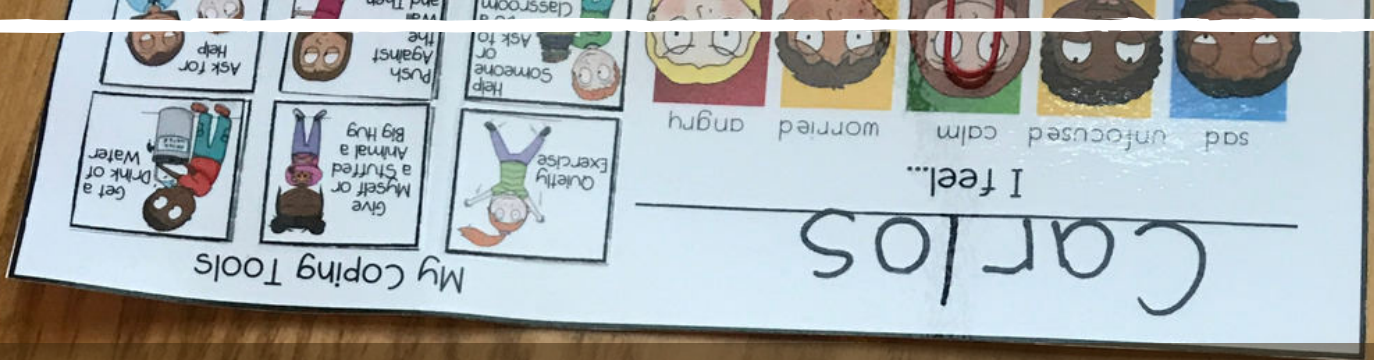


SELF-REGULATION COPING TOOLS NAME PLATES



SCHOOL COUNSELING

Thank You!

Thank you for downloading this resource!

I love creating tools that invite young people to voice
& shape their authentic, strong, vulnerable & brave selves
and that hopefully make your job easier (and more fun), too!

Please contact me with any questions, requests, or feedback at:
wholeheartedschoolcounseling@gmail.com

Joy to You!

About This Resource

When I designed these Self-Regulation Coping Tools Name Plates, my goal was to create an easy desk reference guide that could remind students of doable self-regulation coping strategies they could use in the classroom. I also wanted to normalize the range of feelings that everyone experiences...even in the context of school... in a way that is non-judgmental, accepting and compassionate. These Name Plates act as a visual cue for students to check-in with their emotions and remind them of tools they can use to help them get centered and ready to learn.

Teachers can use this resource as a as part of their classroom management system and as a supplement to popular self-regulation curriculum.

If you like the graphics in this resource and are looking for a new Calm Corner resource, or would like to expand on your already existing one, be sure to check out Our Classroom Calm Corner Toolbox!



All new WholeHearted School Counseling Products are 50% off the first 48 hours, to be notified of new releases & promotions, follow the store by clicking here on this green star!



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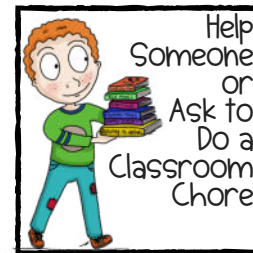
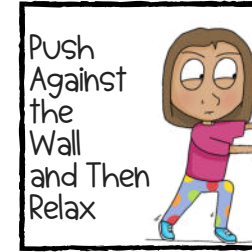
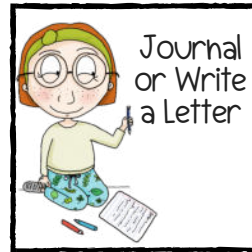
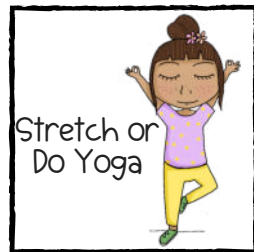
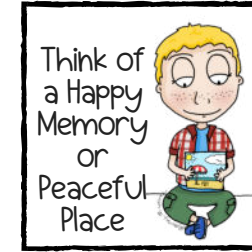
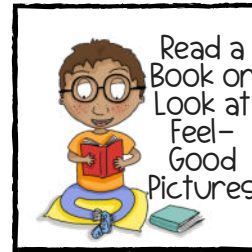
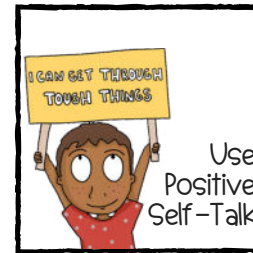
User's Guide

