

April



Feelings + Coping Skills: Matching Game

Directions: Students play a memory matching game. On each student's turn, they flip over two cards. If they don't match, they flip them back over and play goes to the next person. If they do match, they 1) read the affirmation 3 times aloud, 2) share about a time they had that feeling, or 3) act out the coping skill – depending on if the match is a sun, lightning cloud, or umbrella.

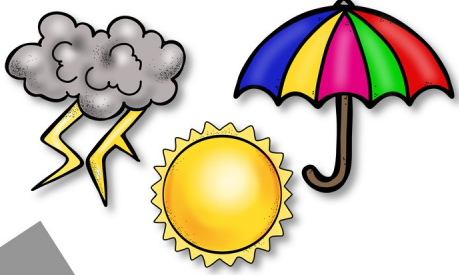
Optional Extension: Students complete the spring weather worksheet by filling in the graphics to share 1 stressful feeling, 1 favorite coping strategy, and 1 helpful affirmation.

COPING AND FEELINGS MEMORY MATCH



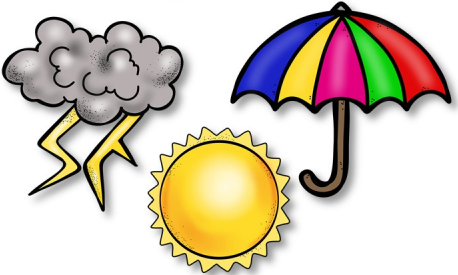
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COPING AND FEELINGS MEMORY MATCH



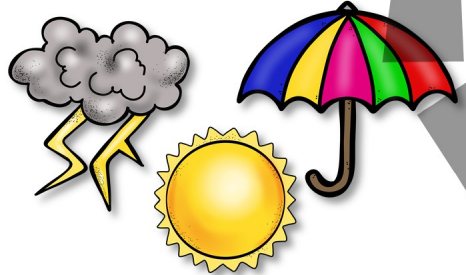
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COPING AND FEELINGS MEMORY MATCH



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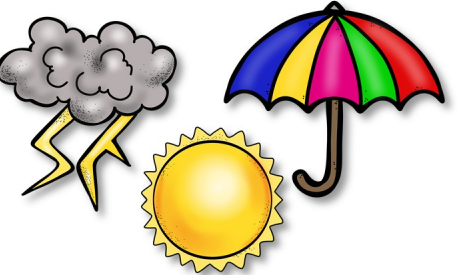
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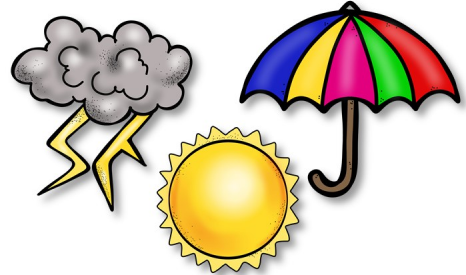
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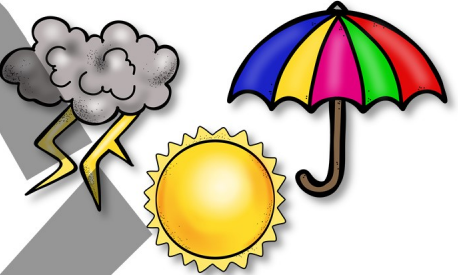
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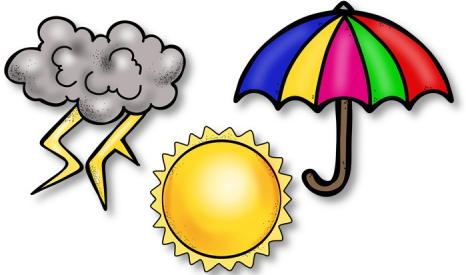
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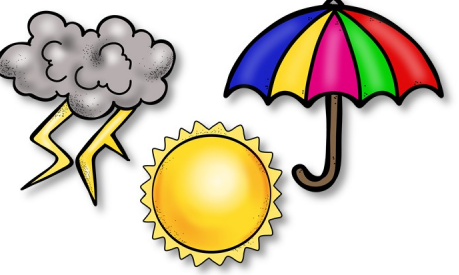
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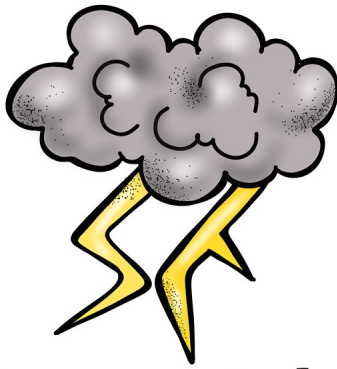
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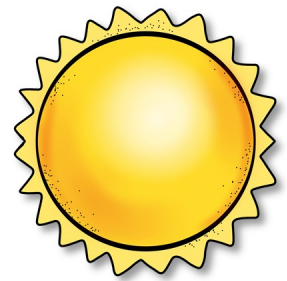
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Going for
a Walk



Disappointed



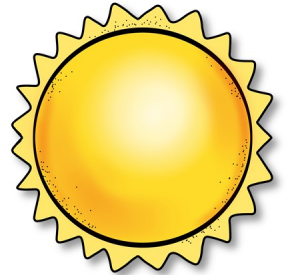
"I can
handle this."



Going for
a Walk



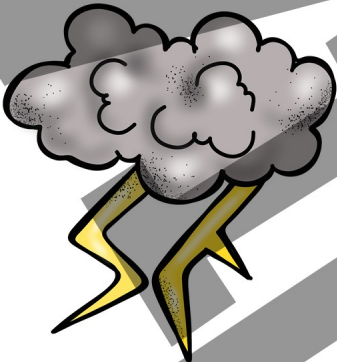
Disappointed



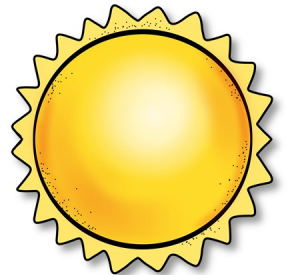
"I can
handle this."



Take a Deep
Breath



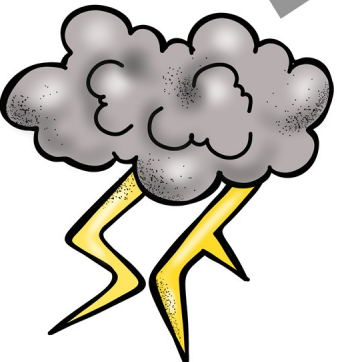
Sad



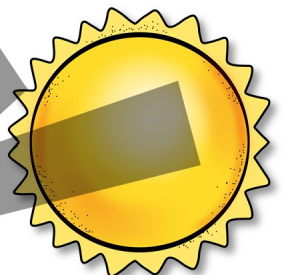
"I will be
okay."



Take a Deep
Breath



Sad



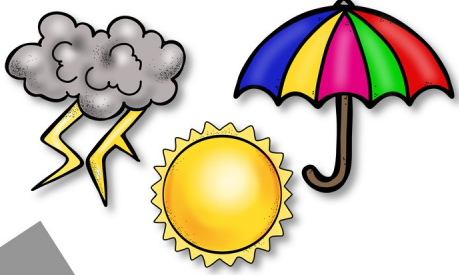
"I will be
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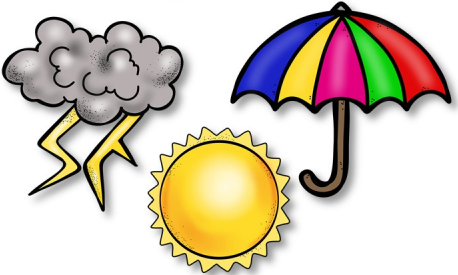
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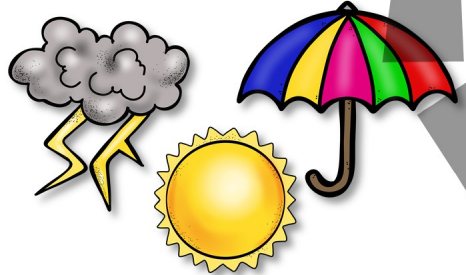
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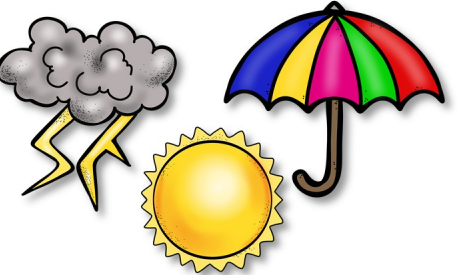
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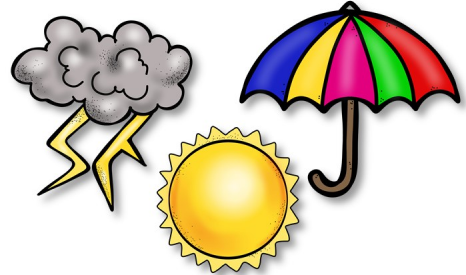
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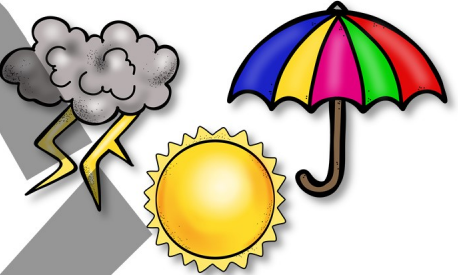
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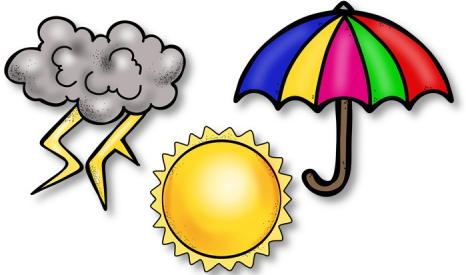
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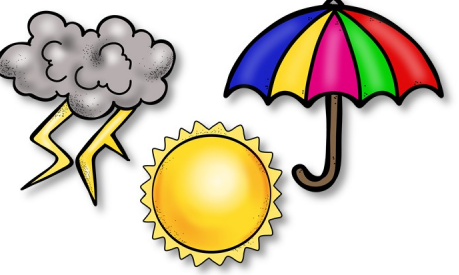
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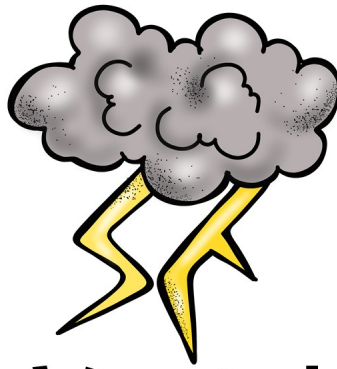
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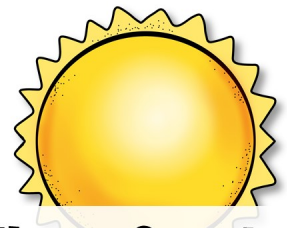
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**Remember
a Happy
Memory**



Worried



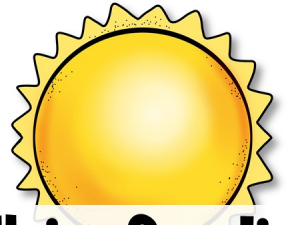
**"This feeling
won't last
forever."**



**Remember
a Happy
Memory**



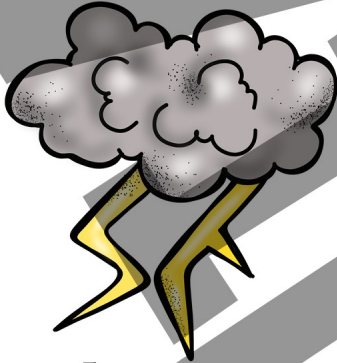
Worried



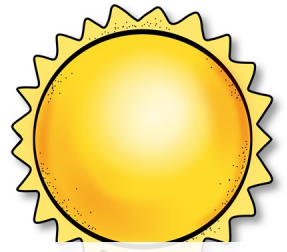
**"This feeling
won't last
forever."**



Ask for Help



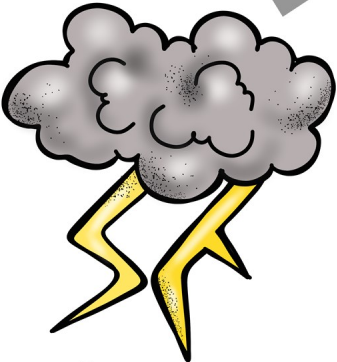
Angry



**"It's ok to
feel upset."**



Ask for Help



Angry



**"It's ok to
feel upset."**

