

COLOR BY COPING SKILL

COLOR BY COPING SKILL	
 	Go for a walk outside
 	Listen to music that lifts you up
 	Spend time with a pet or stuffed animal you love
 	Write in a journal
 	Think of a funny memory
 	Stretch or do yoga
 	Compliment yourself
 	Picture a calm place in your



Labels on the rainbow segments: walk, music, animal, journal, funny memory, yoga, compliment, calm place.

Labels on the clouds: calm place.

Labels on the bottom right: calm place.

Logo: COUNSELOR Keri

A NOTE FROM COUNSELOR Keri



Fellow counselor,

Thank you so much for your purchase. Everything resource is created with student growth in mind. I hope that this resource will enrich your school counseling program and contribute to your students' development.

I'd love to keep in touch with you via email to share counseling ideas, activities, and exclusive free resources! If you're interested, [join my weekly email group using this link.](#)

If you have any questions about a resource you purchase from my store, please always feel free to email me at counselorkeri@gmail.com! If you want to be the first to know about new products and product updates, be sure to follow me on TpT, and I'd love to connect with you on social media!



Happy counseling!

COUNSELOR Keri

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DISCLOSURE STATEMENT

COUNSELOR Keri

QUICK START GUIDE:

-Review coping strategies with students in classroom guidance, small groups, or individually. Discuss the situations in which these coping skills might be useful to the student.

-Students look at the coded picture and determine what color to use for each section by using the key on the left side of the page. Any spaces left blank can be left white or colored with the student's choice of color!

WHO IT'S HELPFUL FOR:

-Everyone! But it's especially helpful for students who struggle to use effective coping strategies or are currently engaging in maladaptive behaviors when hard situations arise. Help these students create a list of the hard situations they might encounter or triggering situations and the coping skills they can use during those times.

-If possible, provide these students the supplies needed for their chosen coping skills (i.e. notebook, crayons, etc.) so that they can implement the given strategies as needed.















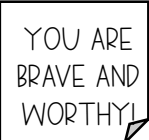


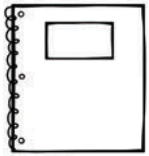













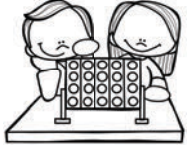





MY COPING STRATEGIES:

A hard situation I might face is:

A coping strategy I can use is:

CHOOSE A STRATEGY:

	Write an encouraging note to yourself		Spend time with a pet or stuffed animal you love		Get some exercise		Spend time in nature		Make a list of 5 good things in your life
	Listen to the sounds of the weather		Write in a journal		Have a personal dance party		Get enough rest		Look at pictures of happy memories
	Look around for something beautiful		Think of a funny memory		Talk to a trusted adult		Set a goal		Write positive affirmations on sticky notes
	Ask a friend to hang out		Stretch or do yoga		Write a silly poem		Play an instrument		Do something nice for someone else
	Draw or paint something meaningful to you		Compliment yourself		Remember a time when you were successful		Plan something to look forward to		Squeeze play dough
	Go for a walk outside		Picture a calm place in your mind		Control your breathing		Give yourself a hug		Write a song about your feelings
	Listen to music that lifts you up		Play your favorite game		Write a story about yourself overcoming something hard		Read your favorite book		Play your favorite sport

COLOR BY COPING SKILL



Write an encouraging note to yourself



Listen to the sounds of the weather



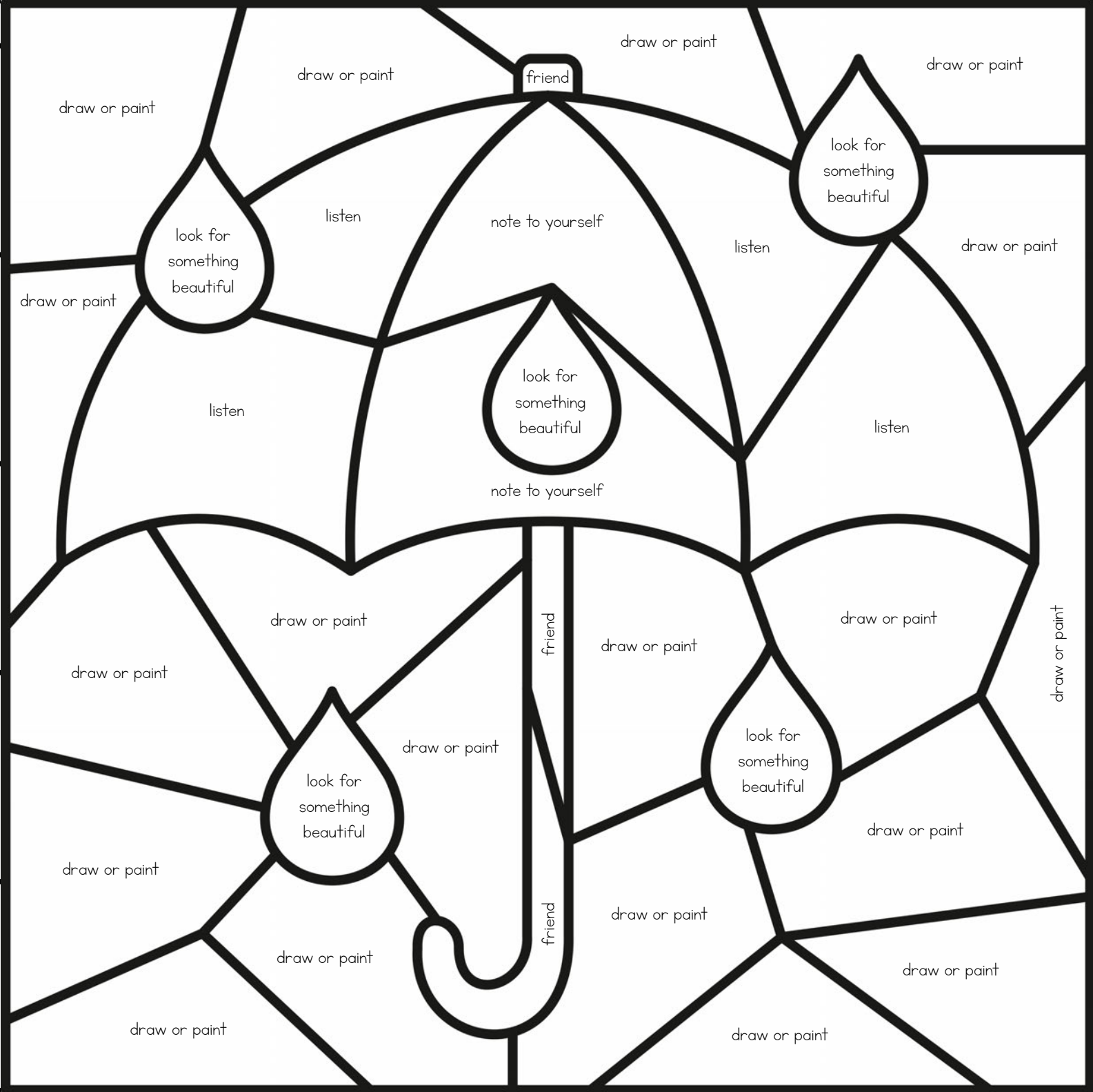
Look around for something beautiful



Ask a friend to hang out



Draw or paint something meaningful to you



COLOR BY COPING SKILL



Go for a walk outside



Listen to music that lifts you up



Spend time with a pet or stuffed animal you love



Write in a journal



Think of a funny memory



Stretch or do yoga



Compliment yourself



Picture a calm place in your mind

walk

animal

journal

music

journal

funny memory

animal

funny memory

music

journal

yoga

funny memory

compliment

yoga

compliment

animal

funny memory

calm place

journal

yoga

compliment

calm place

Stretch or do yoga

calm place

calm place

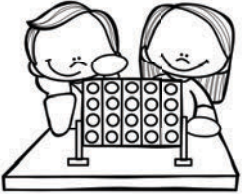
calm place

calm place

calm place

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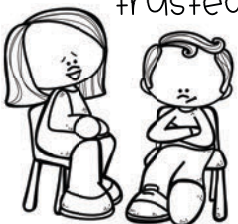
Play your favorite game