How to Assemble Name Plates

1. Choose which style of Name Plate you'd like. Pick between full color, light color, and black/white printing options. Also choose whether you want text (emotion words) or no text and mixed genders or single genders.
2. Print appropriate number of copies; there are 2 name plates per page. Each student also needs one copy of the Coping Tools Pieces.
3. Write in the names of your students; one per plate.
4. Review the different coping tools with your students. Practice the Mindfulness Exercises with the class so they can practice these skills (and check out whether or not these calming exercises are helpful).
5. Invite students to cut out and paste their favorite and most useful 6 coping tools onto their Name Plate.
6. Laminate Name Plates.
7. Tape the short edges of the Name Plates onto each student's corresponding desk and/or table space. Clear packaging tape works best. Note: avoid placing tape over the "I feel/emotion" section" because this is where the paper clip goes.
8. Insert a paper clip on the bottom part of the emotion section.
9. Invite students to move the paper clip over whichever emotion family they are experiencing. Remind them that when they are having a tough time because they are feeling overwhelmed by an emotion, to try out one of their coping tools so they can return to a place where they are ready to learn and get along with others.
10. Please note: one of the coping tools is to use a breathing board. Included in this resource is both a color and black/white one.

Coping Tools

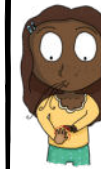
Directions: Cut out your favorite 6 Coping Tools and paste them onto your Self-Regulation Name Plate.



Use the Guide to try out the following mindfulness coping tools:

Mindfulness Exercises Guide

5-Finger Breathing



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

Squeeze Then Relax My Muscles Like "Rocks & Socks"

Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.

