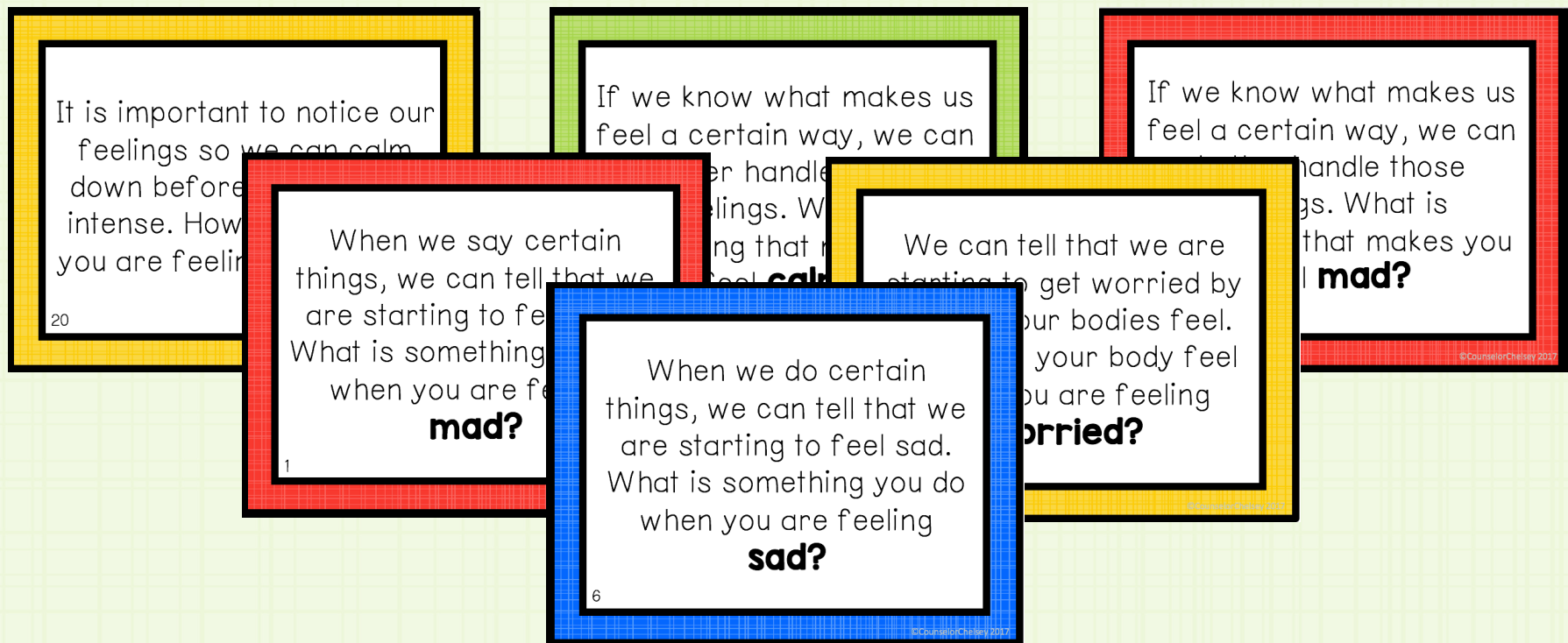


Includes 28 "Recognizing Feelings" Task Cards

Students will learn to recognize when they are feeling mad, sad, worried and calm.



Includes 32 “Coping With Feelings” Task Cards

Students will learn and identify calming strategies they can use when they are mad, worried or sad.

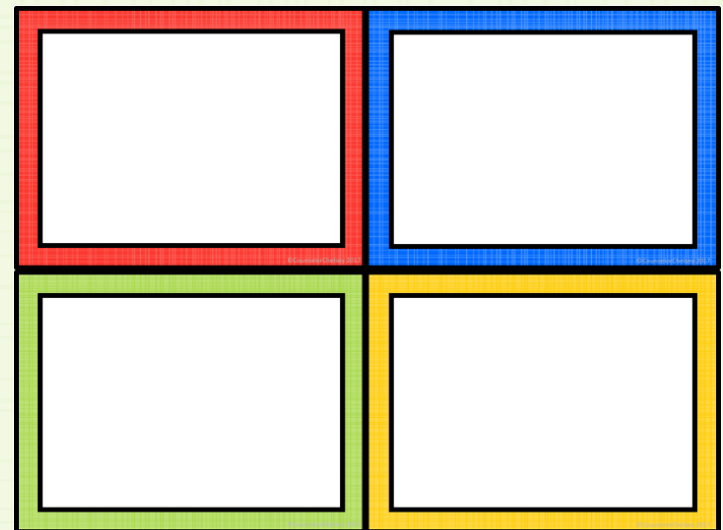


Includes 3 Student Recording Sheets and 4 Blank Task Cards

Recording sheets for students to respond to 1, 2, or 4 task cards!

Use the blank task cards to write in your own questions and scenarios!

The image shows three student recording sheets. The top-left sheet has two columns, each with a 'Name:' field, a 'Card #' field, and an 'Answer:' field. The top-right sheet has a 'Name:' field at the top, followed by two columns, each with a 'Card #' field and an 'Answer:' field. The bottom sheet is a larger recording sheet with a 'Name:' field at the top, followed by a bold instruction: 'Choose four task cards and record your answers below.' Below this instruction is a 2x2 grid of recording sections. Each section contains a 'Card #' field and an 'Answer:' field, with several lines of horizontal ruling for writing.



Includes Sample Answers For All Task Cards

These sample answers are designed to give you guidance if you or your students are not sure how to answer.

Self Regulation Task Card Sample Answers

Please note that these are simply sample answers that are designed to help give you an idea of how to answer. All answers will vary.

1. "I hate this." "Leave me alone."
2. "I want to cry." "I wish things were different."
3. "I'm having fun!" "This is great."
4. "I am scared." "What will happen if..."
5. Yell. Run out of the room.
6. Cry. Get quiet and not talk to anyone.
7. Smile. Spend time with my friends.
8. Get quiet and not talk to anyone. Think about the w
9. Tense. My heart beats fast.
10. Slow. Quiet.
11. Peaceful. Not tense.
12. Shaky. I get butterflies in my stomach.
13. My face gets red. My arms are crossed.
14. I frown. My eyes look down.
15. My body is still. I am smiling.
16. My body is still. My eyes are moving back and forth
17. My voice starts to get loud. I can't think of anything
18. I don't want to talk to anyone. I start to cry.
19. I am having fun. I am smiling.
20. I get butterflies in my stomach. I can only think of

Self Regulation Task Card Sample Answers

Please note that these are simply sample answers that are designed to help give you an idea of how to answer. All answers will vary.

21. "You need to calm down." "You don't need to be mad."
22. "Cheer up!" "Why are you sad?"
23. "Let's go do something fun." "You are good at following directions!"

Self Regulation Task Card Sample Answers

Please note that these are simply sample answers that are designed to help give you an idea of how to answer. All answers will vary.

41. No answer.
42. Play basketball. Press down on my chair. Squeeze my hands together.
43. Answers will vary.
44. I don't want to calm down. To overcome that, I can think about the future – I will make better choices if I calm down.
45. I can walk away. I can get a drink of water.
46. Take a short break to be by myself, and then come back and be engaged.
47. Try not to put myself in situations that I know will make me upset.
48. I can take deep breaths. I can ask an adult if I can take a short break.
49. I can take deep breaths. I can think about something that makes me happy.
50. Talk to an adult about how I feel. I can write a letter to that person.
51. Answers will vary.
52. Use positive self talk. Think about something that makes me happy.
53. Walk away. Ask the person to stop what he/she is doing.
54. Use positive self talk. Find something else to do.
55. Answers will vary.
56. Use positive self talk. Talk to a friend or trusted adult.
- 57-60. Answers will vary.

ou thinking about?"
mine. When I lose a game.
hen I hear a sad story.
s.
hen there is a thunderstorm coming.
ollow directions.
hen they talk to me.
mean things.
talk about anything else.
alk away from what is making me mad.
e bright side of the situation.
the people around me.
es. I can decide if there is anything I can do to
or.
he hallway.
rom when I was younger.
end.

Why Use Task Cards?

- Task cards are low prep
- Task cards provide prompts for students to engage in discussion with the instructor or other students about a specific topic.
- Task cards provide an opportunity to check how much your students understand about a specific topic. This can be done before or after a lesson.

How To Use Task Cards:

Task cards can be used for a variety of purposes. Here are some options for use:

- Use in a small group by having each student choose and answer 1-2 cards per session.
- Have students choose card(s) and record their answers using the answer sheets provided. These can be collected as an “exit ticket” to gauge understanding or collect data.
- Use as part of a game. While playing a non-counseling game, have the students periodically choose and answer a card. For example, every time a player rolls a certain number, or plays a certain card, he/she has to choose and answer a task card.
- Select a card and read it to students. Have them write their answer on individual white boards, and then discuss their answers.
- Use as part of a journal or interactive notebook activity.
- These cards can be used in individual, small group or classroom lessons.

How To Use Task Card Recording Sheets:

These response sheets can be used in various ways.

- At the end of a lesson or session, have each student respond to 1-2 task cards and record their responses as an “exit ticket.”
- Students can respond to 2-4 task cards, and then discuss their responses with the class or a partner.
- Students can respond to 4+ task cards as a way to assess the students’ understanding of the topic.