

What's An Interactive Notebook?

Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

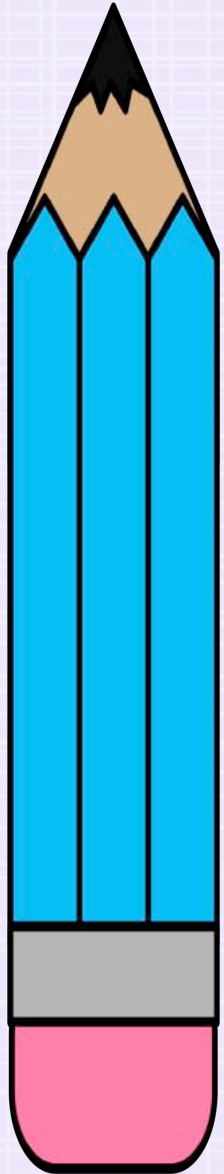
How To Use:

These pages have multiple options for use.

- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

**Please note that this resource is a zip file. The materials for each page are included in their own folder for easier use. Please make sure you know how to unzip a file before downloading this resource.

Includes 8 pages!



1. I Know When I Need To Calm Down!

2. Positive Or Negative?

3. I Can Talk About My Feelings!

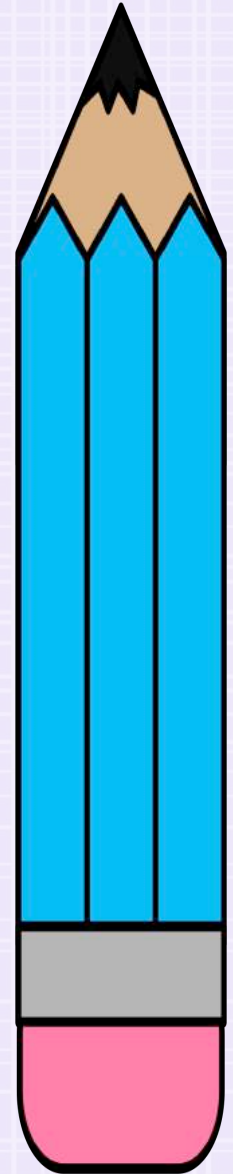
4. I Can Take Deep Breaths!

5. I Can Do Something Physical!

6. I Can Think Happy Thoughts!

7. I Can Distract Myself!

8. I Can Use My Coping Skills!



Includes complete template materials for each page

Positive Or Negative?

When we have strong emotions, we deal (or cope) with them in some way. Sometimes we do negative things to help us with our emotions, but it is important to learn to deal with our emotions in a more positive way!

POSITIVE
COPING
SKILLS



NEGATIVE
COPING
SKILLS

I Can Distract Myself

When we feel upset, one of the ways we can feel better is to distract ourselves by doing something else to clear our minds. When we are done, we may be more calm and ready to handle our problem!

I Can Do Something Physical!

Sometimes when we feel upset, we want to do something physical like shove or hit. It is not okay to hurt anyone, even when we are mad. Instead, there are some healthy ways that we can express our anger physically!

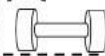
Under "Instead of pushing someone," write:
"I can press down on my seat."

Instead of hitting someone, I can...

Under "Instead of hitting someone," write:
"I can punch a pillow."

Instead of pushing someone, I can...

I can do something physical!



Instead of throwing something, I can...

Under "Instead of ripping up my work," write:
"I can rip up blank paper into a trash can."

Instead of ripping up my work, I can...

Under "Instead of throwing something," write:
"I can squeeze a ball."

I Can Take Deep Breaths!

When we feel upset, taking deep breaths can help our bodies and our brains slow down and feel more calm. There are many ways to practice deep breathing, and you can do it anywhere!

Under the bubble breathing flap, write:
"As you inhale..."

Under the candle breathing flap write:
"Inhale like you are smelling a candle, exhale like you are blowing it out."

I Can Think Happy Thoughts!

When we are feeling upset, it can help to think about something that makes us happy. This helps us to refocus and feel more calm. We can think of people, places, things or memories that make us feel happy!

I Can Think Happy Thoughts

People that make me happy are...

Places that make me happy are...

Things that make me happy are...

Memories that make me happy are...


4-7-8 Breathing

Color Breathing

Under the 4-7-8 breathing flap, write:
"Inhale for 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds."

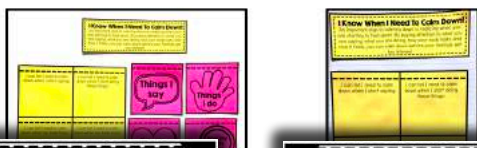
Includes photo and written directions for each page

Directions For "I Can Use My Coping Skills"




1. Cut out headings and flap pages from page 2.
2. Fold each flap page on the dotted line, and place glue on the back of the flap page above.
3. Attach the heading and flap pages into a notebook.

Directions for "I Know When I Need To Calm Down"

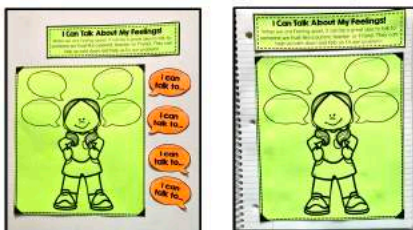


Directions For "I Can Take Deep Breaths!"



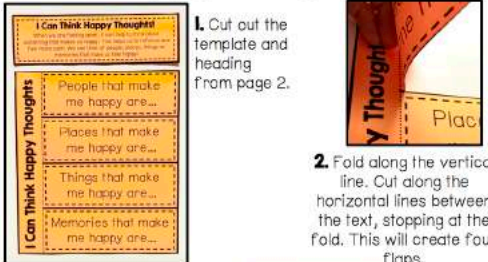
1. Cut out the template and heading from page 2.
2. Fold the template along the dotted lines so that the words are in front.
3. Color breathing.
4. Under each flap, students will write the explanations provided on page 2.

Photo Directions For "I Can Talk About My Feelings!"



1. Cut out the heading and base sheet from page 3 or 4, and the speech bubbles from page 2.
2. Glue heading and base sheet into the notebook.
3. Fold each speech bubble on the dotted line and place glue on the back of the bubble above the fold.
4. Attach the speech bubble toppers onto the speech bubbles on the base sheet.
5. Students will lift up each flap and write the name of a friend, teacher, parent or trusted adult who they can talk to about their feelings.

Directions For "I Can Think Happy Thoughts!"



1. Cut out the template and heading from page 2.
2. Fold along the vertical line. Cut along the horizontal lines between the fold. This will create four flaps.
3. Place glue on the back of the template, to the left of the fold.
4. Attach template and heading into the notebook. Lift up each flap and respond to the prompt in the space under the flap.

Includes photos of completed samples for each page