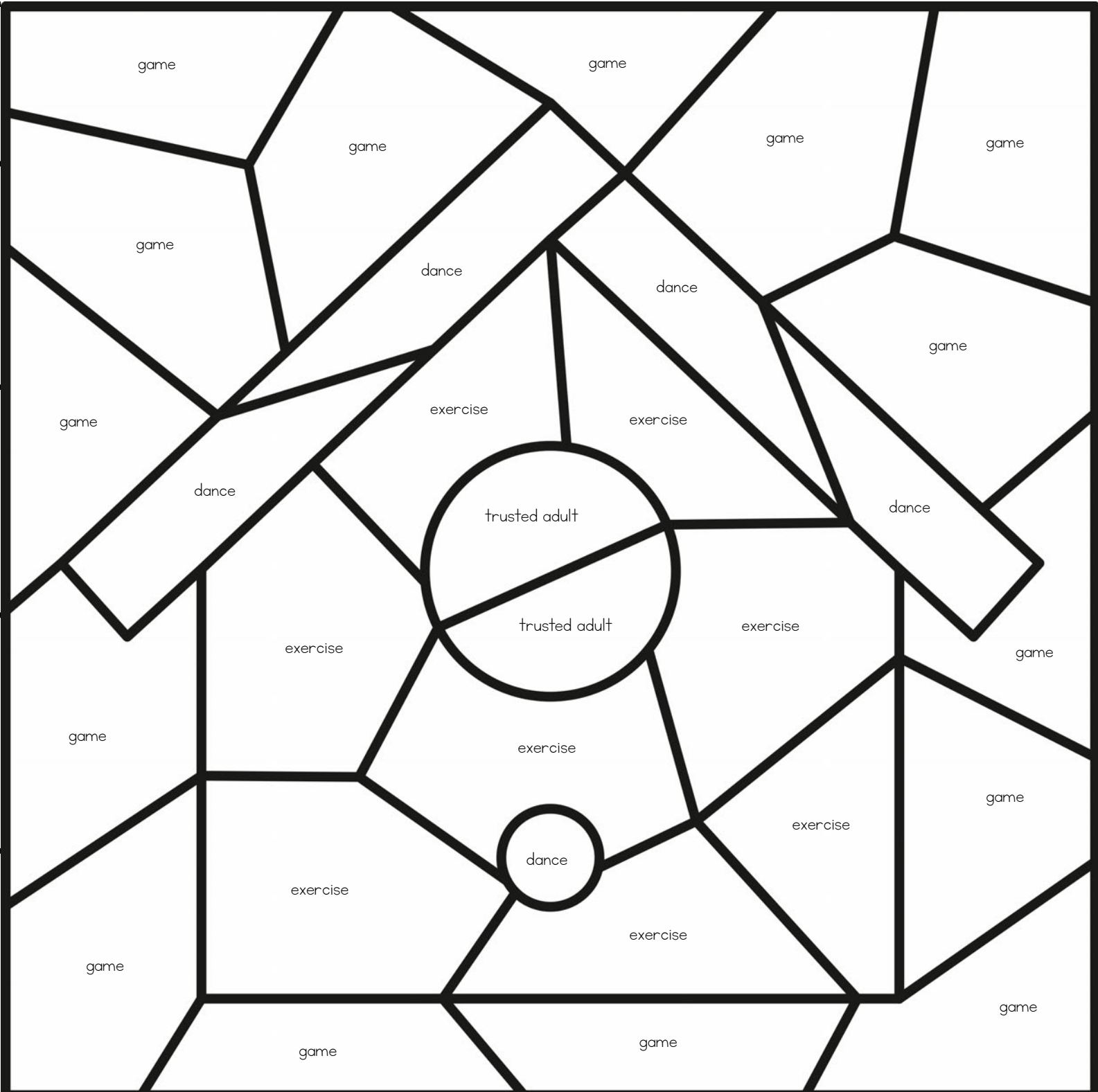
Get some exercise



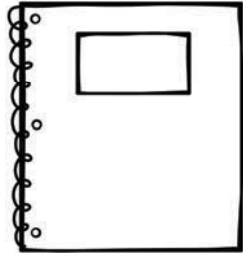
Have a personal dance party



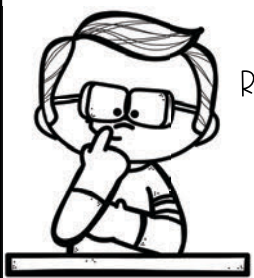
Talk to a trusted adult



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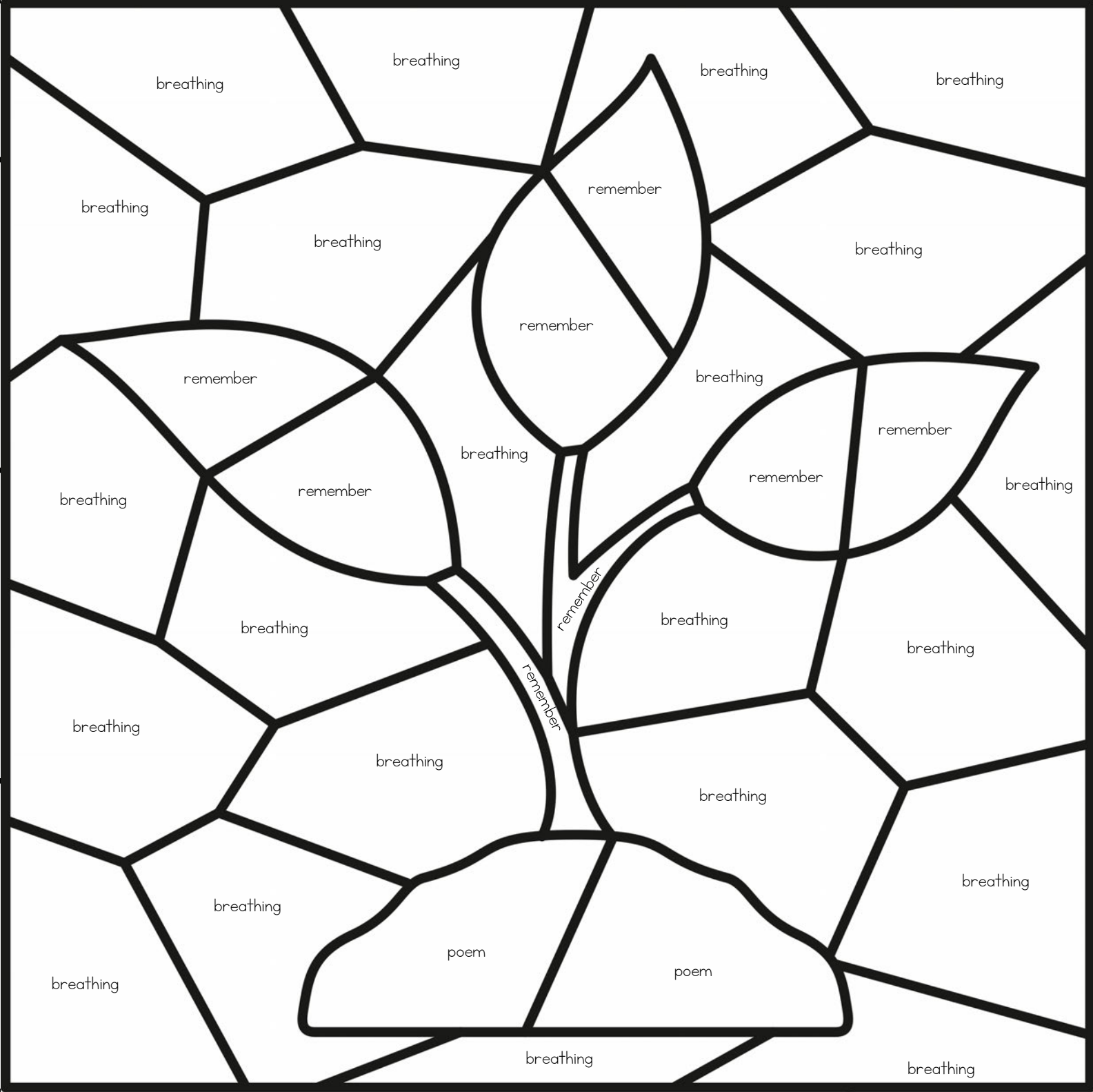
Write a silly poem



