

ANXIETY REDUCTION

➤ MINI LESSON SET

➤ CLASS MANAGEMENT

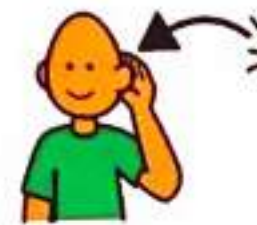
➤ SEL ACTIVITIES

➤ BEHAVIOR COPING



Group Rules

Listen to others
speak.



Share when it's
your turn.



Be kind.



Respect others'
privacy.



Using Relaxation and Coping Strategies

- Try out the strategy.
- Listen to your thoughts and notice how your body feels afterwards.
- Decide if the strategy helped you relax or calm down. If it did, use it whenever you need it.
- If the strategy did not work for you, give it another try later. If it still didn't work, move on to other ideas.
- Remember different strategies for work different times and events. Having several different coping strategies can be helpful.

Today's
Strategy
H

**Be a tree: stand
still, sway in the
wind, and move
your branches.**



**Stand tall and grow
your branches while
balancing in the
breeze.**



Caroline Koehler

WHOLE OR SMALL GROUP

Group Rules

Listen to others speak.



Share when it's your turn.



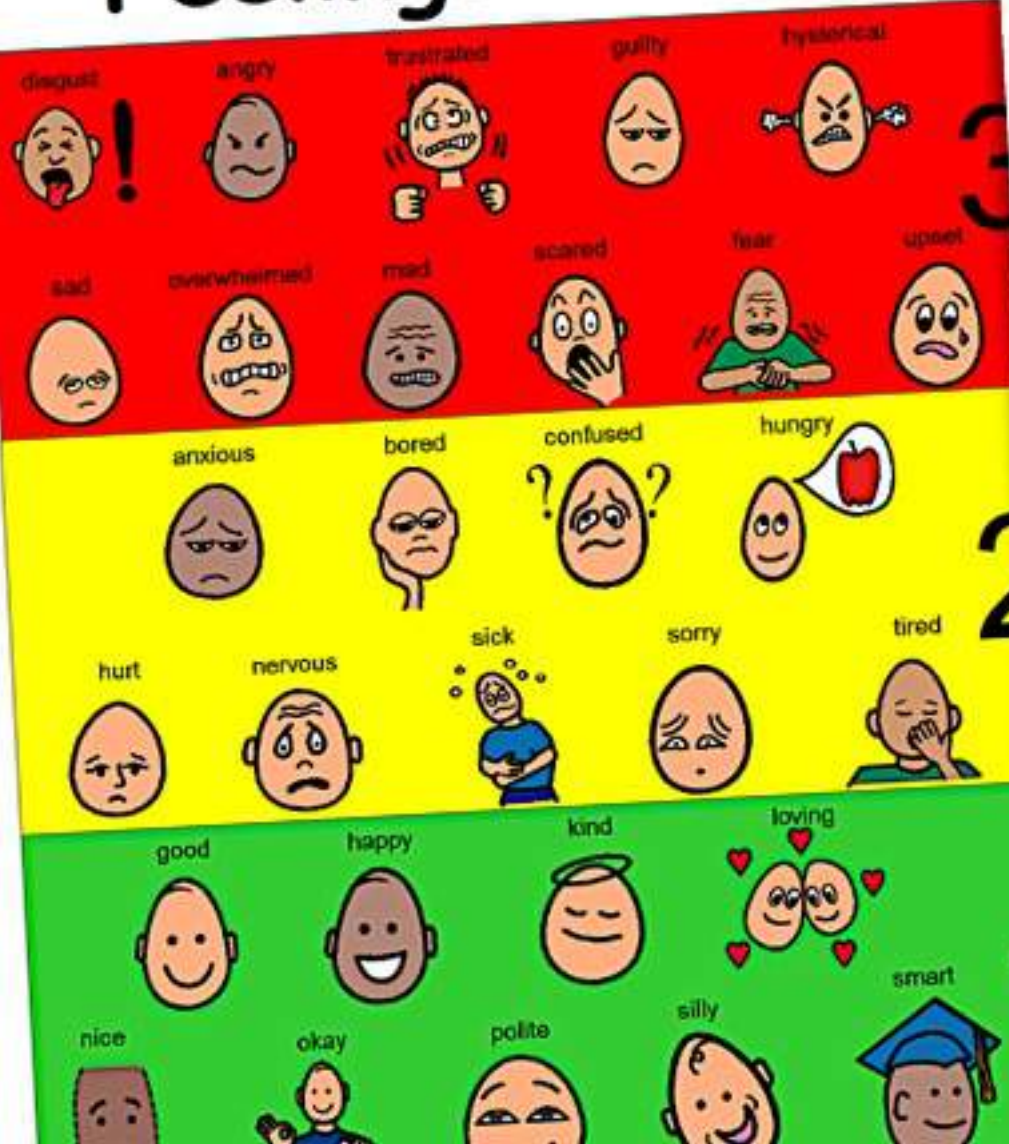
Be kind.



Respect others' privacy.



