

CLOUDY to CALM
Calm your cloudy feelings before they turn into a tornado!

Spin or roll a star? Practice calming down your body and brain by *everyone* does star breathing!

Land on a rainbow? Practice calming down your body and brain by *everyone* doing hand presses!

Spin or roll one of these? Pick a card and read what it says!

Sunny Thoughts

Chance

Open Up (talk about it)

START

END

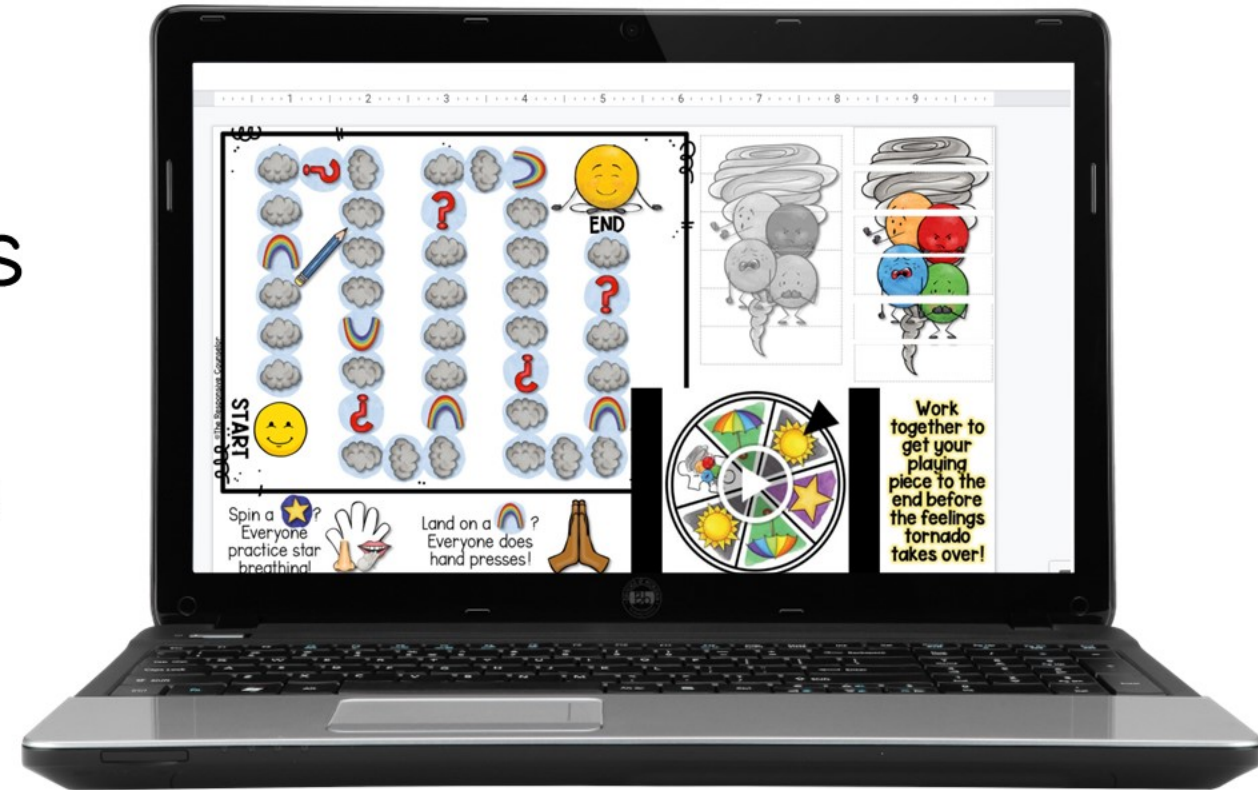
Learn + practice
calming strategies
to bounce back
from life's
stressors!