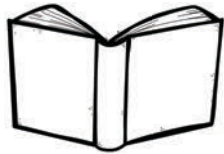
Remember a time when you were successful



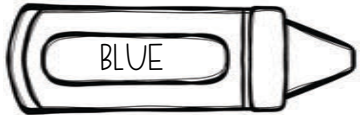
Control your breathing



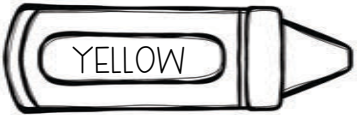
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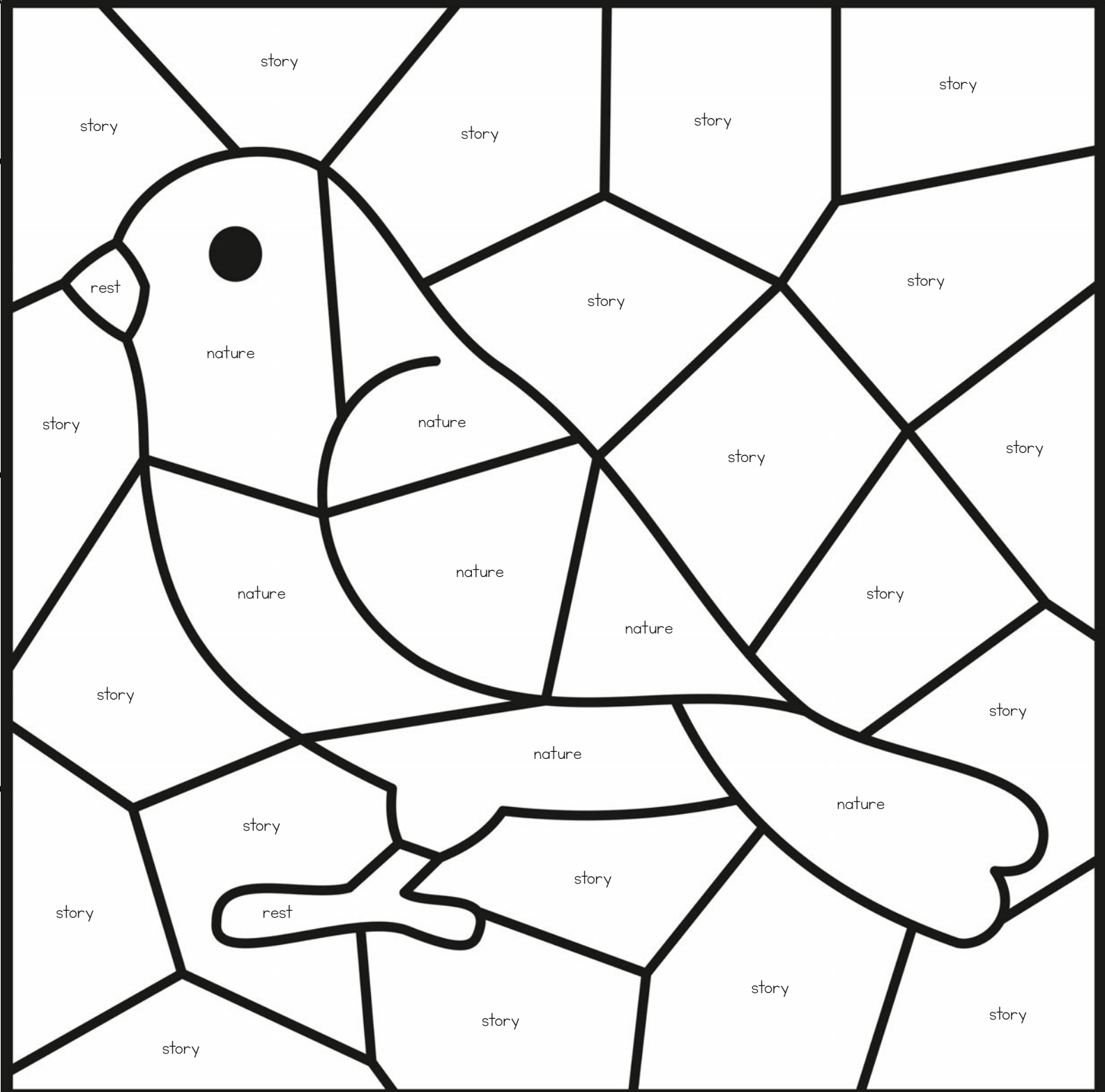
Write a story about yourself overcoming something hard



Spend time in nature



Get enough rest



COLOR BY COPING SKILL



Set a goal



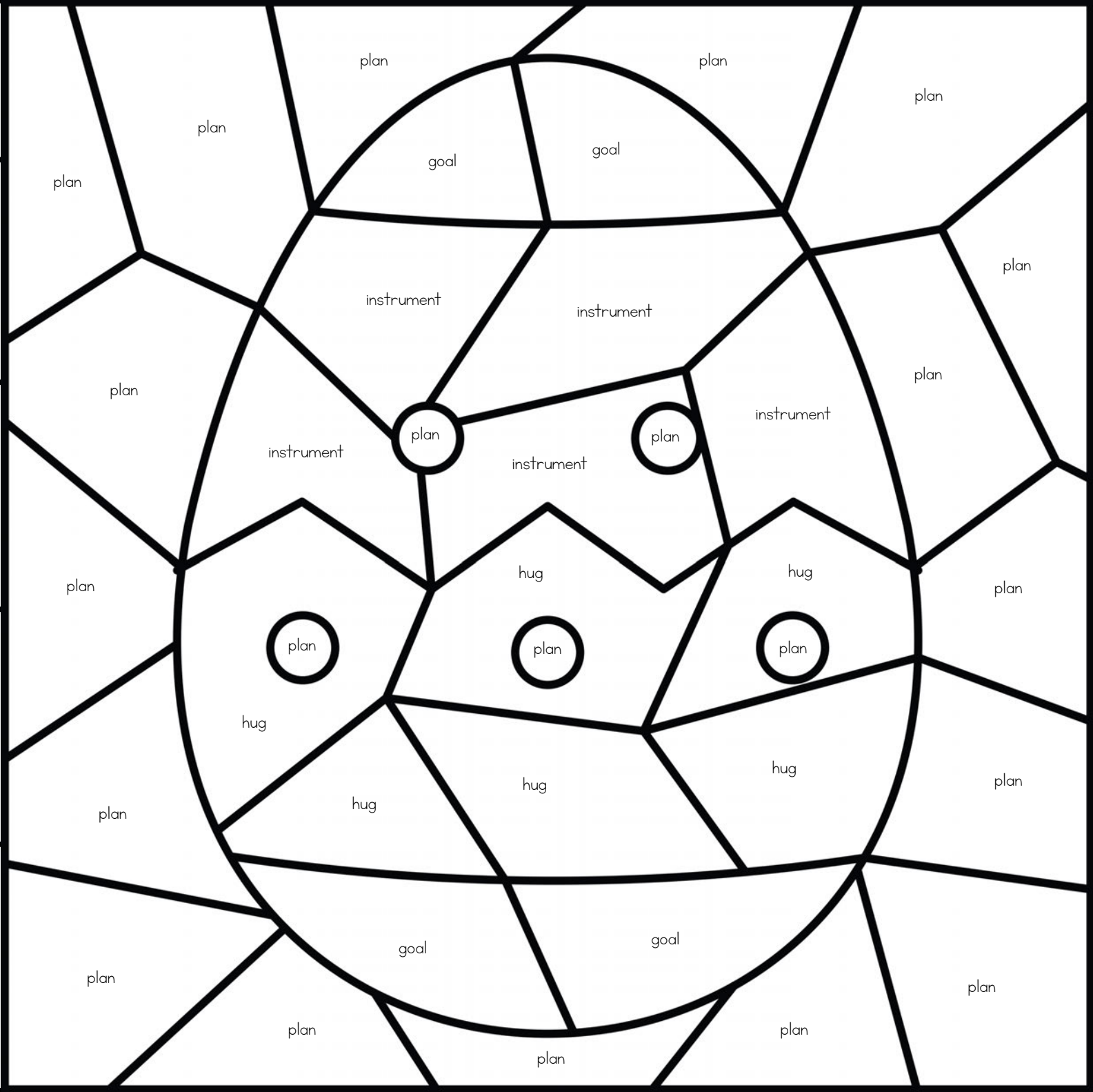
Play an instrument



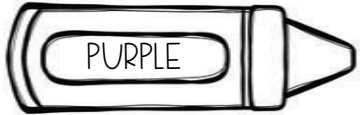
Plan something to look forward to



Give yourself a hug



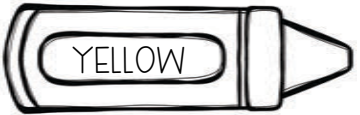
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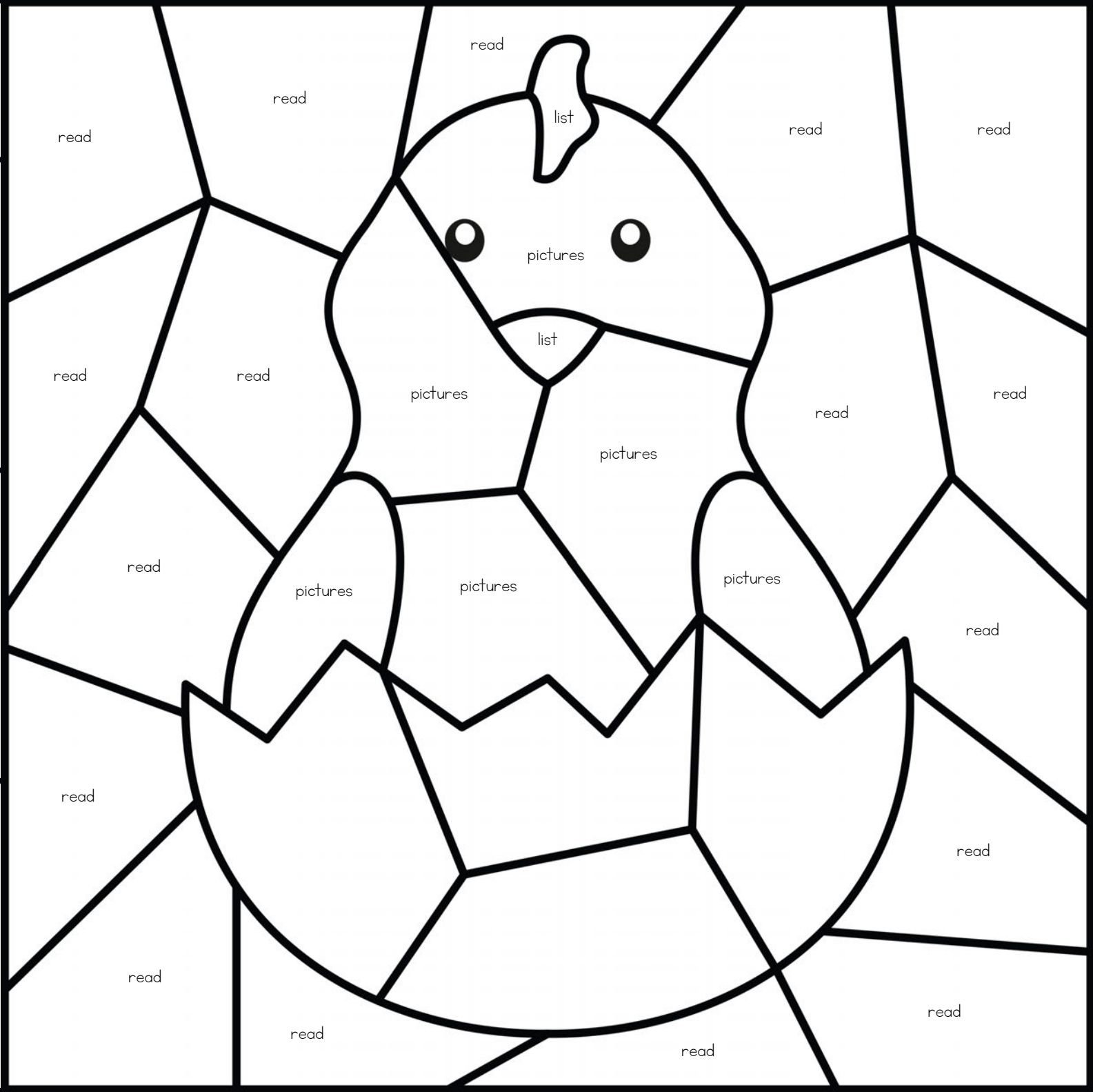
Read your favorite book



Make a list of 5 good things in your life



Look at pictures of happy memories



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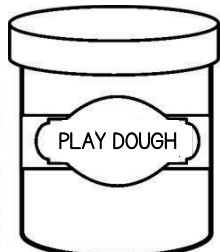


YOU ARE BRAVE AND WORTHY!

Write positive affirmations on sticky notes



Do something nice for someone else



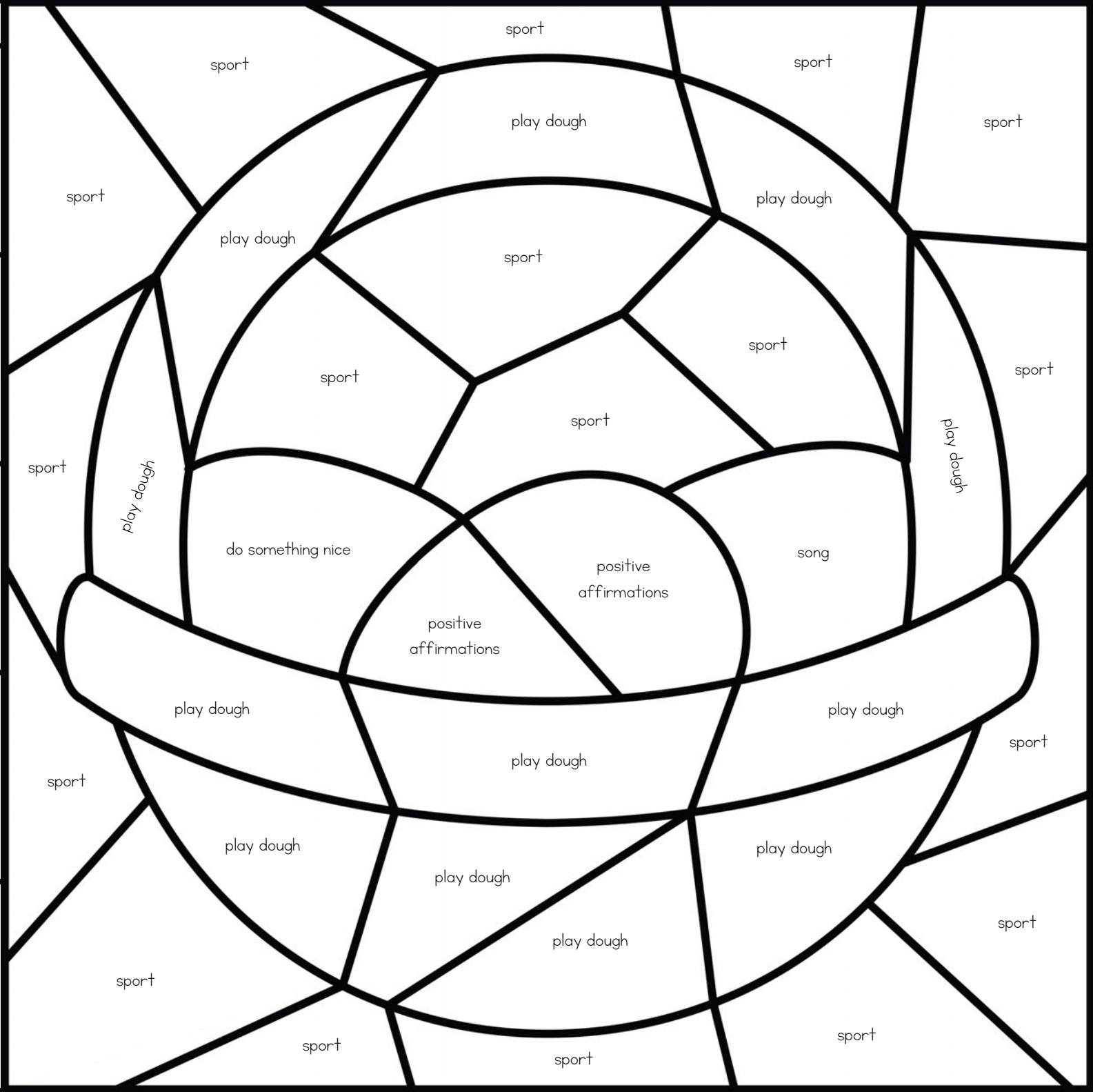
Squeeze play dough



Write a song about your feelings



Play your favorite sport



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Go for a walk outside



Listen to music that lifts you up



Spend time with a pet or stuffed animal you love



Write in a journal



Think of a funny memory



Stretch or do yoga



Compliment yourself



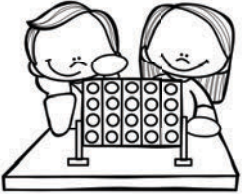
Picture a calm place in your mind



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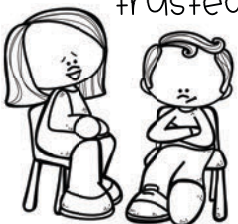
Play your favorite game



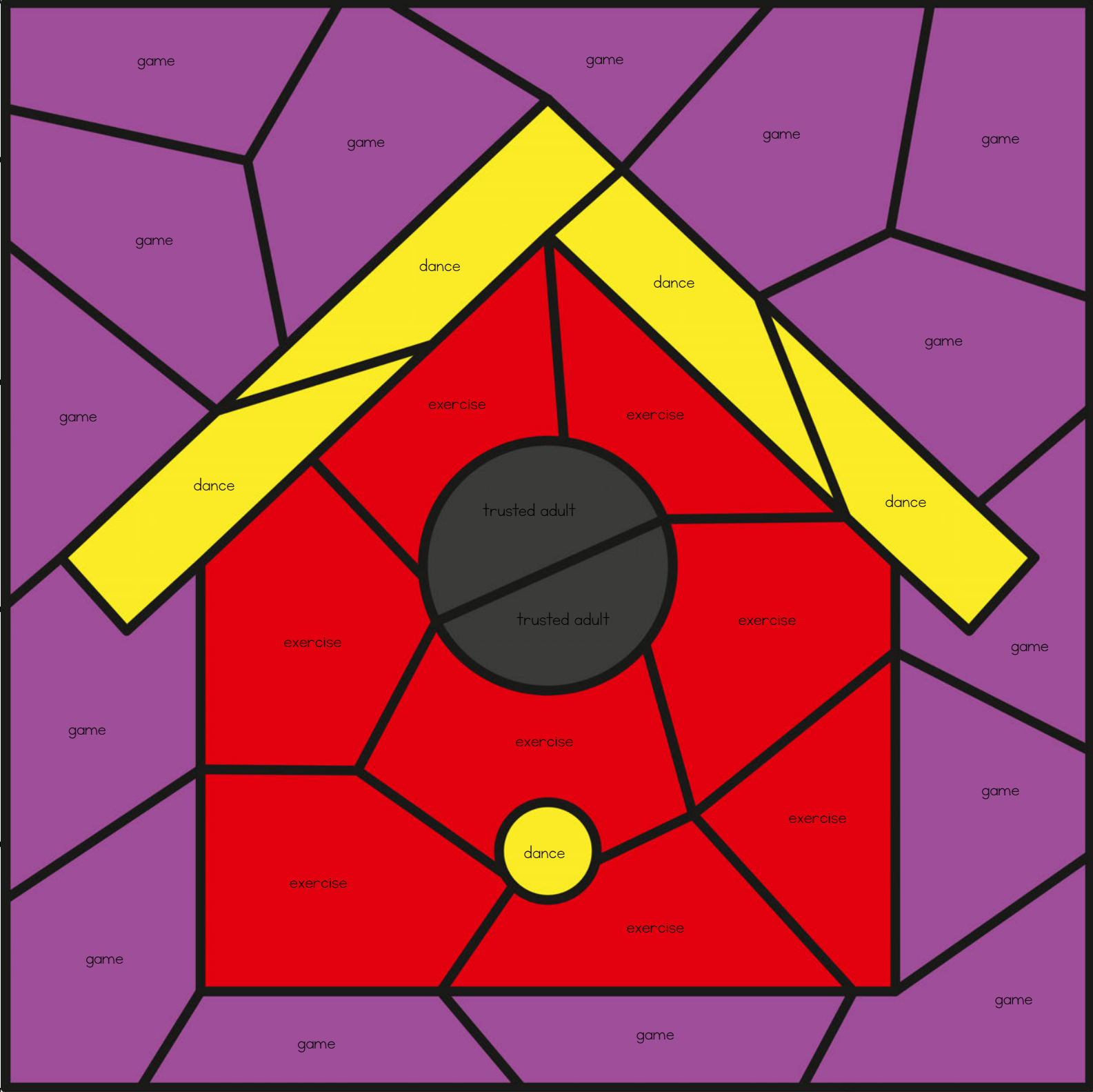
Get some exercise



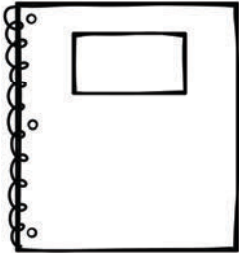
Have a personal dance party



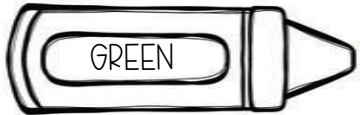
Talk to a trusted adult



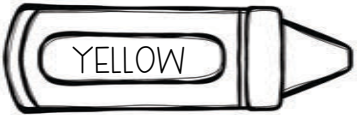
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Write a silly poem



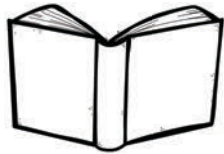
Remember a time when you were successful



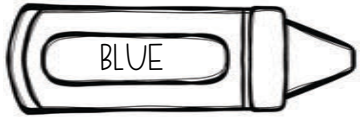
Control your breathing

A large coloring page featuring a stylized tree with a brown trunk and roots, and several green leaves. The background is yellow. The words "breathing" and "remember" are scattered throughout the yellow background. The words "poem" are written on the brown roots. The tree's trunk and leaves are outlined in black, and the leaves are filled with a solid green color. The words "remember" are written on the leaves, and "breathing" is written on the trunk and branches.

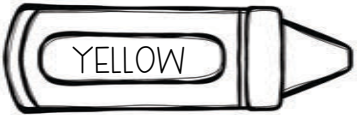
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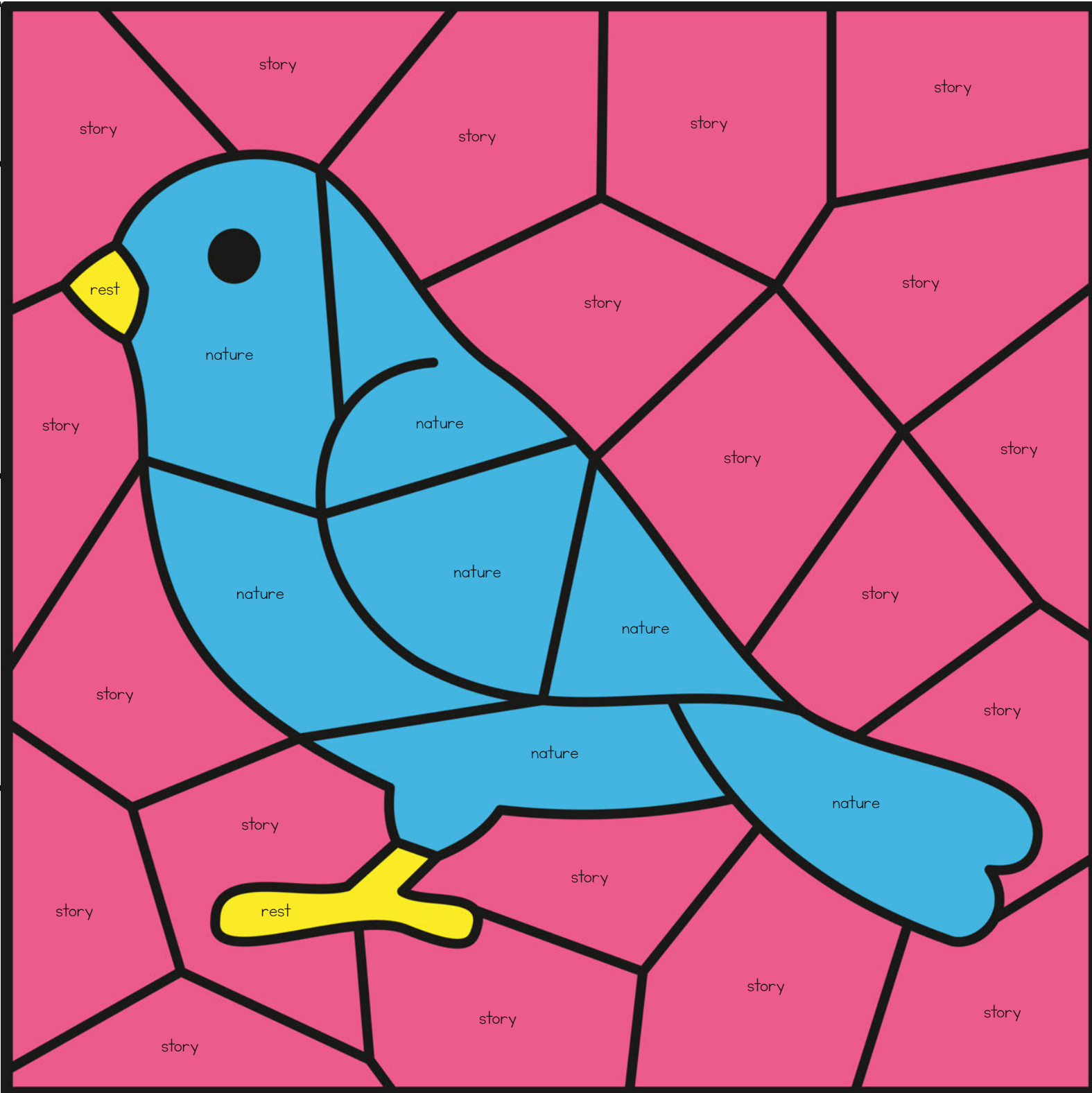
Write a story about yourself overcoming something hard



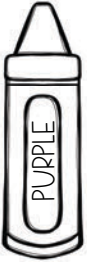
Spend time in nature



Get enough rest



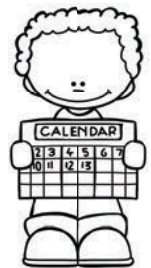
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Set a goal



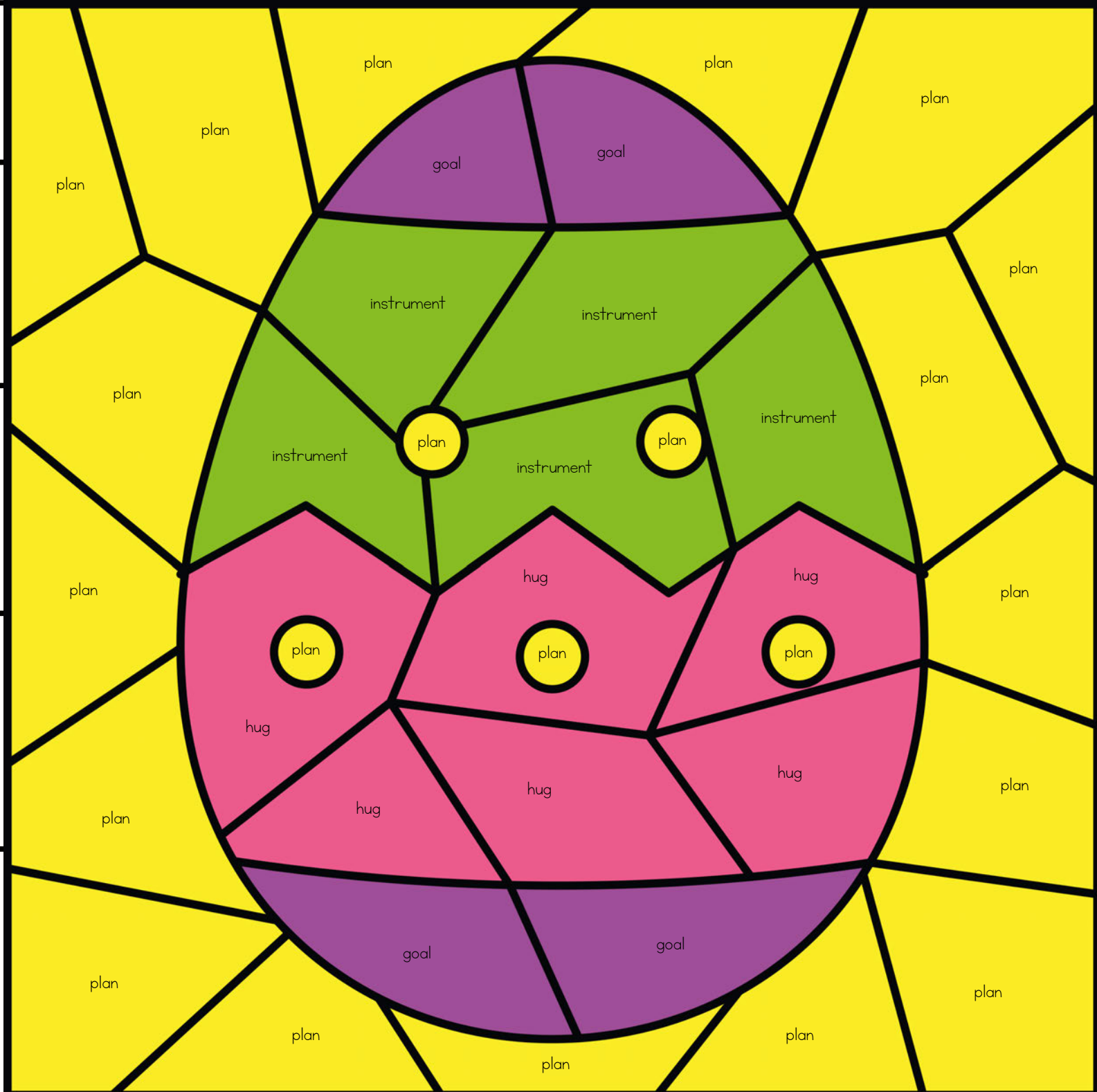
Play an instrument



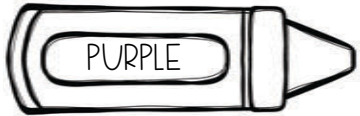
Plan something to look forward to



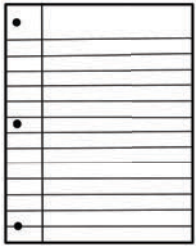
Give yourself a hug



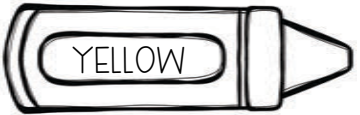
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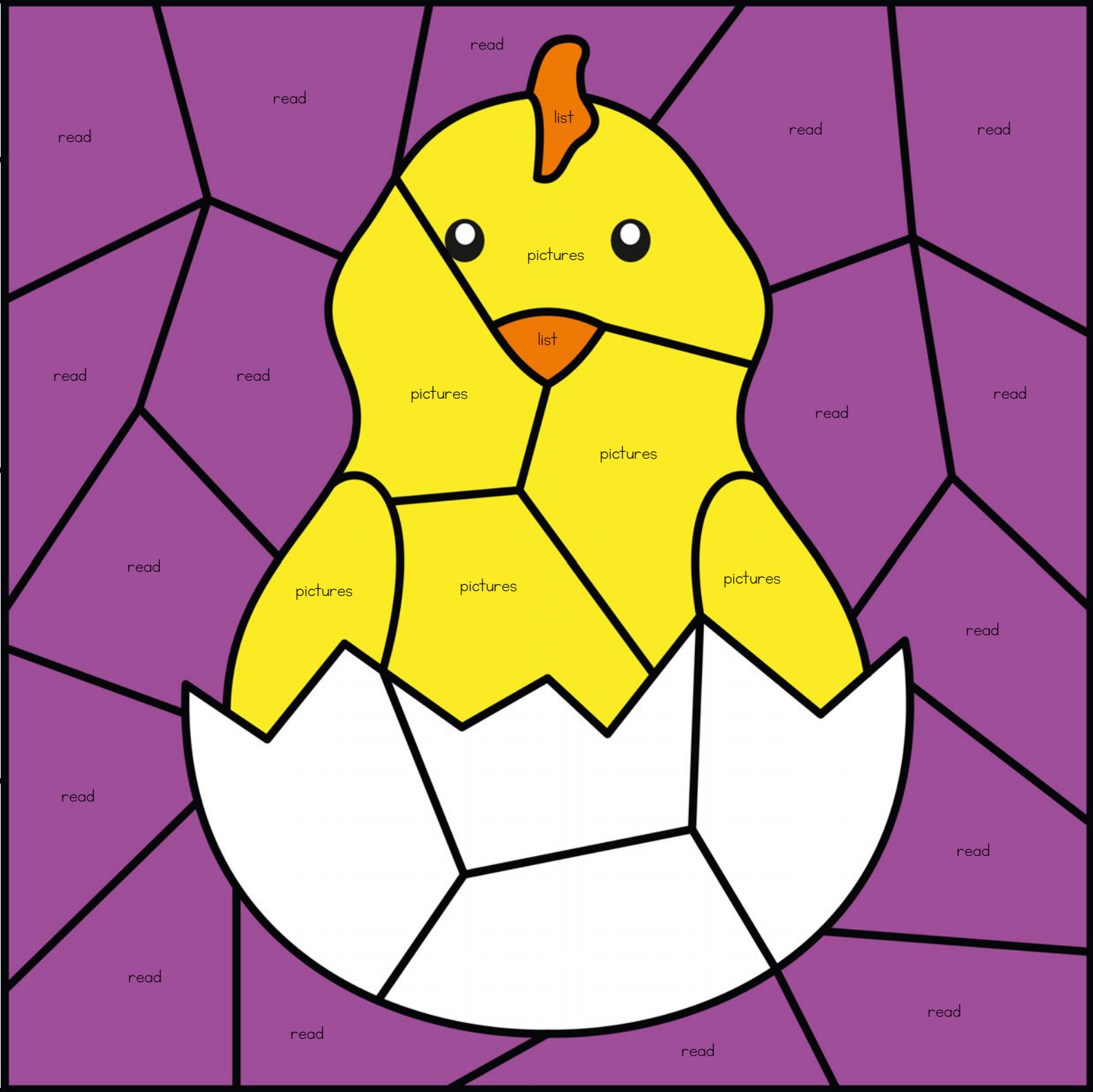
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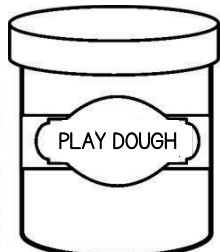


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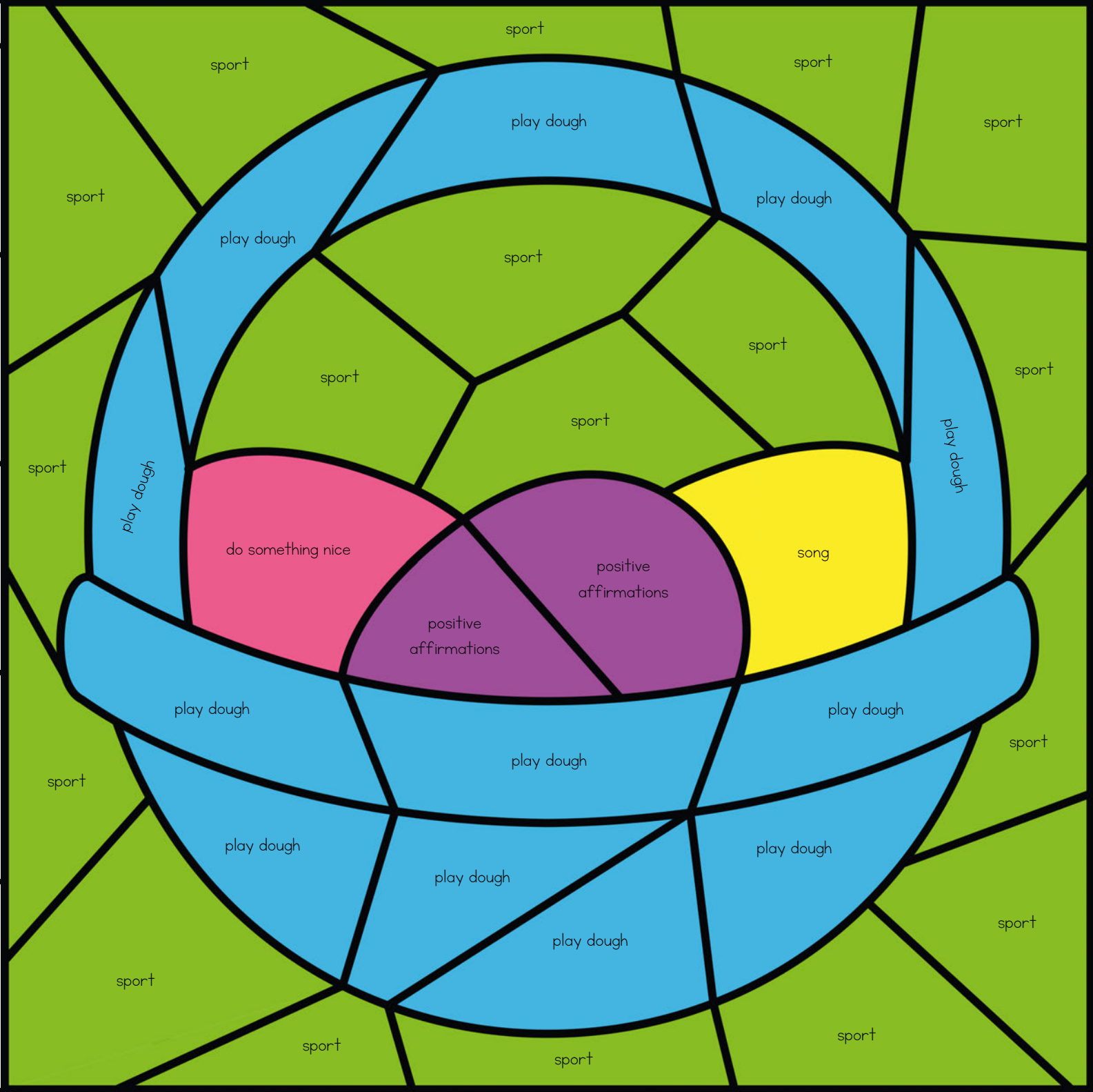
Squeeze play dough



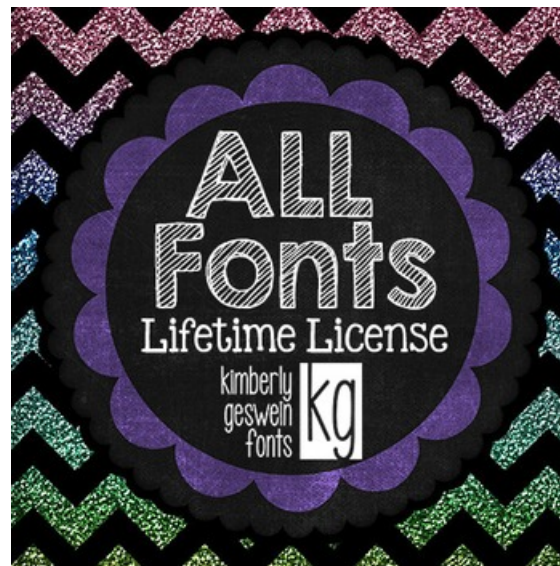
Write a song about your feelings



Play your favorite sport



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