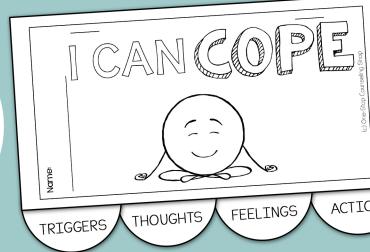
Coping Skills The Book of the Coping Skills The Book of the

- ✓ FUN
- ✓ PERSONAL
- ✓ NO-PREP



Created by ONE-STOP COUNSELING SHOP

Coping Skills Tab Book

Thanks for purchasing this product!

Teaching social-emotional skills doesn't have to be difficult! With Tab Books, students' drawings, writing, and graphic organizers come together to create a customized book they can be proud of and use a reference whenever they need reminders! Great on their own or as part of an Interactive Notebook, Tab Books are a tried and true way to get your students excited about learning - with little to no prep for you!

This books helps students learn stress management and coping skills.

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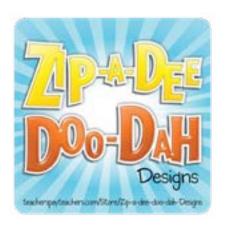
















Kevin & Amanda



Cut out each age alor e dotted les. Then staple along the



Cut out each page along the dotted lines. Then staple along the top.



"Grounding" is a way to help body co down. Look around and name things you can touch gs you ca.



a prabonus, l th you can smell!.

I'll never make it through.

Sometimes when we're struggling, the thoughts in our mind can make things even worse. Change the negative thoughts above into more healthy, positive thoughts. The last line is blank for you to write both the negative and positive thought.



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Cut out the pictures on this page. Decide which coping skills work best for you and glue them on them on the page called "STRATEGIES." There are a couple blank boxes for you to draw your own!

