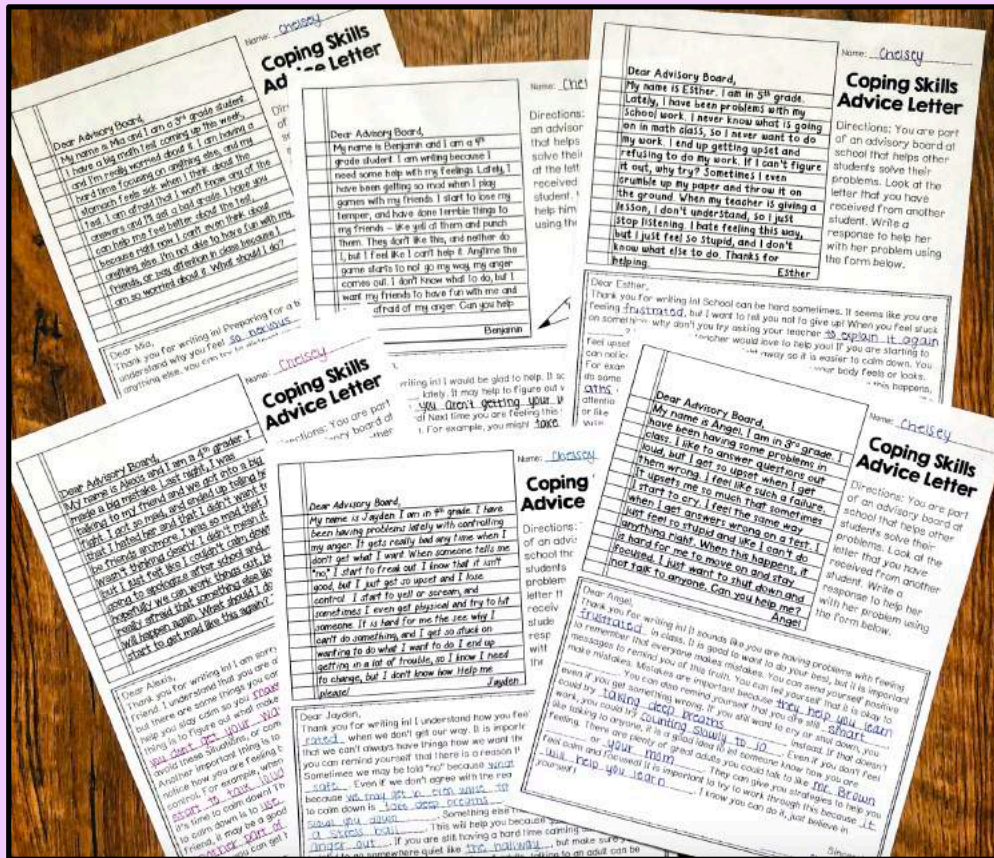


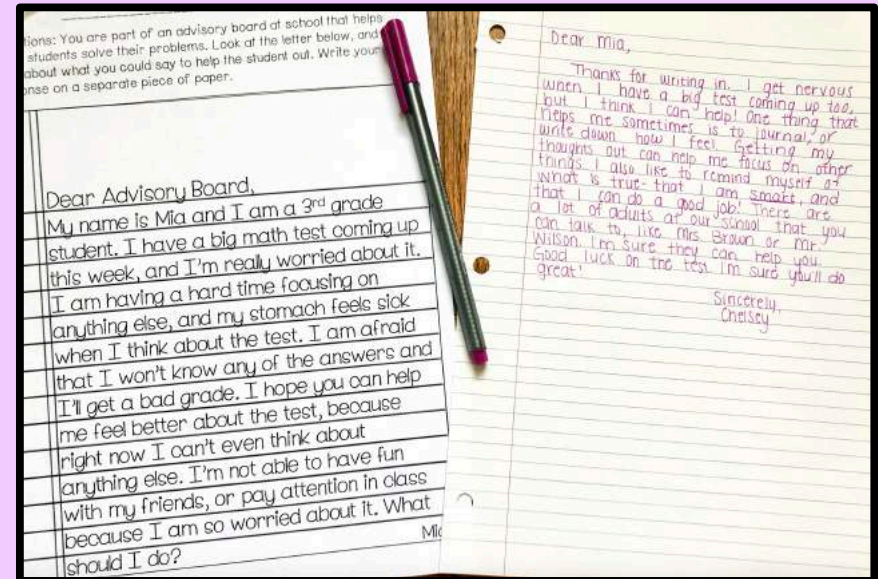
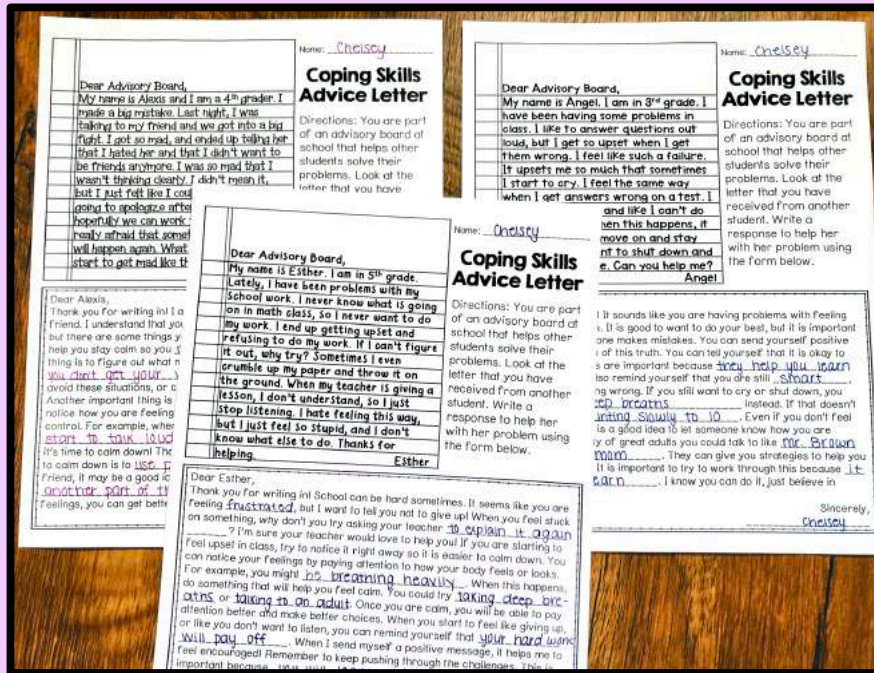
Students will look at 8 letters from students who are having a hard time controlling their emotions. They will respond to each letter by giving advice on how to use coping skills to help them calm down!



