

COUNSELING & SEL Lap Books

MY GOAL:

 to rejoin the group.	 to calm down.		 to make good choices.	 to finish my work.
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I FEEL:

 angry	 frustrated	 sad	 calm
 confused	 lonely	 embarrassed	 scared

SO I CAN:

 go to the calm corner.	 practice belly breathing.	 count to 10.	 squeeze a stress ball.	 write in my journal.
 take a break.		 bounce on a ball.	 read a book.	
 drink water.		 push on a wall.	 practice yoga.	
 draw.	 listen to music.	 exercise.	 get fresh air.	



This BUNDLE of 8 Lap Books Includes:

- 1) Coping Skills Lap Book
- 2) Grief & Loss Lap Book
- 3) Attendance Lap Book
- 4) How to Apologize Lap Book
- 5) Coping with Divorce Lap Book
- 6) Test-Taking Skills & Test Anxiety Lap Book
- 7) Coping with Anxiety Lap Book
- 8) Problem-Solving with I-Messages Lap Book

Coping Skills Lap Book

MUSIC CITY COUNSELOR

MY GOAL:

 <p>to calm down.</p>	 <p>to finish my work.</p>	 <p>to make good choices.</p>	 <p>to rejoin the group.</p>	
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I FEEL:

 <p>frustrated</p>	 <p>sad</p>	 <p>calm</p>	 <p>scared</p>	 <p>lonely</p>
	 <p>angry</p>	 <p>embarrassed</p>		 <p>confused</p>

SO I CAN:

 <p>squeeze a stress ball.</p>	 <p>get fresh air.</p>	 <p>exercise.</p>	 <p>listen to music.</p>	 <p>draw.</p>
	 <p>read a book.</p>		 <p>drink water.</p>	 <p>count to 10.</p>
	 <p>push on a wall.</p>	 <p>practice belly breathing.</p>	 <p>imagine a happy place.</p>	 <p>write in my journal.</p>
	 <p>practice yoga.</p>	 <p>go to the calm corner.</p>	 <p>bounce on a ball.</p>	 <p>take a break.</p>



Grief & Loss Lap Book









Today I FEEL

 Angry	 Sad	 Shocked	 Content	
--	--	--	---	---

Today MY GRIEF feels like

 Anger	 Shock		
	 Deal-Making	 Sadness	 Peace

TO COPE I can...

 Write or draw Draw or write about your loved one or a happy memory together.	 Ask questions Asking questions can ease your mind and help you understand what happened.	 Laugh Laughter can help you feel more relaxed, closer to others, and happier!
 Exercise, play Staying active and getting fresh air helps you calm down and feel better.	 Listen to music Music can help you relax, boost your spirits, and put your mind at ease.	 Happy memories Close your eyes and imagine your happiest memories with your loved one.
 Talk it out Talk to a grown-up you trust and openly share your feelings and thoughts.	 Memory box Create a memory box of photos and items that remind you of your loved one.	 Hug, love others Spend quality time with the people and pets that you love. Give lots of hugs!

Attendance Lap Book

When I am ABSENT OR TARDY, I feel:

 EMBARRASSED	 CONTENT	 ANGRY	 DISAPPOINTED	
--	--	--	--	---

I am usually ABSENT or TARDY because of...

 SLEEPING IN	 VACATIONS	 FEEL SAFE	 HOME LIFE	 DR. VISITS
 PEER TROUBLE		 MISSED BUS	 DIDN'T WANT TO COME	

When I am ON TIME and PRESENT for school, I can...

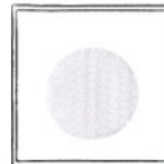
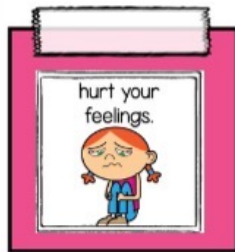
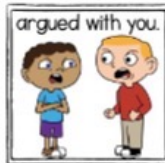
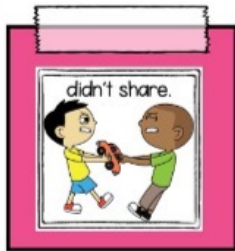
 GO TO SPECIALS	 SEE MY TEACHER	 SEE MY FRIENDS	 MAKE FRIENDS	 HAVE LUNCH
 LEARN SOC. STUDIES	 LEARN SCIENCE	 LEARN TO READ	 LEARN MATH	
 GO TO RECESS	 FEEL SAFE	 SEE MY COUNSELOR		

How to Apologize Lap Book

APOLOGIZE

© Music City Counselor

I'm sorry that I...



Next time I will...



Do you forgive me?



Coping with Divorce Lap Book

Divorce

When I think about the divorce, I feel...

<p>Angry</p>	<p>Sad</p>	<p>Scared</p>	<p>Surprised</p>
<p>Worried</p>	<p>Stressed</p>		

I worry most about...

<p>Who will I live with?</p>	<p>When will I see my mom?</p>	<p>Will I go to a new school?</p>	<p>What will I tell my friends?</p>	<p>Will my parents stop fighting?</p>
<p>Where will I live?</p>			<p>Will my parents be okay?</p>	

<p>When will I see my dad?</p>		<p>Will I still see both parents?</p>	<p>Where will I spend holidays?</p>	<p>Will my parents date other people?</p>
<p>To feel better, I can...</p>				
<p>Tell mom and dad how I feel.</p> <p>I feel...</p>		<p>Focus on the good.</p>	<p>Talk to a friend whose parents are divorced.</p>	<p>Get some fresh air outside.</p>
<p>Talk to a grown-up I trust.</p>	<p>Ask questions so I understand.</p> <p>???</p>	<p>Write in a journal.</p>	<p>Draw about my feelings.</p>	

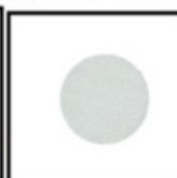
Coping with Test Anxiety Lap Book

Test Anxiety

When I think about THE TEST, I FEEL:



When I think about THE TEST, I WORRY about:






To COPE with TEST ANXIETY, I can...








Coping with Anxiety Lap Book

Anxiety

Today I am FEELING...















 NERVOUS	 ANXIOUS	 PANICKED		 CALM
--	--	---	--	---

When I think ABOUT...

 HOME & FAMILY	 FRIENDSHIPS	 SCHOOL		 MY CHOICES
 ACTIVITIES	 MY GRADES	 MY FEARS	 OTHER	

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To COPE WITH ANXIETY, I can...

 TALK IT OUT		 COUNT TO 10	 BREATHE DEEPLY	 THINK POSITIVE
 PRACTICE YOGA	 WRITE		 EXERCISE	
 DRAW	 READ A BOOK	 STRESS BALL	 ASK FOR A HUG	 ENJOY MUSIC

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Small Problems & I-Messages Lap Book



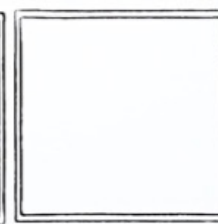
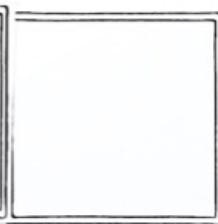
I felt...



when you...



city COUNSELOR



Can you please...?

