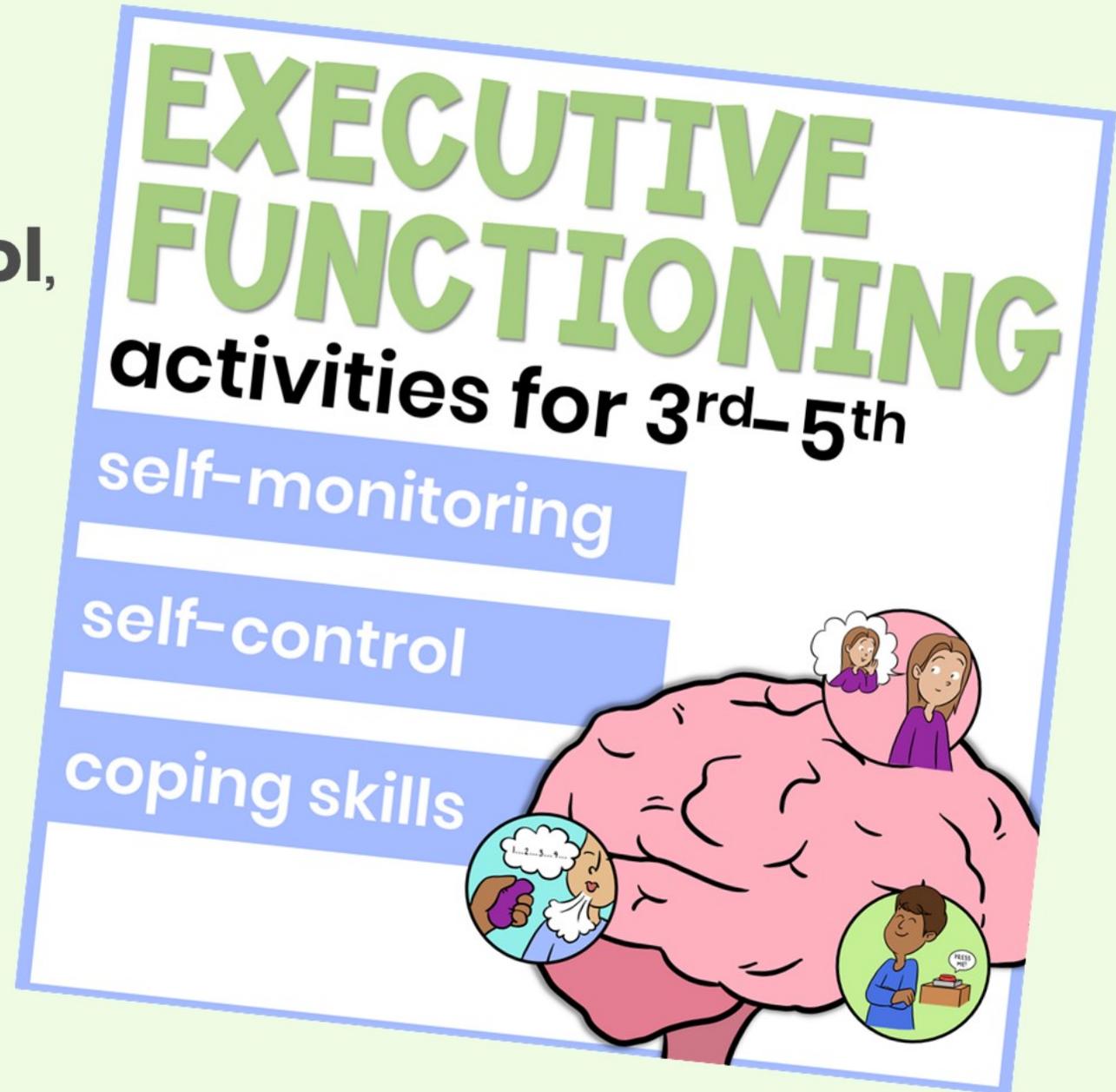


✓ For **3<sup>rd</sup>-5<sup>th</sup>** graders who struggle with **self-monitoring, self-control,** or **coping with big emotions**

✓ Low prep, **hands-on** activities

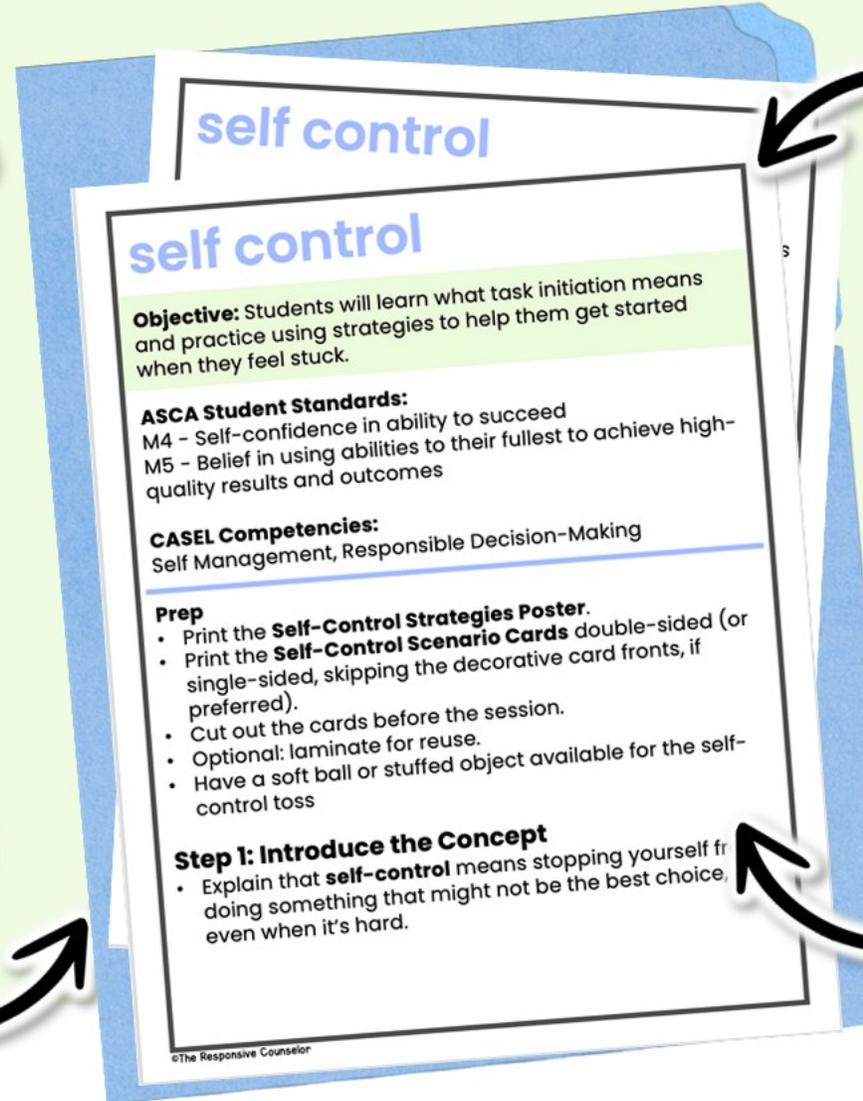
✓ Lots of **flexibility** – use in class lessons, small groups, or individual sessions



# what's included?

Clear, step-by-step instructions

Built in discussion questions



Opportunities for skill practice that are both meaningful and fun

Reflection prompts

# self-monitoring activities



- Students learn how to check in with their brains and notice when they're off track
- Check-In & Coach scenario cards help students practice noticing what's going on and coaching themselves with helpful thoughts

# self-control activities



- Self-control strategies help students slow down, think ahead, and make choices they feel good about
- Using a ball toss activity and scenario cards, students practice showing what self-control looks like in action

# coping skills activities

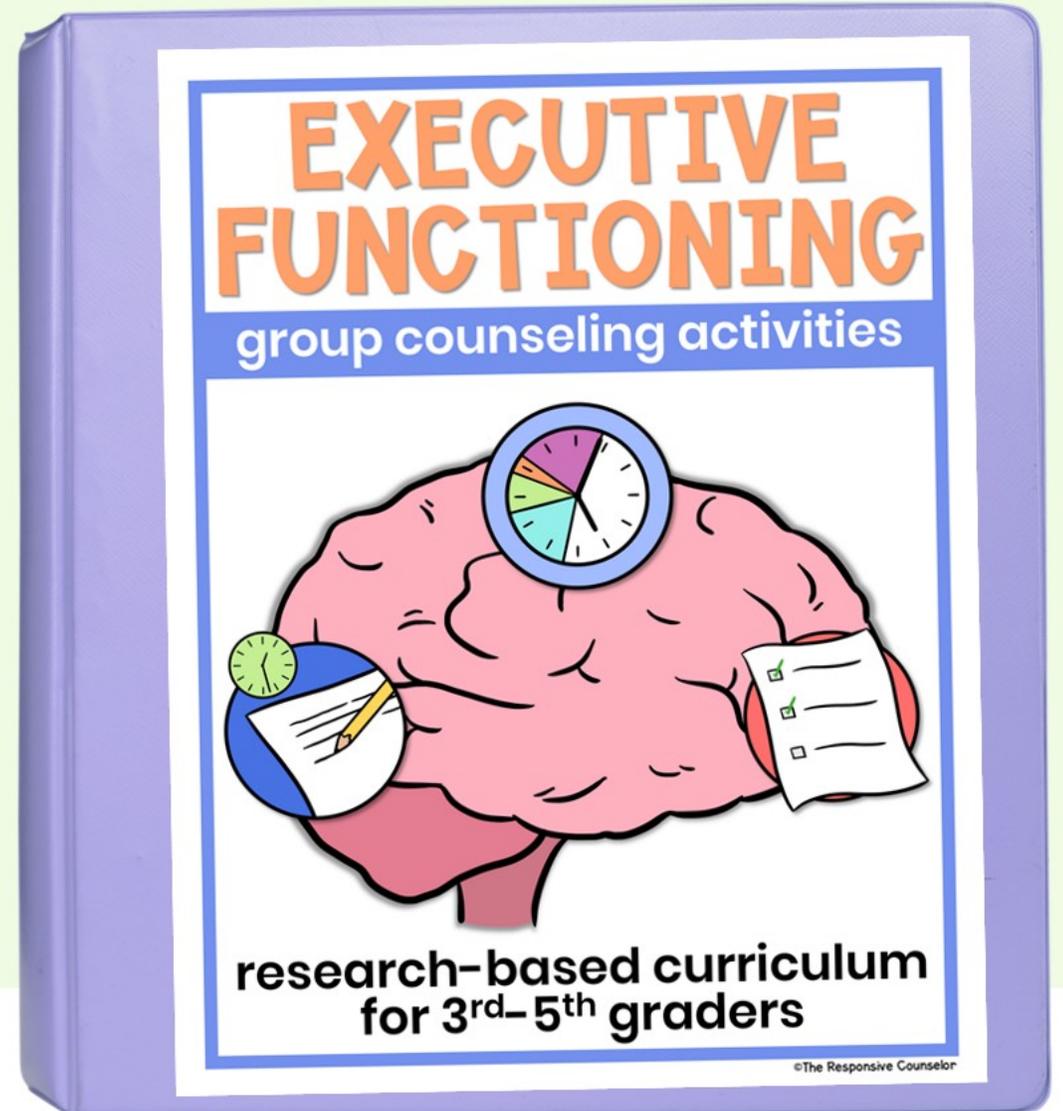


- Coping skills skits let students rehearse the use of coping strategies in situations where emotions can feel overwhelming
- The coping skills spinner gives students a hands-on reminder of strategies they can use in school and beyond

# group curriculum

These activities – and many more – are also included in the Executive Functioning Group Counseling Curriculum!

Find the link in the description for this resource.



Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves. Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

**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!



let's connect:

