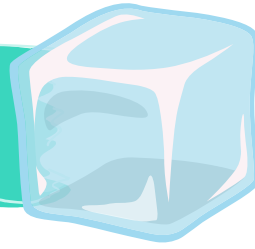


Tools to Cool
Finding Ways to Cope



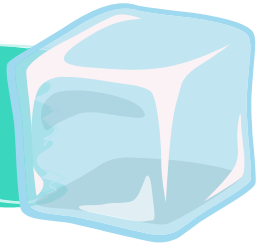
Hot Chocolate Breathing

The hot chocolate is way too hot! Help Nini the bird cool down the hot chocolate by smelling the yummy scent of the hot chocolate while slowly breathing in. Then, slowly breathe out to cool it down. Repeat this 5 times. How do you feel?



I would love to see your work! Send me a photo of your completed page at sscottcyc@gmail.com for a chance to be spotlighted on social media!





Hot Chocolate Breathing

When we have BIG emotions that are difficult to manage, try hot chocolate breathing. Vision a mug of hot chocolate between your hands. Think about what difficult emotions you are feeling or what difficult thoughts you are thinking. Breathe them out as a way to cool down. While breathing in, think of the coping tools you can use!

Write/draw your difficult thoughts or feelings:



Write/draw what coping tools keep you 'chilled':

I would love to see your work! Send me a photo of your completed page at sscottcyc@gmail.com for a chance to be spotlighted on social media!