Perfect for:

- Coping skills lessons or small groups
- Feelings/emotions lessons or small groups
- A warm up exercise at the beginning of each small group
- An exit ticket after a coping skills lesson
- Training for a student council or peer mediation program
- To incorporate social emotional learning into your writing lessons
- Morning meeting

The letters come in two formats!



One format includes a “fill-in-the-blank” response letter to give students guidance in forming a helpful letter of advice!

One format includes just the letter and invites students to write their responses on a separate piece of paper. This can be used for more advanced students.

Students will also have an opportunity to write to the “advisory board” about a time when they had a hard time controlling their own feelings.

Name: Chelsey

Have you ever been in a situation where you could use some help controlling your feelings? Write a letter to the advisory board explaining the situation. Tell them how you felt, how you knew it was time to calm down, and why you wanted to calm down.

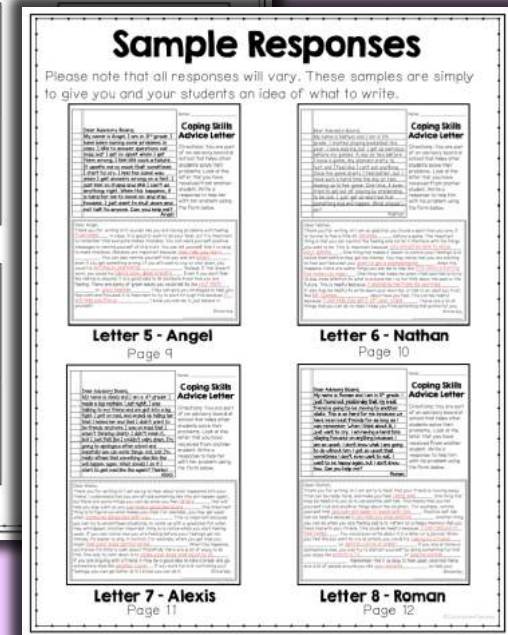
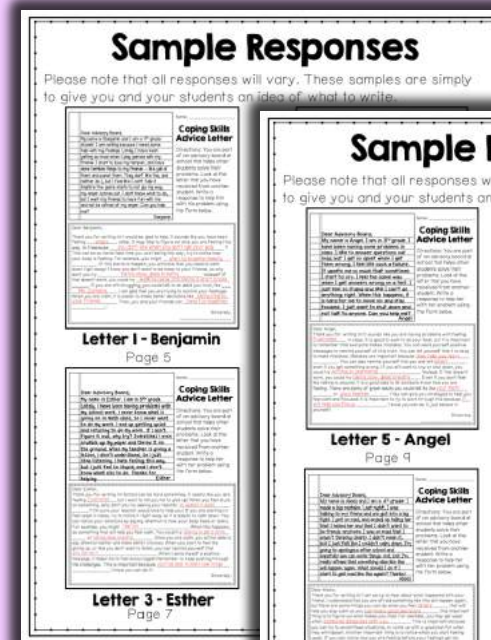
	Dear Advisory Board,
	My name is: <u>Chelsey</u>
	A time when I had a hard time controlling my feelings was:
	<u>When I couldn't figure out my science homework, no matter what I tried</u>
	When this happened, I felt: <u>mad and frustrated</u>
	I knew I was losing control of my feelings when: <u>I</u>
	<u>wanted to give up and throw my work against the wall</u>
	I wanted to calm down because: <u>I didn't want to end up doing something I'd regret, and I didn't want to get in trouble.</u>

- This gives students a chance to identify situations when using coping skills would be helpful.
- Includes 2 forms – one with prompts and one without.

Also includes a poster/visual aid, and sample responses!



Students can use this poster as guidance during the activity, or you can display it in your classroom/office.



There are sample responses for each letter to help give you and your students guidance.