notes to the counselor/teacher

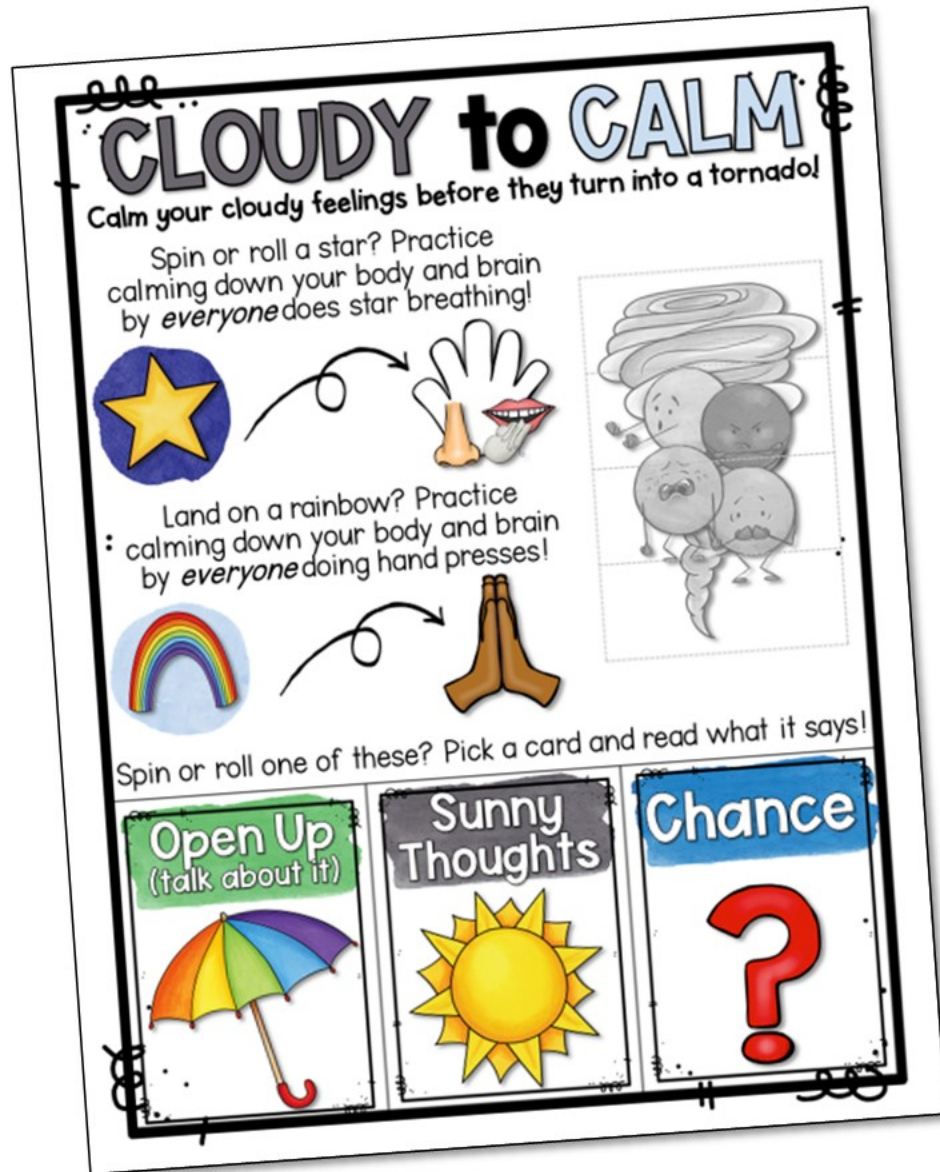
This resource can be used for:

- Small group counseling
- Individual counseling
- Whole group class lessons

It includes both competitive and cooperative versions of the game, and has both a printable and digital version.