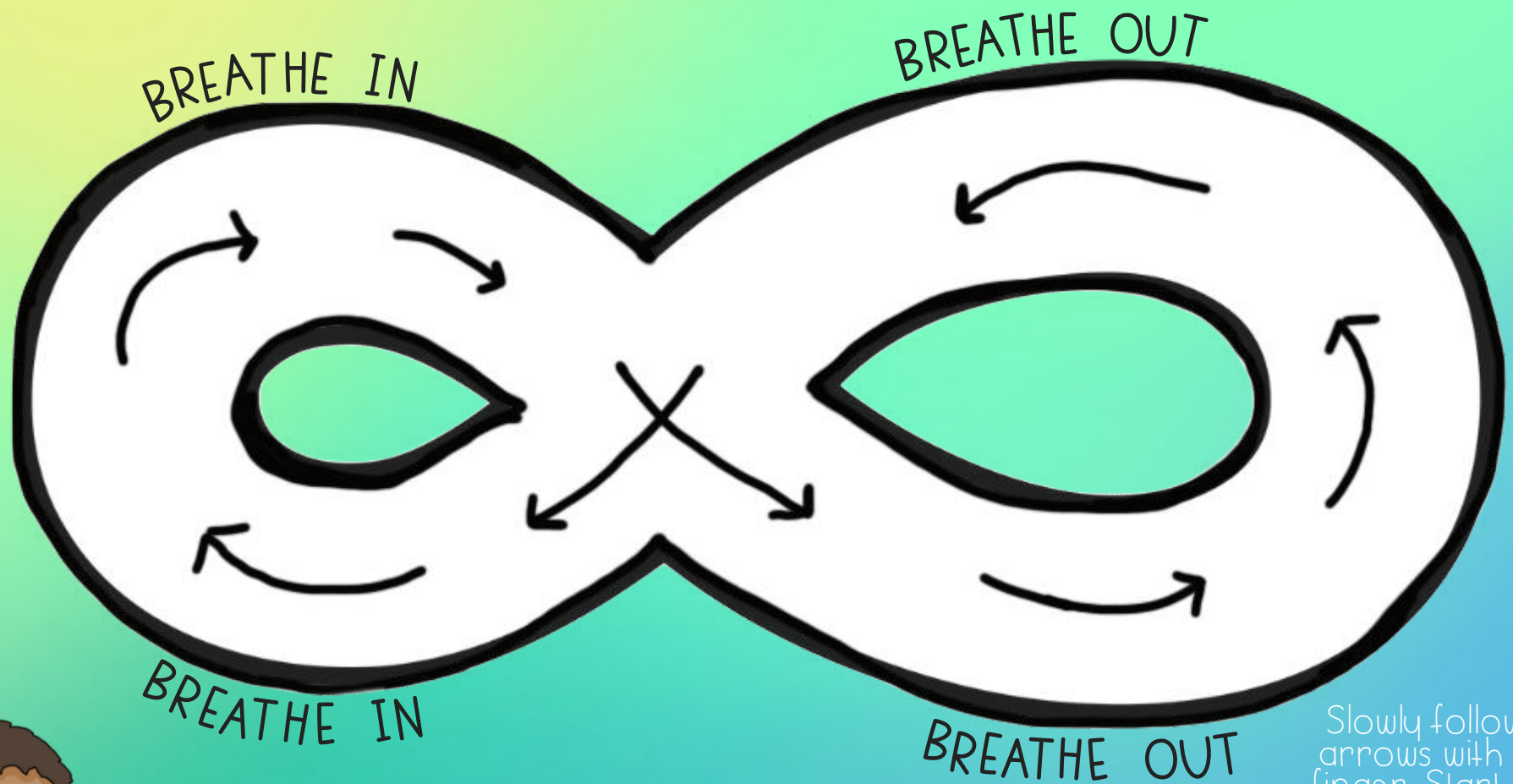


Wave Breathing



Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.

Infinity Breathing Board



Slowly follow the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out. Keep going until you feel more calm.

Self-Regulation Name Plates

Full Color/
Many Emotion Words/
Both Genders

I feel...

My Coping Tools



| | | |
|--|--|--|
| | | |
| | | |

I feel...

My Coping Tools



| | | |
|--|--|--|
| | | |
| | | |

Self-Regulation Name Plates

Full Color/
Simple Emotion Words/
Both Genders

My Coping Tools

I feel...

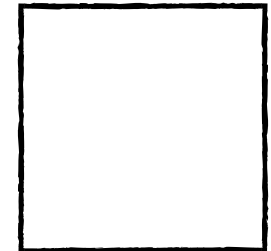
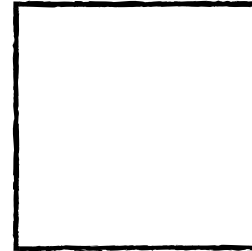
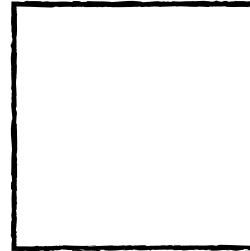
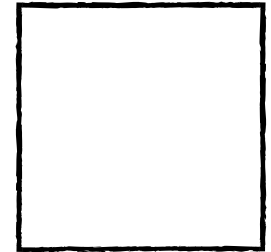
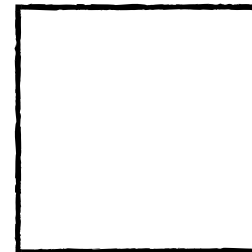
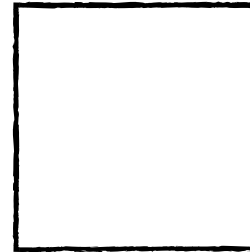
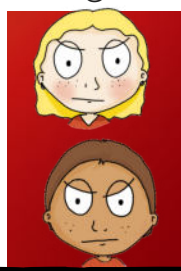
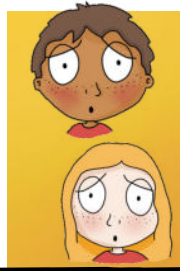
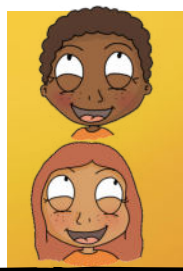
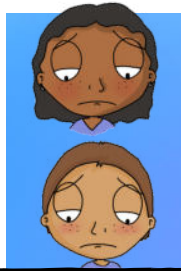
sad