Feelings Choices



Social Emotional Intervention Log

Members:

Date	Topics discussed	Follow Up	Additional focus topics

Positivity Paths: Practices for Peace #1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On your own: do one thing kind for yourself.	Take 10 deep breaths.	Give someone a hug.	Drink a glass of cool water.	Massage your hands.	Watch the sky for 5 minutes.	On your own: Pick your favorite strategy from last week and do it again today.
On your own: Practice an activity that resets your mind and body.	Dance to a fun song.	Imagine your favorite place.	Count down from 20.	Pop bubble wrap.	Blow bubbles.	On your own: Pick your favorite strategy from last week and do it again today.

Positivity Paths: Practices for Peace #2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On your own: do one thing kind for yourself.	Write or draw something that has upset you and throw it in the trash.	Tickle your ears and wiggle your toes for 5 seconds.	Push against a wall for 10 breaths.	Freeze in a power pose for 2 minutes.	Listen to music.	On your own: Pick your favorite strategy from last week and do it again today.
On your own: Practice an activity that resets your mind and body.	Chair push-ups: sit on your chair & push up off the bottom.	Match your fingertips from both hands and wiggle your fingers.	Slowly touch your thumb to your fingers one at a time.	Move in slow motion.	Take a break and do something fun.	On your own: Practice an activity that resets your mind and body.

Positivity Paths: Practices for Peace #3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On your own: do one thing kind for yourself.	Blow up a pretend balloon and let it deflate.	Squeeze a pillow on your chest.	Make funny faces in the mirror.	Close your eyes and think of your favorite color.	Roll your eyes in circles 3 times both ways.	On your own: Pick your favorite strategy from last week and do it again today.
On your own: Practice an activity that resets your mind and body.	Chair push-ups: sit on your chair & push up off the bottom.	Match your fingertips from both hands and wiggle your fingers.	Slowly touch your thumb to your fingers one at a time.	Move in slow motion.	Take a break and do something fun.	On your own: Practice an activity that resets your mind and body.

Positivity Paths: Practices for Peace #4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On your own: do one thing kind for yourself.	Do a headstand.	First put your hands in cold water and then in warm water.	Exercise.	Melt a piece of ice in your hand.	Lie on your back and shake your arms and legs.	On your own: Pick your favorite strategy from last week and do it again today.
On your own: Practice an activity that resets your mind and body.	Squeeze your thumb and pointer finger on the top sides of your nose.	Tap a beat.	Think and talk to yourself in slow motion.	Wrap yourself in blankets.	Remind yourself: I am kind, I am loved, I am special.	On your own: Practice an activity that resets your mind and body.

Positivity Paths: Practices for Peace #5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On your own: do one thing kind for yourself.	Do 10 jumping jacks.	Lie on your back & put your feet up the wall for 3 minutes.	Blow kisses at yourself.	Stop talking for a minute and think in pictures only.	Do a cartwheel or a handstand.	On your own: Pick your favorite strategy from last week and do it again today.
On your own: Practice an activity that resets your mind and body.	Hold a pretend cup of hot chocolate. Breathe in & blow out to cool it.	Make designs while drawing with markers in both hands.	Stretch and curl your toes 5 times each. Then rotate your ankles 5 times.	Put your hand in front of your nose & mouth. Breathe in and out feeling the air.	Think about your body. Identify the top 3 most relaxed parts.	On your own: Pick your favorite strategy from last week and do it again today.
On your own: Practice an activity that resets your mind and body.	Give yourself a neck massage. Then lightly tickle the back of your neck.	Rub both hands together until they warm up. Repeat 2 times.	Walk heel to toe on a pretend tightrope with outstretched arms for 20 steps.	Shake each part of your body one at a time.	Go outside and listen for 5 different nature noises.	On your own: Pick your favorite strategy from last week and do it again today.
On your own: Practice an activity that resets your mind and body.	Breathe in each color of the rainbow one at a time.	Lie on your stomach. Have your belly breathe in & out to move your body.	Picture yourself on a swing. Feel yourself go up and down and back and forth.	Write or draw a note to yourself telling yourself how wonderful you are.	Use your senses to bring a picture to life.	On your own: Practice an activity that resets your mind and body.
On your own: Practice an activity that resets your mind and body.	Think of your favorite person. What kind words and advice would they give you?	Imagine your fingertips are in circles. Slowly move each finger in a circle.	Picture a strawberry with 10 steps. Count each step.	Ask a friend or loved one if you can help them.	Use your senses to bring a picture to life.	On your own: Practice an activity that resets your mind and body.

Picture yourself on a swing. Feel yourself go up and down and back and forth.



With the wind on your face, watch the world swing in front of you as your body goes back and forth.

Write or draw a note to yourself telling yourself how wonderful you are.



Show yourself you care with a kind note or drawing about the best 3 things that make you great.

Think about your body. Identify the top 3 most relaxed parts.



Notice how your body feels. Scan your body with your mind and find the 3 parts that are the most relaxed.

Give yourself a neck massage. Then lightly tickle the back of your neck.



Relax your neck muscles by rubbing them with your hands. Tickle the back of your neck with your fingers.

