



Bridge Materials from your School Counselor, Mrs. Papas

Dear Second Grade Families,

The following materials are included in your packet:

- Deep Breathing Practice Pages
- Feelings Thermometer with Directions
- One Mandala coloring page

The following links will provide students and families with additional resources:

<https://copingskillsforkids.com/>

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

<https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.storylineonline.net/>

<https://sesamestreetincommunities.org/topics/>

<https://wedolisten.org/books-and-lessons>

<https://www.pacareerzone.org/>

https://wqed.pbslearningmedia.org/subjects/health-and-physical-education/skills-for-healthy-living/?selected_facet=grades:4

https://everfi.com/partners/k-12-educators/listing/?mkt_tok=eyJpIjoiWXPWaE16Wm1abVkJ0TWpoayIsInQiOiJ4amRhMEIHckJKRWNSc1l3SIBITIZ3c1lnQU1sVVg5Ssm1SY1NRVFEyWlpibWV5M0N6aytacEduQXdlal13d0ZrdU5ETCtiam5ZNzg3c0JpTnpkYk4zWHJCVnlKcmVIbmtHNGpUc2dLS3liVGhma3J6RE1tbWljbFVmdzhOUmRBVjY9

Deep Breathing Printables

Sometimes you need a little more structure and playfulness around how to take a deep breath.

Using shapes is an easy way to keep track of breaths in and out. You can use your finger to trace the shape so you know where you are in your breathing.

Try each and see how they work for you!