unfocused

calm

worried

angry



My Coping Tools

I feel...

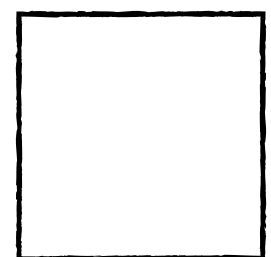
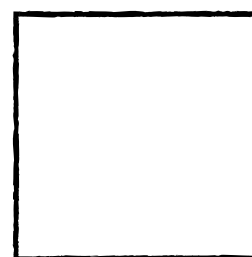
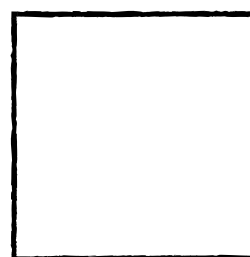
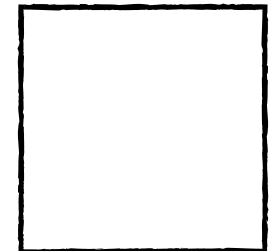
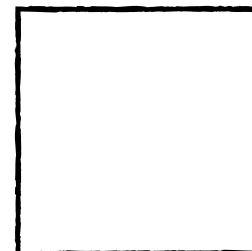
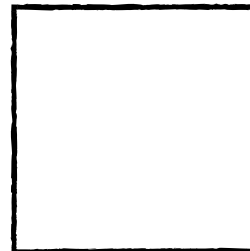
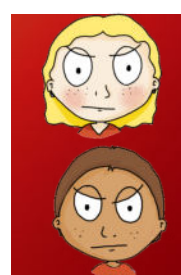
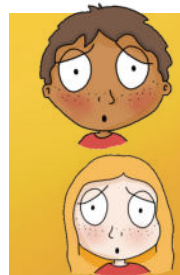
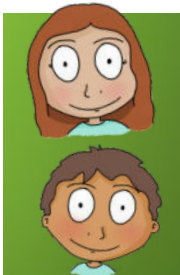
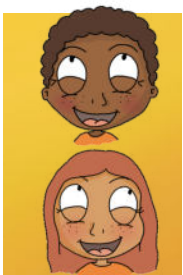
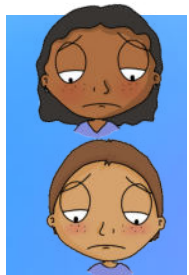
sad