Freeze your body and then let it melt 5 times.



Freeze your body in funny positions and then slowly melt back to a standing position.

Gaze out a window and watch the world.



Gaze out the window what you can see.

Think of nice things to see, hear, feel, smell, and taste.



Use your senses to bring a picture to life.

Think of your favorite person. What kind words and advice would they give you?



Think of a person who is important to you.

Rub both hands together until they warm up. Shake them out.



Put your palms together and rub them.

Walk heel to toe on a pretend tightrope with arms outstretched for 20 steps.



Stretch out your arms to the sides.

Stand with your head and arms hanging below your knees.



Bend at your waist and let your head hang down.

Open your mouth wide and breathe through your nose 10 times.



Take deep breaths through your nose.

Shake each part of your body one at a time.



Starting with your head, light shake each body part.

Go outside and listen for 5 different nature noises.



Go outside or pretend that you are outside. Listen for different sounds around you.

Put your hand over your heart and feel it beating.



Put your hands on the left side of your chest over your heart. Feel it beating.

Squeeze your arm all the way down with your hand.



Use one hand to squeeze up and down the opposite arm. Squeeze as soft or as hard as you please.

Chair push-ups: sit on your chair & push up off your bottom.



Push down on your chair and try to lift your bottom up. Breathe deeply and repeat.

Match your fingertips from hands and wiggle your fingers.



Put your fingertips together and flex your fingers out to stretch.

Breathe in each color of the rainbow one at a time.



Start with red and breathe deep filling your lungs up with the color. Move on to orange, yellow, green, blue, purple, and pink.

Lie on your stomach. Breathe in & out while your belly moves your body.



Lying flat on your stomach feel your body move up and down as you take deep breaths.

Do 10 jumping jacks.



Jump your legs out and spread your arms out and up. Jump your legs together and bring your arms down. Repeat.

Lie on your back & put your feet up the wall for 3 minutes.



In a safe area, put your legs and feet up a wall. Relax there for 3 minutes.

Slowly touch your thumb to your fingers one at a time.



One at a time, slowly touch each fingertip to your thumb on both hands.

Move in slow motion.



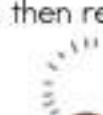
Slow yourself down by moving in slow motion. The same with your thoughts.

Talk with a friend.



Tell a friend about things you enjoy. Ask the friend questions and learn about things they like.

Tell yourself thank you for that thought and then release it.



Think of a worry you have. Tell yourself, "Thank you for that thought. I can let it go now."

Melt a piece of ice in your hand.



Put a piece of ice in your hand and slowly let it melt. Move it around as you watch it.

Lie on your back and shake your arms and legs.



Lie down somewhere safe and shake out your arms and legs. Stretch like an X.

Take 10 deep breaths.



Slowly breathe in through your nose and out your mouth.

Give someone a hug.



Squeeze a loved one tight hug and have them squeeze you back. Ask and get permission before hugging someone.

Close one eye.



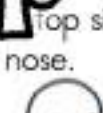
Close one eye and then the other.

Walk barefoot.



Walk barefoot on a soft surface.

Squeeze your thumb and index finger.



Squeeze your thumb and index finger together.

Tap a beat.



Tap a beat on your leg.

Massage your hands.



Massage your hands together.

Watch the sky 5 minutes.



Watch the sky for 5 minutes.



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STRESS MANAGEMENT



COPING STRATEGIES

Slowly touch your thumb to your fingers one at a time.



One at a time, slowly touch each fingertip to your thumb on both hands.

Slowly roll your neck 5 times each way.



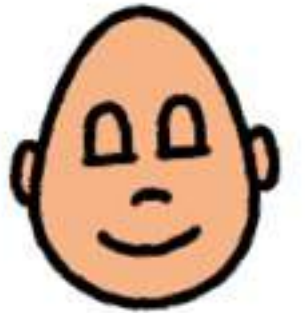
Roll your chin down to

Cup your hands together and blow into them.



Holding your hands

Imagine your safe place.



Think of a place where you feel safe, happy, and at peace. Pretend

Remind yourself: I am kind; I am loved; I am special.



Talk kindly to yourself
Treat

First put your hands in cold water and then in warm water.



In a sink, turn the water to cold. Wet your hands and then

Make designs while drawing with markers in both hands.



Make 6 different face emotions.



Look into a mirror or video to see your face. Make and name

Blow up a pretend balloon and let it deflate.



Taking big breaths, pretend to blow up a

Circle your wrists and ankles 5 times each way.



Rotate your hands in circle at your wrists. Rotate your feet in



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SEL STRESS REDUCING PRAISE

★ resource feedback ★

This has been a super
helpful resource that
my students enjoy
and that is easy to
use.

-Casey B.

Anxiety Coping Activities includes

- 📅 5 calendars
- 😊 125 coping strategies
- ❤️ Feelings Charts
- 📋 Group rules
- 💻 SEL intervention log
- 📝 How to directions



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★ resource feedback ★

Great for morning
meeting and review!
-Diana V.

USE THIS!

Super helpful!
-Jessica C.