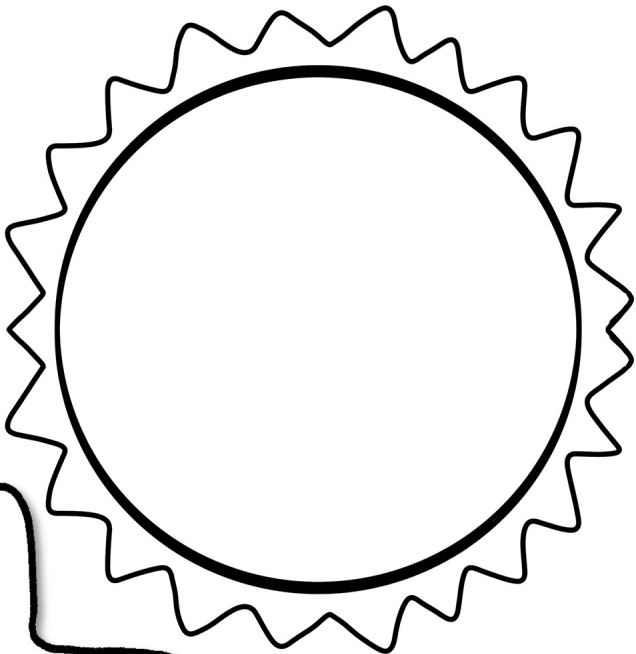
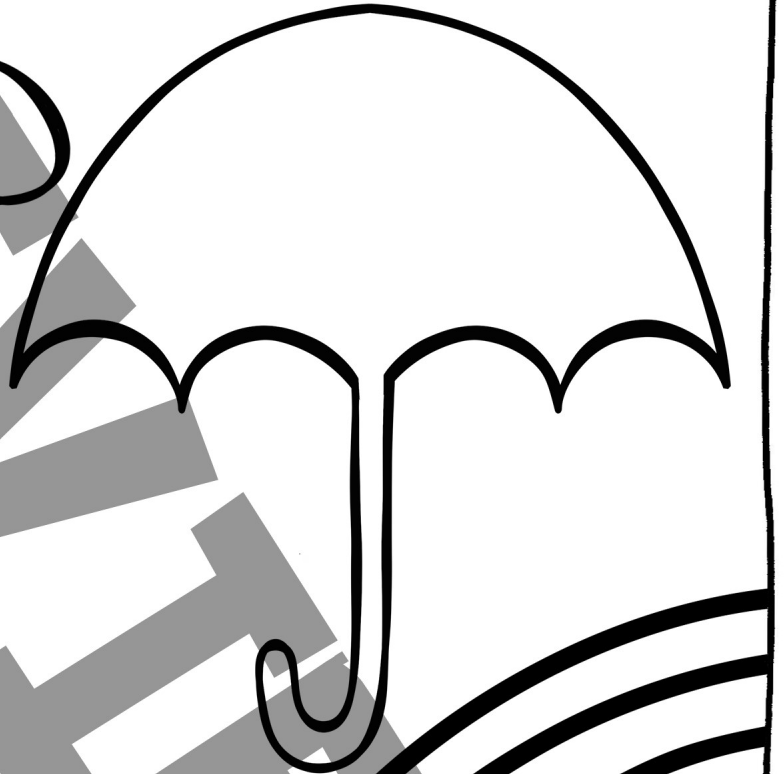
I CAN COPE!

Name: _____

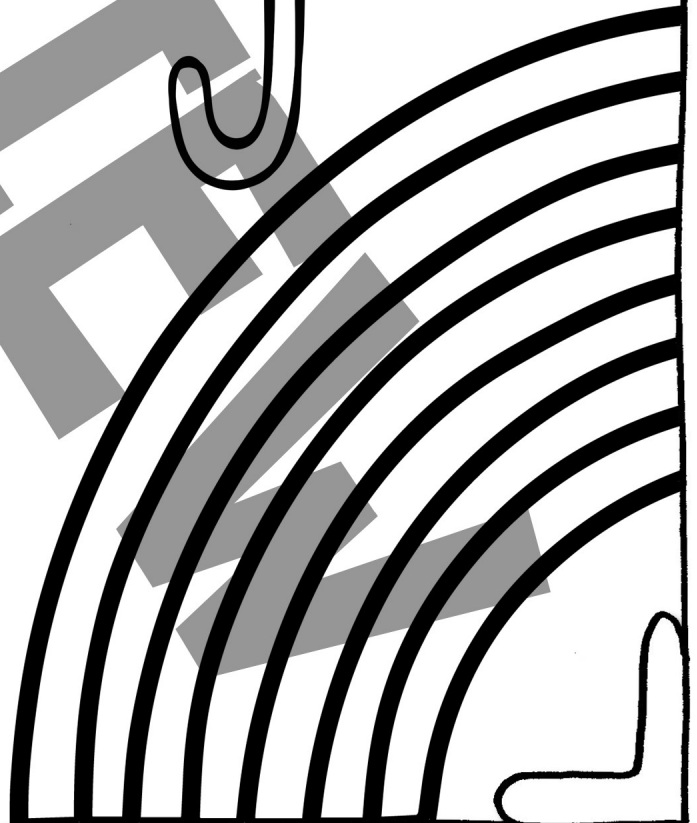
When I feel...



I can...



And tell myself...



the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective and engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

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 and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

