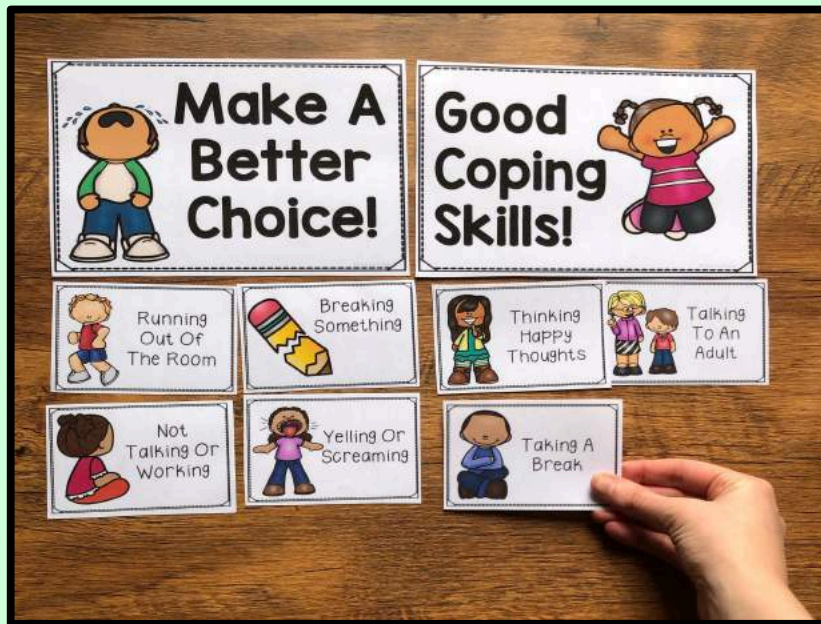


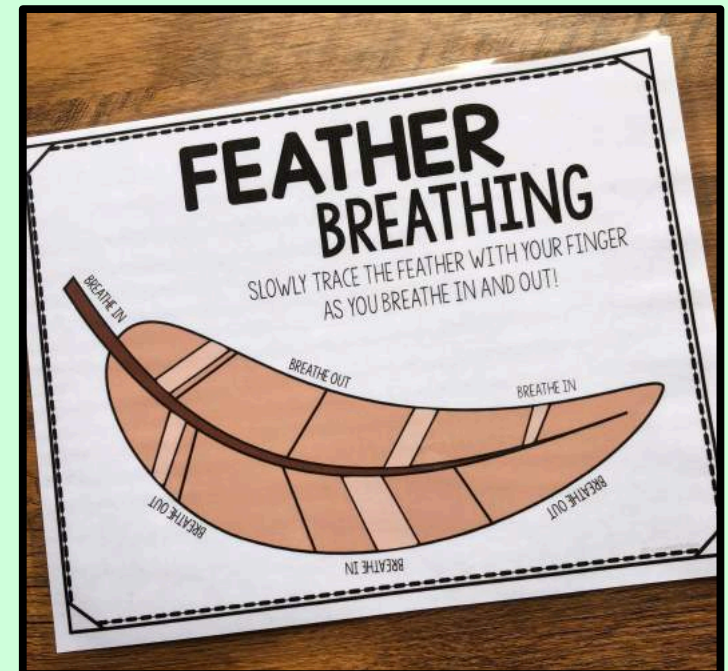
Coping Skills Sort

Students will look at 16 coping skills and decide whether they are positive coping skills or negative coping skills.



Feather Breathing

Students will practice deep breathing by focusing on blowing a feather. Students can trace the feather poster, or blow actual feathers back and forth.



Talking About My Feelings

Students will look at 5 emotions, and pick up to 3 people they can talk to about how they are feeling. Also includes a recording sheet.

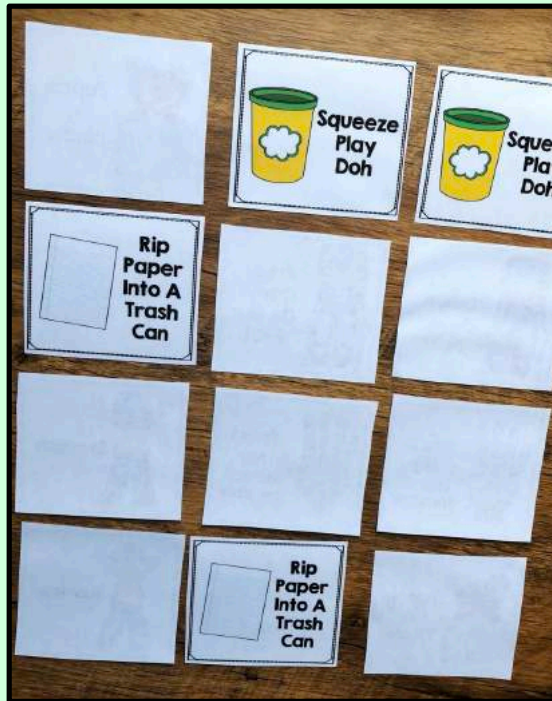


My Feelings Journal

Students will create their own feelings journal that they can use to decide how they are feeling and how they can cope with that feeling!



Using Physical Coping Skills



Students will learn to cope with their feelings in a physical way by playing a matching game!

Thinking Happy Thoughts Worksheet

Students will reflect on a positive memory that they can think about when they are feeling upset.

Name: ms. Cheissy

I Can Think Happy Thoughts!

When I am feeling sad, worried or mad, I can think about something that makes me happy!

My favorite memory is:
fishing with grandpa

These are the people who were there:
grandpa and Noah

It is special to me because:
I love my grandpa

Here is a picture of my favorite memory:

This resource also includes a pre-lesson and instructions for each center.



These centers are perfect for classroom lessons or small groups!