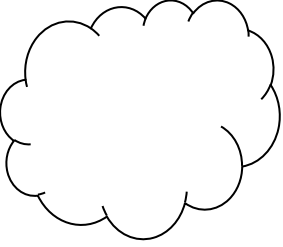
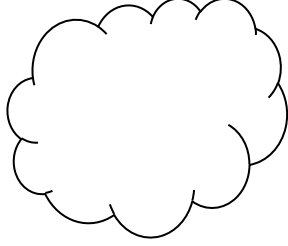
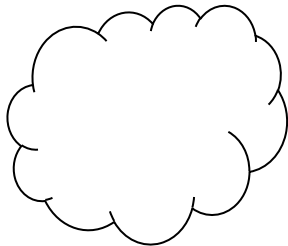
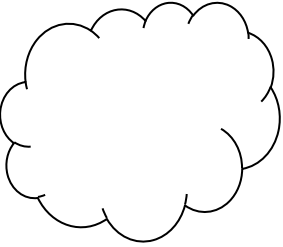
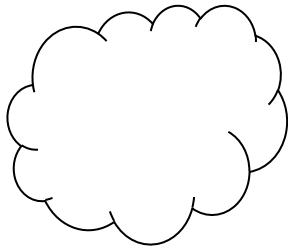


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Feel Free to...	Please do not...
Use this tool forever!	Share with others via e-mail
Share my page with others who might appreciate this resource	Share a hard copy with others (even co-counselors!)
Make copies for yourself	Share a link with others
Share your feedback (and students!) and tag me on social!	Share specifics without a tag on social media

# Coping Cootie Catcher!

	<p>1</p> <p>Hum a favorite song for 3 minutes</p>	<p>2</p> <p>Write down (or say) 4 positive words to describe yourself</p>	
<p>8</p> <p>Take 4 dragon breaths</p>	<p>Your Favorite Coping Strategy:</p> <p>_____</p>		<p>3</p>
<p>7</p> <p>Draw a quick picture of something you are looking forward to</p>	<p>What is your favorite way to get exercise?</p> <p>_____</p>	<p>4</p> <p>Write Down (or say) 4 things you are grateful for today</p>	
	<p>9</p>	<p>5</p> <p>Give Me 5: Grounding with your Senses</p> <p>_____</p>	

1. Color Each Cloud a different color.
2. Write your favorite coping skill and exercise on the blank lines.
3. Cut around the outside.
4. Fold in half and in half again
5. Open out, turn over so top is blank and fold each corner into the middle. The clouds should be touching.
6. Turn over and repeat. The numbers should be touching.
7. Turn over so you can see the clouds.
8. Slide your thumb and your finger behind 2 of the clouds and press together so they bend around and touch
9. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
10. All of the clouds should now be at the front with center touching and you are ready to use your cootie catcher!