directions



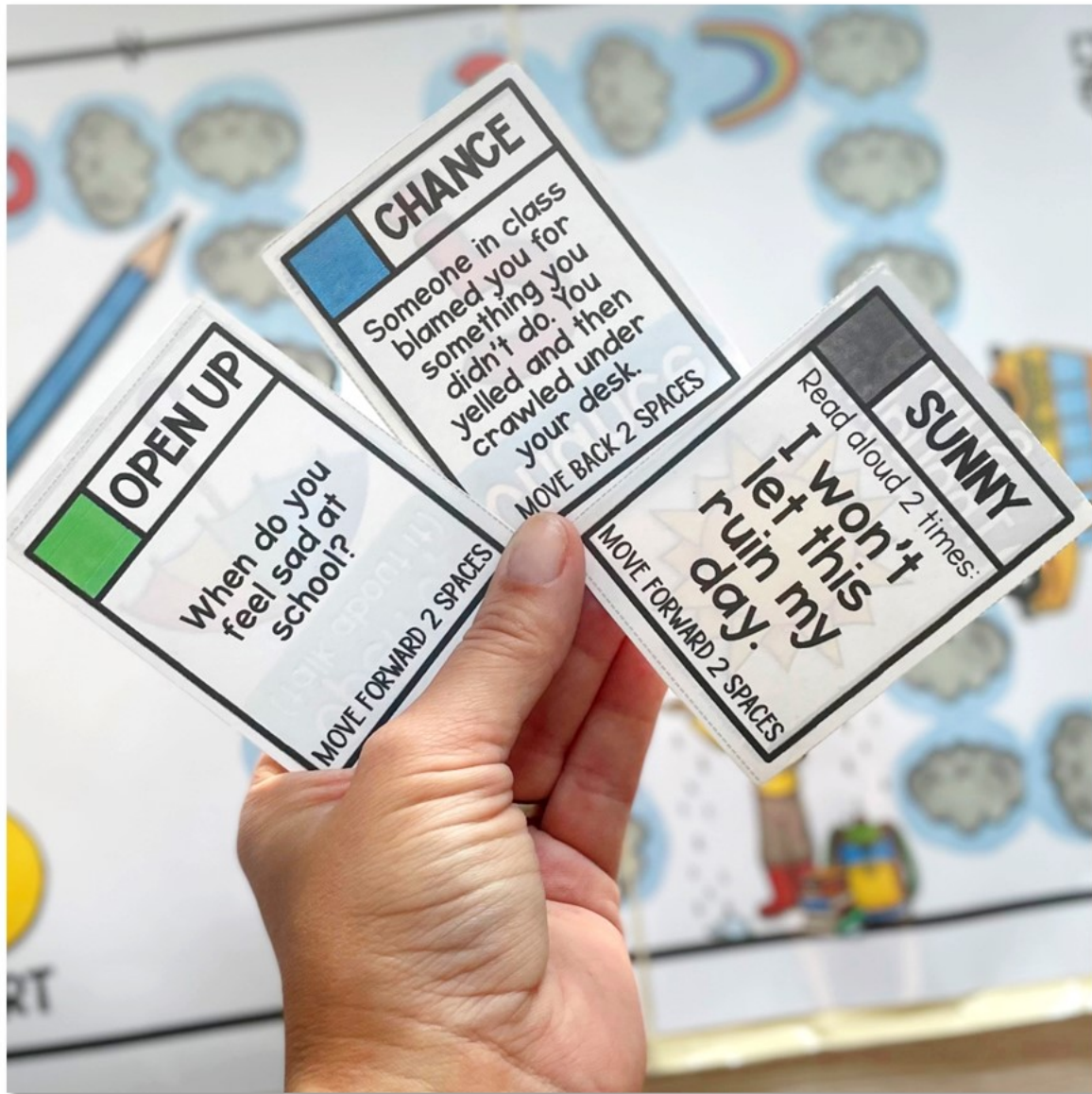
- Competitive version is played as a traditional "get to the end first" game
- Cooperative version is about getting to the end of the board together before the tornado puzzle is complete
- Game board spaces include relaxation strategy practice (hand presses and star breathing)

directions

- Use the included spinner (add a spinner part or keep it simple with a pencil and paperclip) *OR*
- Use a die and the included die key
- Cards tell the number of spaces to move

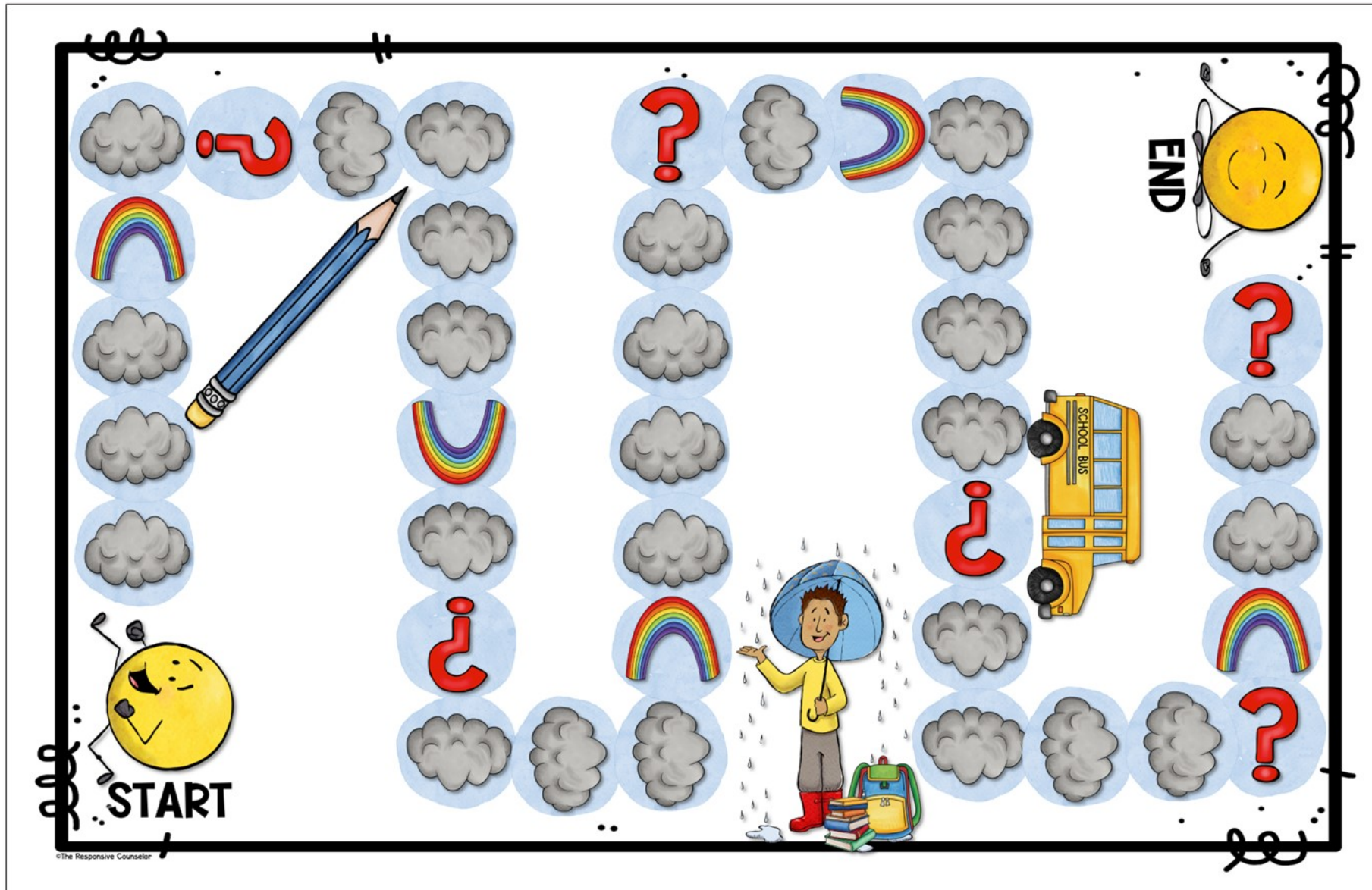


game cards



- **CHANCE:** Examples of positive and negative ways of handling triggering situations – students move forward OR backward OR add tornado pieces
- **OPEN UP:** Discussion questions to increase self-awareness around emotions and coping
- **SUNNY THOUGHTS:** Practice repeating positive self-affirmations that would be helpful in any situation

game board closeup



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



the **RESPONSIVE**
counselor

Let's Connect:

