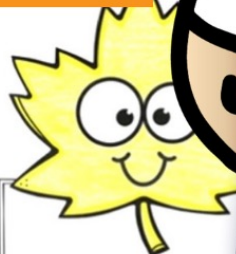
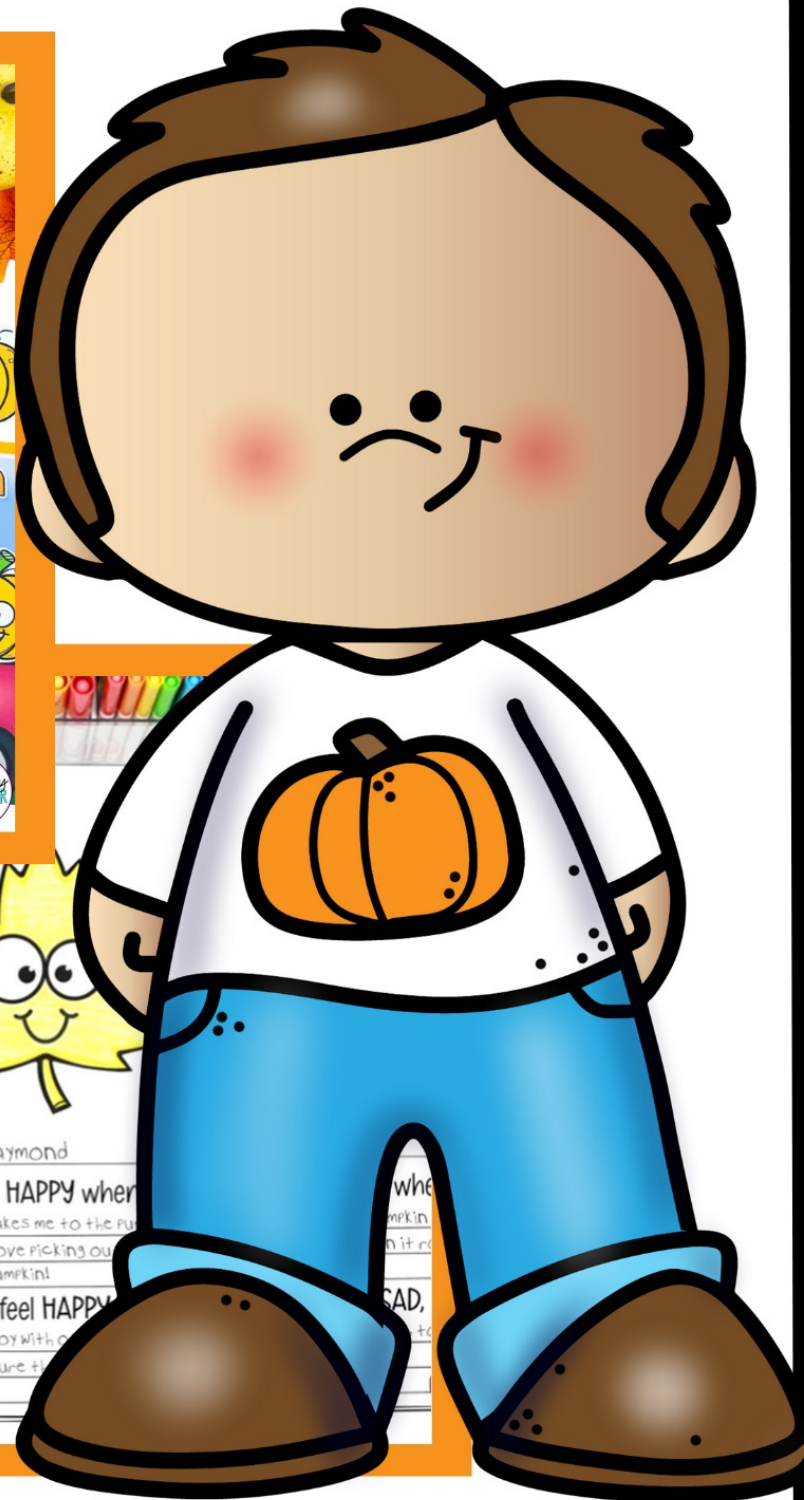


RESOURCE BUNDLE

Fall SEL

Kindergarten - 4th Grade



Name Juan Carlos
I feel ANGRY when...
My brother wrecked the...
I painted at...
When I feel ANGRY, I can...
I take deep breaths, count to...
I go to the water, and go...
FALL

Name Raymond
I feel HAPPY when...
My mom takes me to the pu...
I love picking ou...
Perfect pumpkin!
When I feel HAPPY...
I share my joy with...
and treasure the...
moment.