unfocused

calm

worried

angry



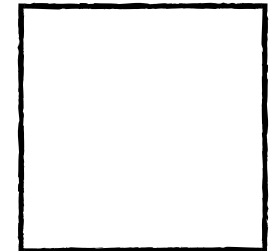
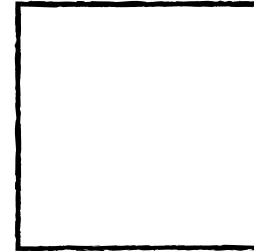
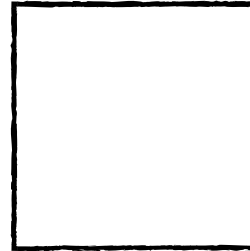
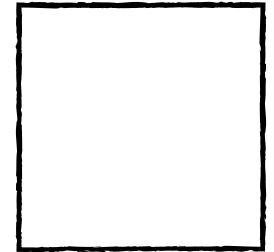
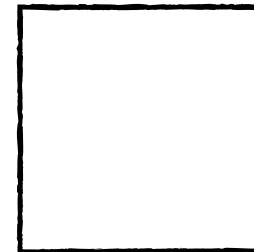
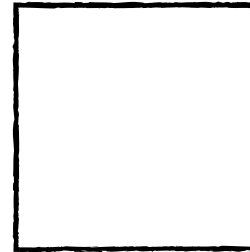
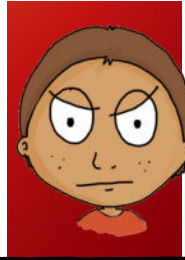
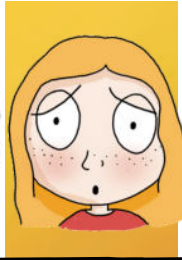
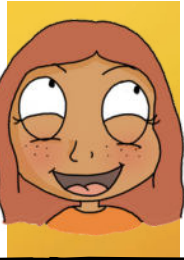
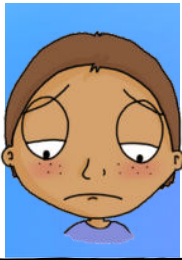
Self-Regulation Name Plates

Full Color/
Simple Emotion Words/
Mixed Genders

My Coping Tools

I feel...

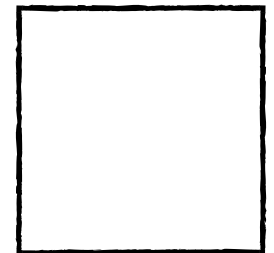
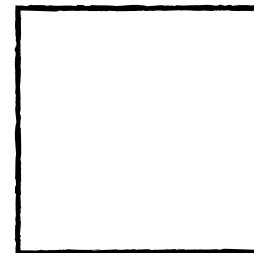
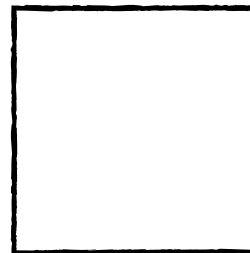
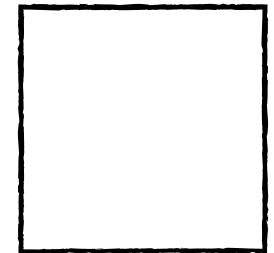
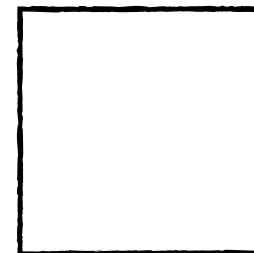
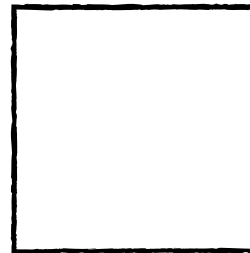
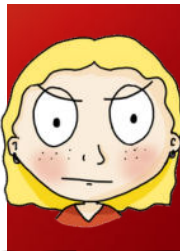
sad unfocused calm worried angry



My Coping Tools

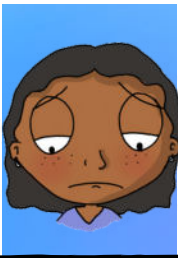

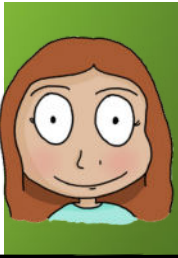

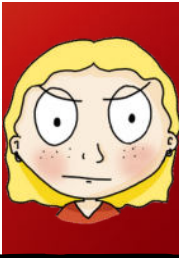
I feel...



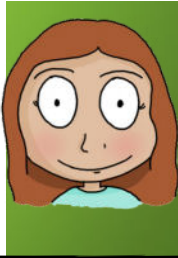
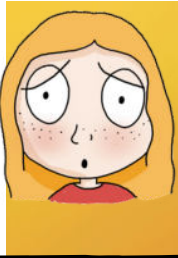
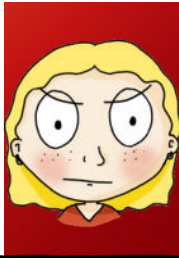
sad unfocused calm worried angry



Self-Regulation Name Plates

Full Color/
Simple Emotion Words/
All Female

| I feel... | | | | | My Coping Tools | | |
|---|---|---|---|--|-----------------|--|--|
| _____ | | | | | | | |
| sad | unfocused | calm | worried | angry | | | |
|  |  |  |  |  | | | |

| I feel... | | | | | My Coping Tools | | |
|---|---|---|---|--|-----------------|--|--|
| _____ | | | | | | | |
| sad | unfocused | calm | worried | angry | | | |
|  |  |  |  |  | | | |

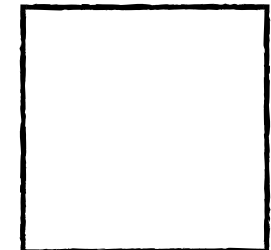
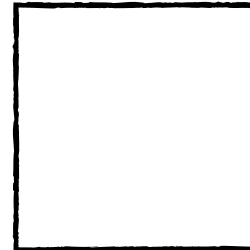
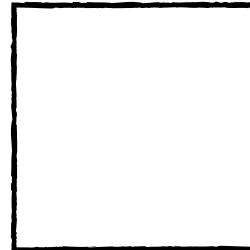
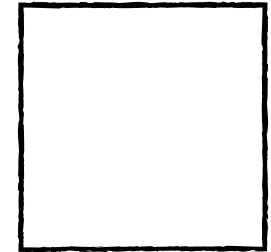
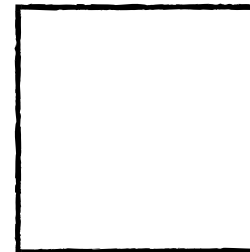
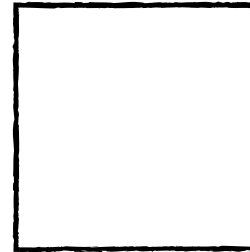
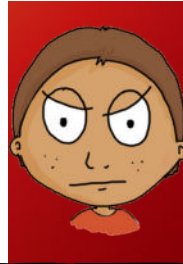
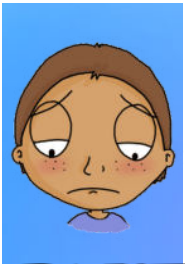
Self-Regulation Name Plates

Full Color/
Simple Emotion Words/
All Male

My Coping Tools

I feel...

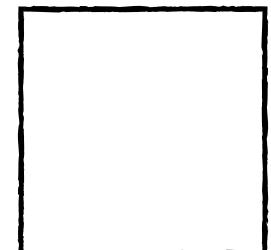
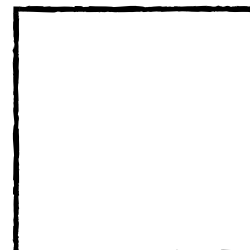
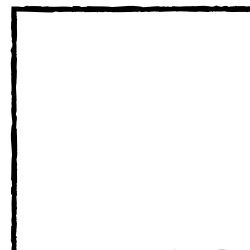
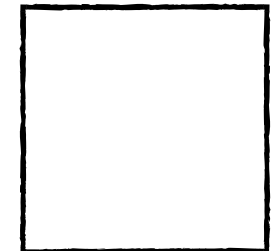
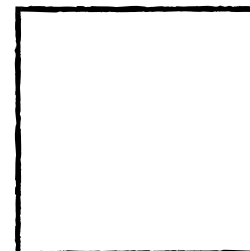
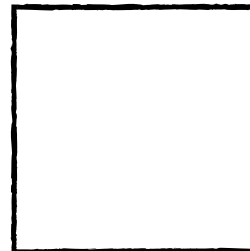
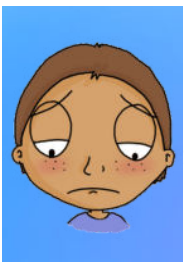
sad unfocused calm worried angry



