

# COUNSELOR NEWSLETTER

Cedar Hill Elementary



## COPING TOOLS FOR STUDENTS

Helping children cope with big feelings can be difficult at any time. Now that home, school, and social settings have all ended up at home, it can be even trickier helping them manage what is going on in their bodies. Below are some tips to help that process, and then also some coping tools that we talk about at school. Some ways to help kids cope with big feelings:

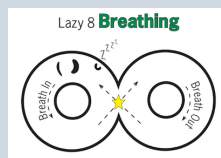
- Notice their feelings and acknowledge them
- Let them know you are here to help
- Tell them that all feelings are okay (not all actions are okay)
- Give them space
- Reflect with them after they have calmed down (most important step!)

## COPING TOOLS

TAKE A BREAK



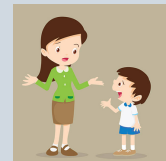
BELLY BREATHING



LISTEN TO MUSIC



TALK TO AN ADULT



USE A SENSORY TOOL



ASK FOR A HUG



WANT MORE INFORMATION ON COPING TOOLS?  
PLEASE CONTACT ME!

### COUNSELOR CONTACT INFORMATION

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