THIS BUNDLE INCLUDES

6 Resources

- Pumpkin Patch Feelings Game
- Fall Feelings & Coping Skills Lesson
- Halloween Feelings & Coping Skills Lesson
- Thanksgiving Gratitude Lesson
- Halloween Feelings Game
- Thanksgiving Feelings Game

**classroom, group,
& individuals**

FALL FEELINGS & COPING SKILLS

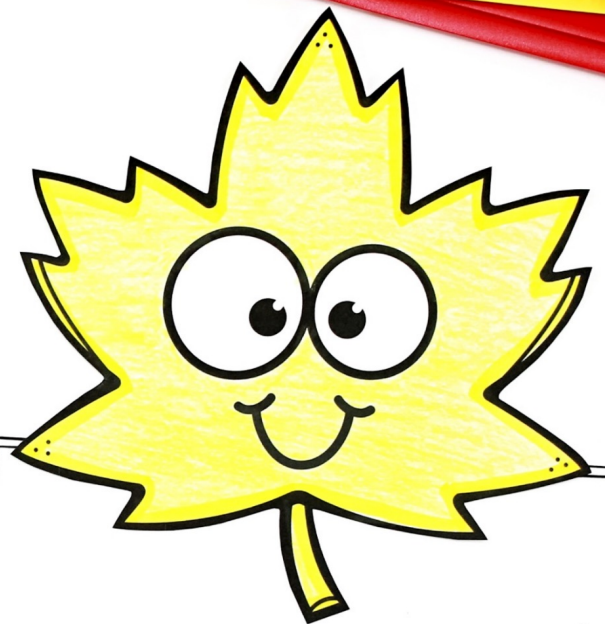


My Favorite COPING SKILLS

What are your favorite coping strategies?

<p>Take deep breaths.</p>	<p>Spread kindness and joy.</p>	<p>Talk it out.</p>	<p>Think happy thoughts.</p>
<p>Count to 10.</p>	<p>Ask for a hug.</p>	<p>Relax in a safe spot.</p>	<p>Take a walk.</p>

MUSIC CITY COUNSELOR



Name: Raymond

I feel **HAPPY** when...
My mom takes me to the pumpkin patch. I love picking out the perfect pumpkin!

When I feel **HAPPY**, I can...
share my joy with others, smile, and treasure the moment.

MUSIC CITY COUNSELOR

My FALL FEELINGS

<p>Happy</p>	<p>Sad</p>	<p>Angry</p>	<p>Excited</p>
<p>Scared</p>	<p>Nervous</p>	<p>Proud</p>	<p>Surprised</p>

MUSIC CITY COUNSELOR

FALL FEELINGS & COPING SKILLS

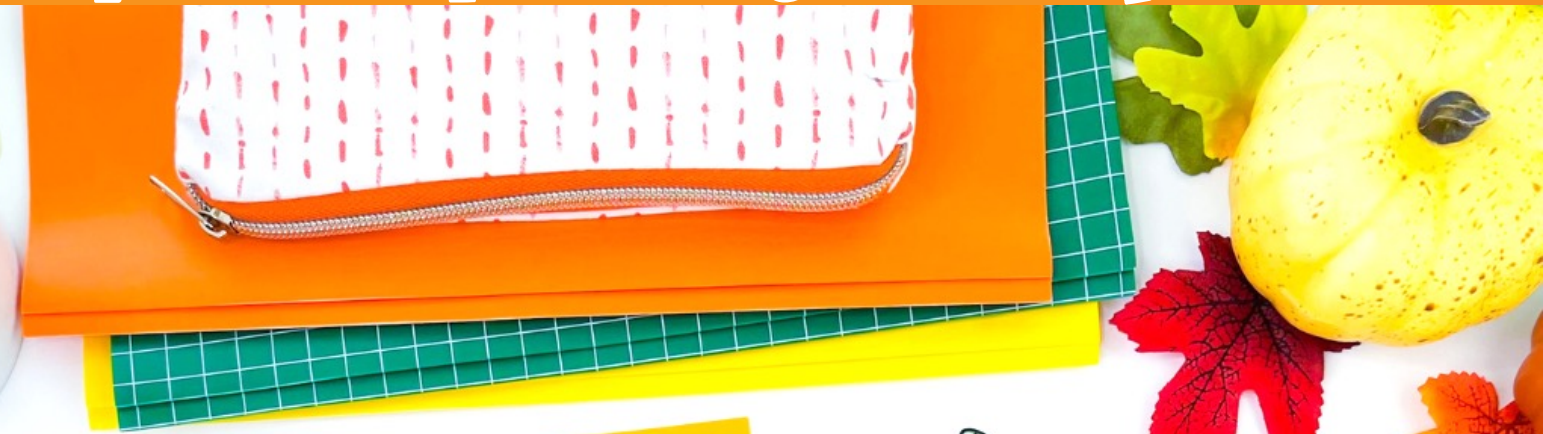


My **FALL FEELINGS**

PUMPKIN PATCH FEELINGS GAME

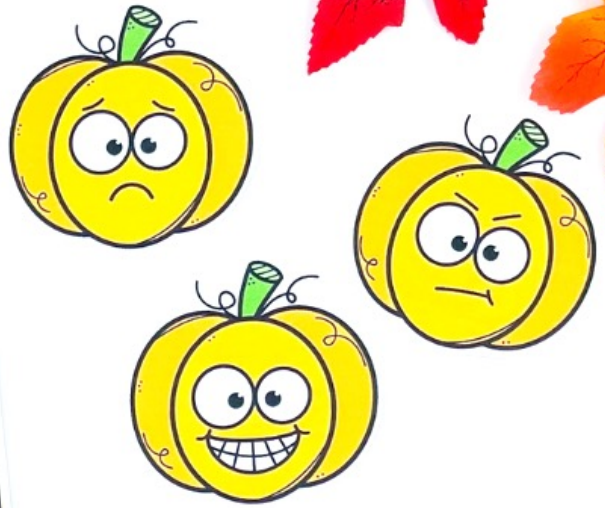


PUMPKIN PATCH FEELINGS GAME



my fall
FEELINGS

Happy	Sad	Angry
Surprised	Confused	
Excited	Frustrated	



Pumpkin Patch

Anthony scribbled all over your pumpkin drawing.

THANKSGIVING GRATITUDE



IT'S TIME TO MAKE...
GOBBLE GRAMS
to spread **THANKSGIVING** cheer! We'll show
GRATITUDE & KINDNESS to our peers!

An illustration of a girl with braids, a turkey, and a boy holding a pumpkin, all within a rectangular frame.

I AM SO VERY **GRATEFUL** FOR YOU!
Thanks for asking me to
sit with you on the bus.
You're a great friend!
GOBBLE GRAM

A gratitude card shaped like a turkey's head and neck, with a bone sticking out of the back. It has a green base and a yellow border.

I am **GRATEFUL!**

A turkey illustration on a tablet screen. The turkey's tail feathers are replaced by yellow speech bubbles containing the following text: "My mom", "Video games", "The beach", "My dog", "My little sister", and "My skate board".

I AM VERY **GRATEFUL** FOR YOU!
Thanks for inviting
me to your party. I'm
so glad we're friends.
GOBBLE GRAM

A circular gratitude card shaped like a turkey's head, with a yellow border and a white background.

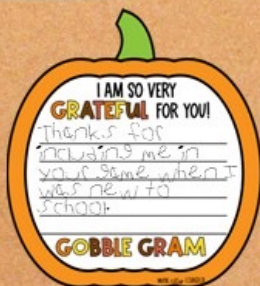
GOBBLE GRAM

I AM SO VERY **GRATEFUL** FOR YOU!
Thanks for choosing me to be
on your team in P.E. It made
me feel included and I felt so
proud.

A gratitude card shaped like a turkey's body, with a yellow border and a white background.

