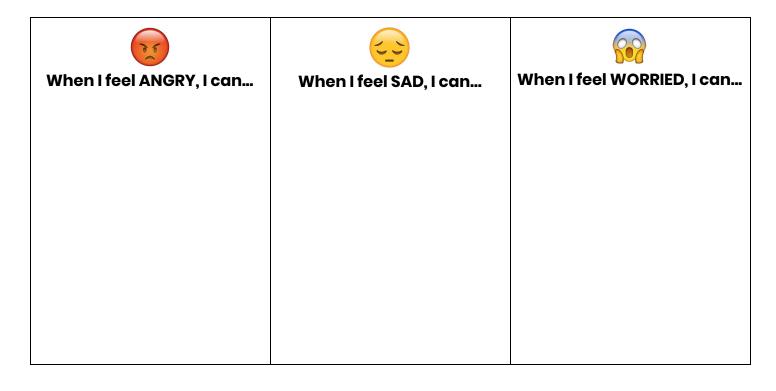
Class Counseling Lesson

## My Safe Coping Choices

Cut the paper on the dotted line. Cut out the calm down strategies you can use for each feeling listed below.

You can have more than one for each box!



Take a Take a Take a Think of Think of Think of break to break to break to my my my be alone be alone be alone favorite favorite favorite place place place Walk away Walk away Walk away Take a sip Take a sip Take 5 Take 5 Take 5 Stretch deep deep deep Stretch Stretch breaths breaths breaths Count to Count to Color or Safely Safely Safely Color or Color or squeeze squeeze squeeze draw draw draw something something something Read Read Read Write a Write a Write a Think Think Think note to my note to my note to my positive positive positive teacher teacher teacher thoughts thoughts thoughts

## Hi Families!

Today in our class counseling lesson, we learned about mindfulness and coping strategies for big emotions. Here's a summary of what we learned!

-Ms. Cox, School Counselor

## Feeling Angry, Sad or Worried?

It's normal! Everybody has big emotions from time to time. Here's how you can handle these feelings safely.

## 1. Make sure you are safe.

Remember, our "guard dog" (amygdala) in our brain is there to keep us safe. Sometimes we feel a rush of emotions to help us act quickly if there is danger. For example, if it starts thunderstorming when we're playing outside, our guard dog's flight response will get us out of the rain quickly. If you are safe, and it's just your guard dog barking, go to step 2!

- 2. Choose a safe and appropriate coping choice to calm your inner "guard dog."
- 3. Problem solve using your inner "wise owl" (prefrontal cortex) and caring adults.