For more coping skills
resources and products, visit

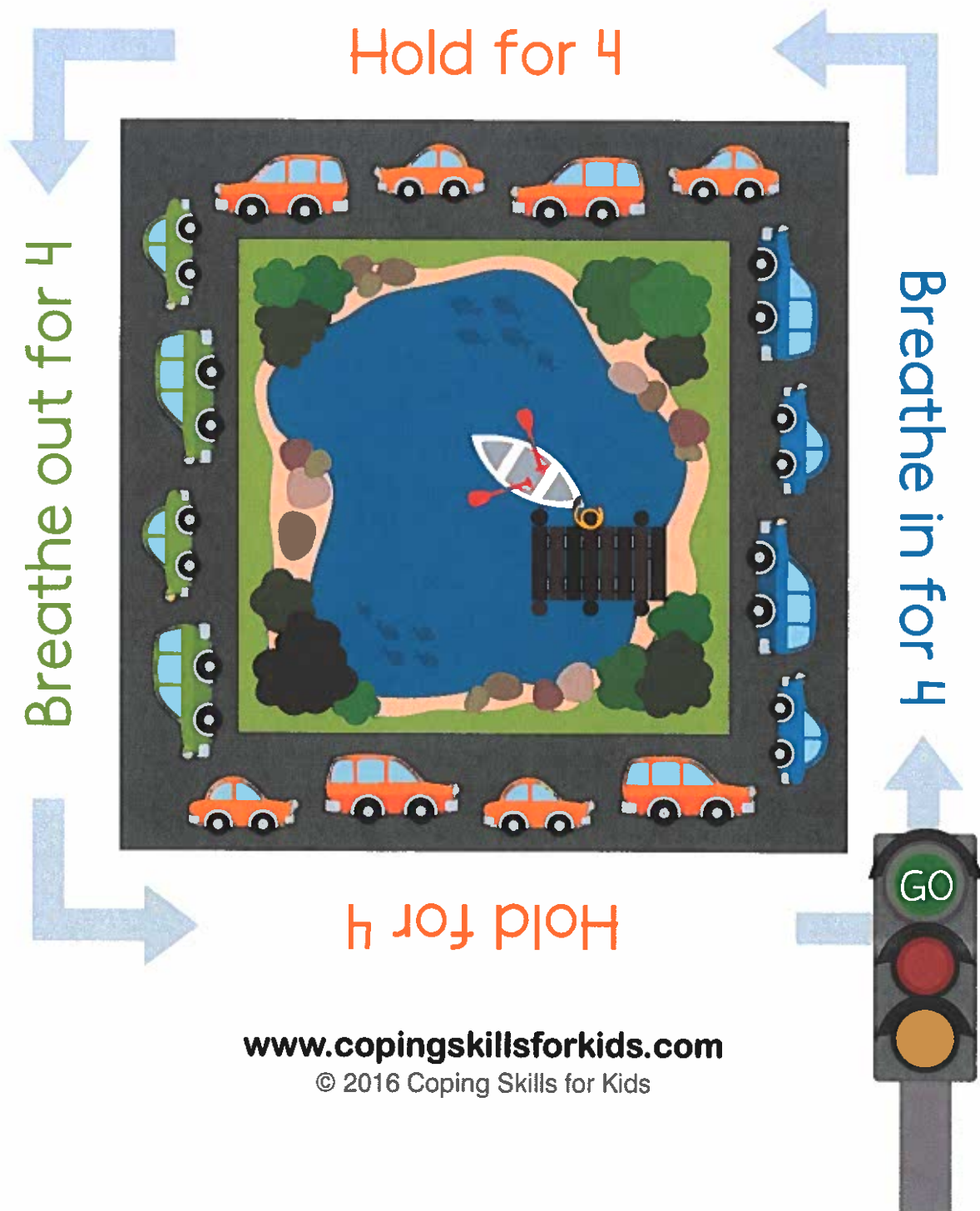


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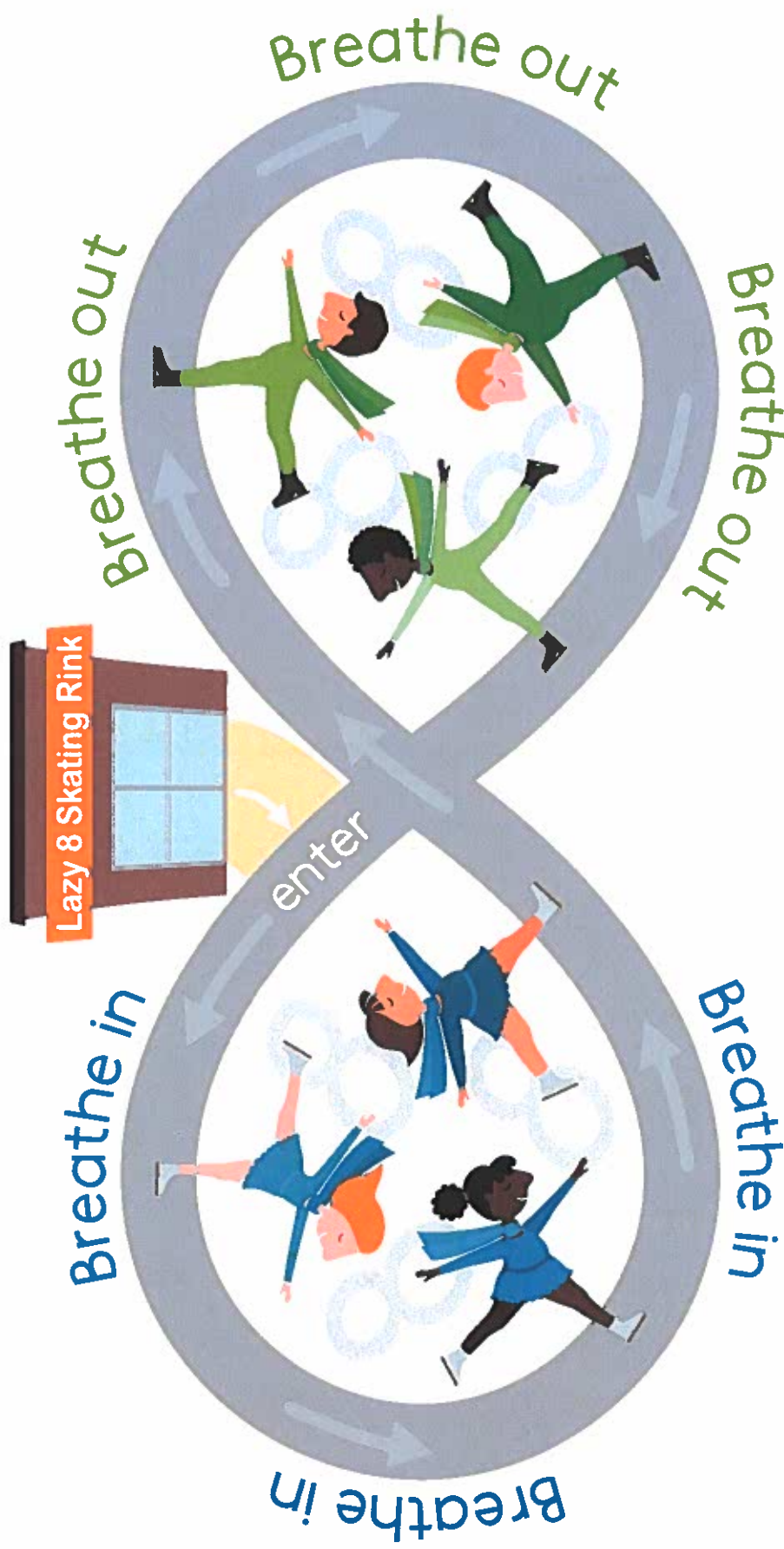
Square Breathing

The people in the cars below are taking a slow, relaxing drive. The road is in the shape of a square for you to trace. Start at the bottom right of the square. Follow the cars around the whole square to complete one deep breath. As you count, enjoy the scenery! Can you find the fish, the dock and the boat?



Lazy 8 Breathing

Our skating rink is shaped like an 8 on its side. The skaters glide along the ice, smooth and slow. Skate a figure 8 with your finger! Enter the rink and move up, tracing the left part of the 8 while you breathe in. When you get to the middle of the 8, breathe out while you trace the right part of the 8.



Star Breathing

Up in space things move very slowly. Think about what it would be like to float through the air if you didn't weigh anything! Start at any "Breathe in" side of the star, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star. Imagine you are an astronaut!

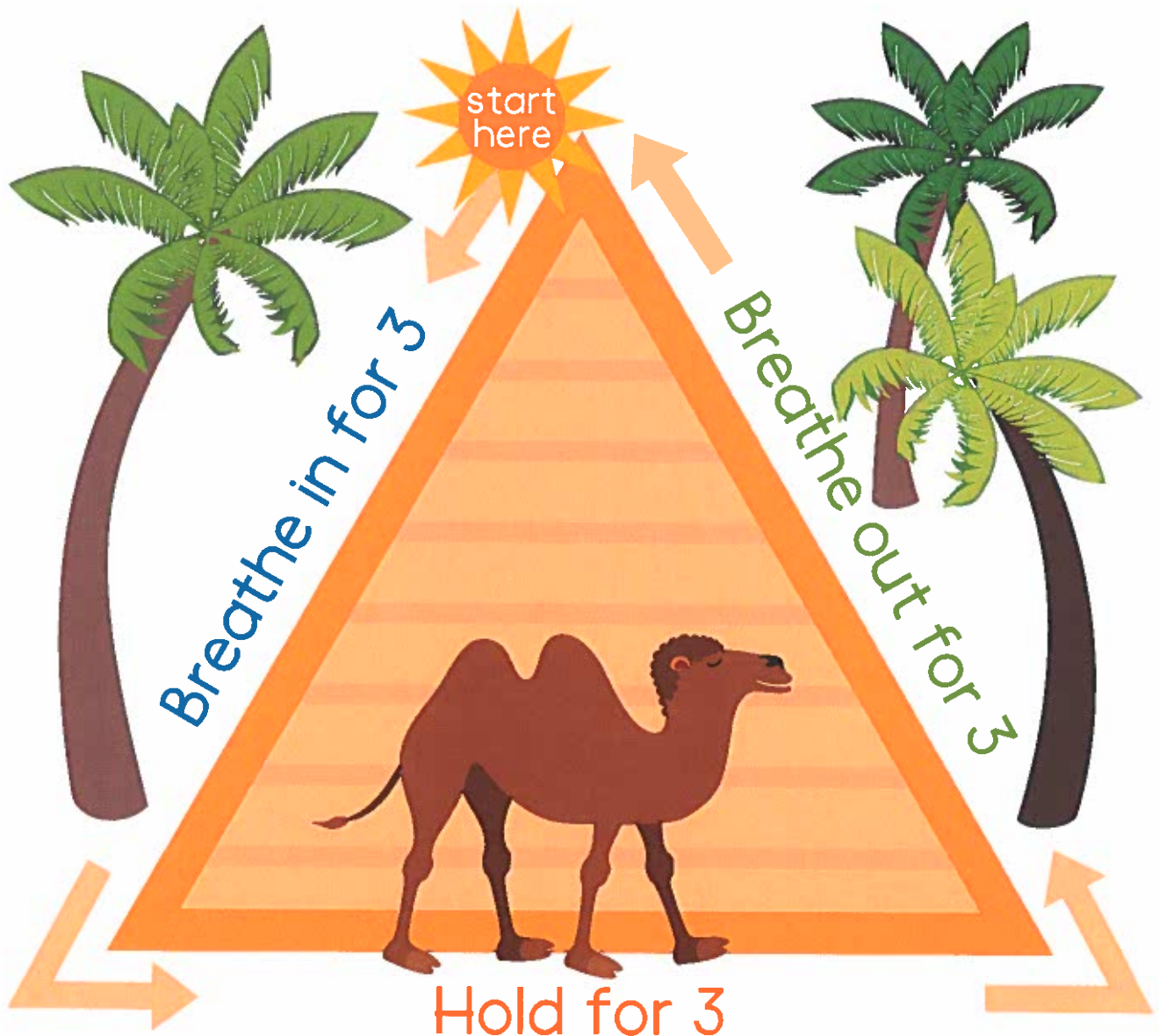


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Triangle Breathing

Camels love to stroll around the pyramids in Egypt. Maybe because they have **two** humps, and a pyramid only has **one**! Start at the warm, relaxing sun, and follow the sides around the whole triangle shape with your finger to complete one deep breath. As you pass the palm trees, imagine they gently sway!



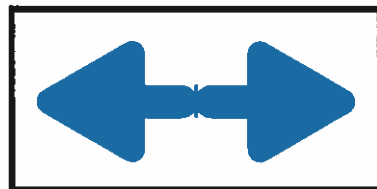
Feelings Thermometer Printable

Kids need to understand what they are feeling and that feelings can be small or big. Being able to identify how big their feelings are can also help them recognize when they are getting more and more escalated. If they know when they are escalating, then they can intervene and use a coping skill to manage their feelings.

How to Use This Thermometer

- 1. PICK A FEELING** When creating a thermometer, focus on one feeling at a time.
- 2. COLOR IT IN** Have the child pick out three colors, one for each section of the thermometer and color it in. You can laminate it to make it sturdier!
- 3. CUT OUT THE ARROW** Laminate it to make it more durable, and place a piece of velcro on the back. Then place velcro on each section of the thermometer.
- 4. TALK ABOUT WHAT THEY LOOK LIKE** Let's say you are making an anger thermometer. Ask what their anger looks like when they are at the bottom of the thermometer. Do they stomp their feet, sigh loudly, growl, etc. Then we move on to the next section - if they are really angry, what does that look like? Does their voice get louder? Do they start invading other people's space? Then we talk about very angry - what does that look like? Is it yelling, throwing things, running away?
- 5. IDENTIFY COPING SKILLS** Once we go through and identify behaviors on the thermometer, then we work on identifying coping skills they can use to calm down. Some examples include getting a drink of water, taking deep breaths, counting to a certain number or taking a walk. Make sure they have coping skills that will help them at each level. It's important to have a variety of coping skills for each level, because not all coping skills will work all the time.

Next time they are experiencing that feeling, have them move the arrow to show the size of their feeling and pick a way to cope.



My _____ Thermometer

What I look like

What I can do