THANKSGIVING GRATITUDE

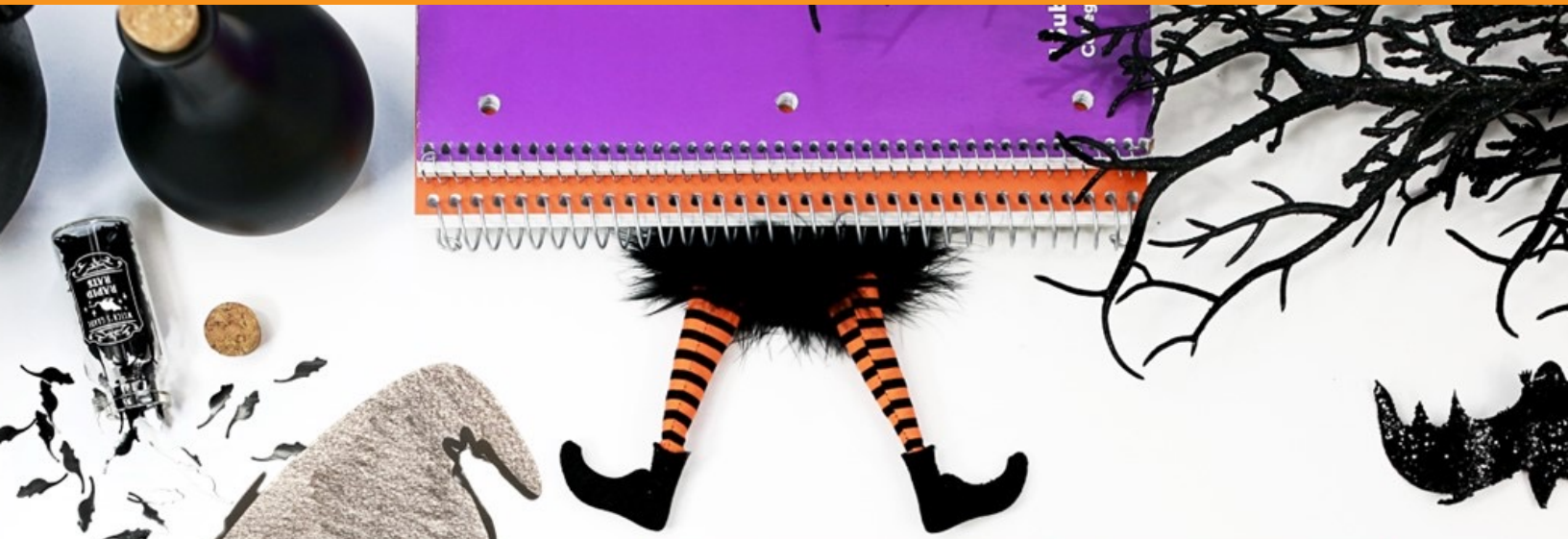
THANKFUL



IT'S TIME TO MAKE...
GOBBLE GRAMS
to spread THANKSGIVING cheer! We'll show GRATITUDE & KINDNESS to our peers!



HALLOWEEN FEELINGS & COPING SKILLS



My Halloween FEELINGS

 Happy	 Sad	 Angry	 Excited
 Scared			

Name: Layla

I feel **ANGRY** when...

my brother doesn't let me play.
He doesn't like to include me
with his friends.


When I feel **ANGRY**, I can...

take deep breaths and
talk out my feelings with
my brother.



My Favorite COPING SKILLS.

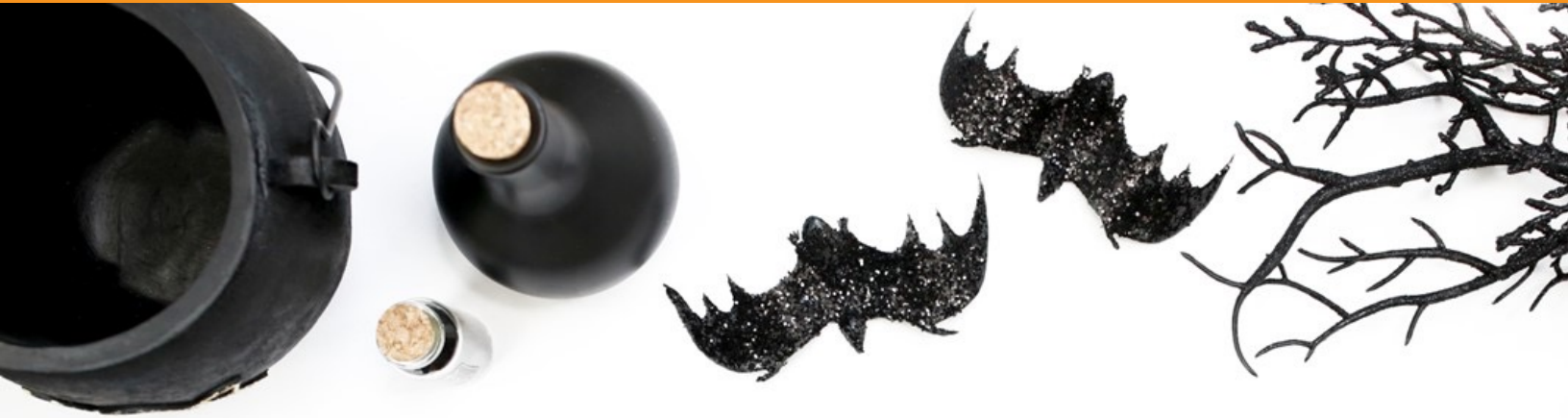
Drag the ✓ to your favorite coping strategies.

 Take deep breaths.	 Spread kindness and joy.	 Talk it out.	 Think happy thoughts.
 Count to 10.	 Ask for a hug.	 Relax in a safe spot.	 Take a walk.

HALLOWEEN FEELINGS & COPING SKILLS



HALLOWEEN FEELINGS GAME

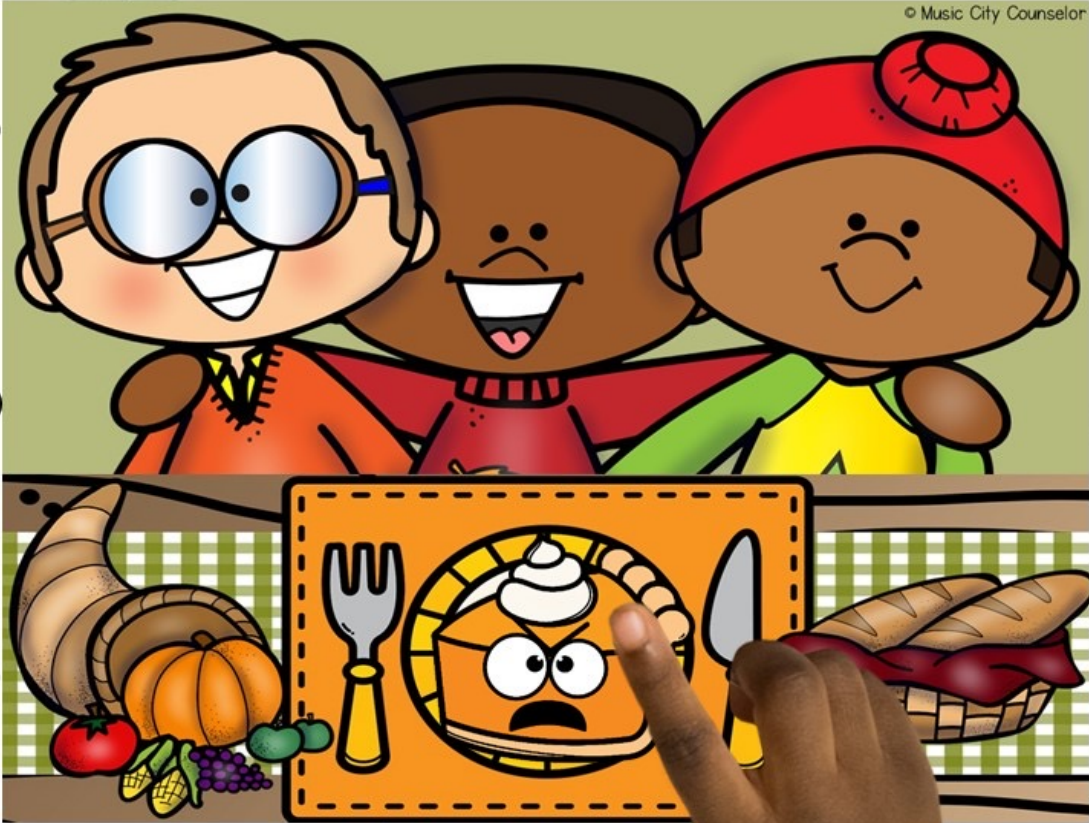


THANKSGIVING FEELINGS GAME



MUSIC CITY COUNSELOR

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Your big brother kept bothering you at the dinner table.