My Coping Tools

I feel...

sad unfocused calm worried angry

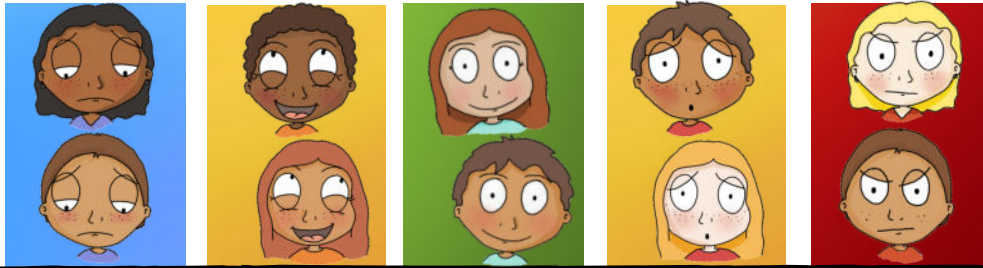


Self-Regulation Name Plates

Full Color/
No Text
Both Genders

My Coping Tools

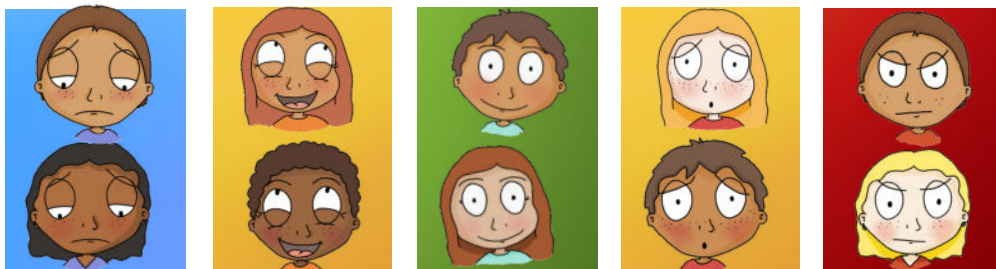
I feel...



| | | |
|--|--|--|
| | | |
| | | |

My Coping Tools

I feel...



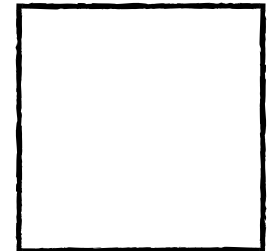
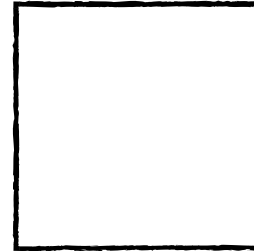
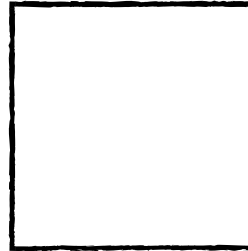
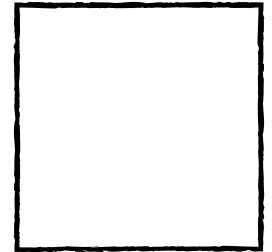
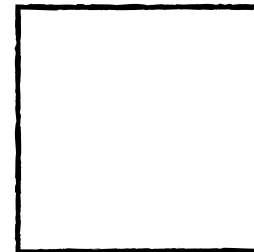
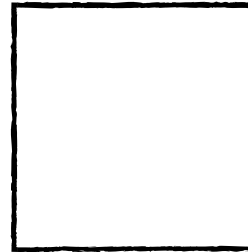
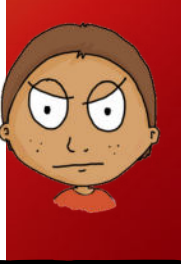
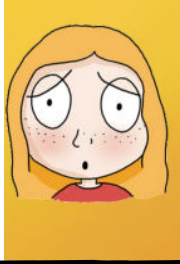
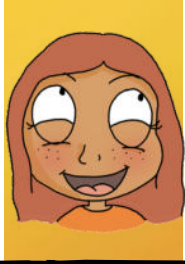
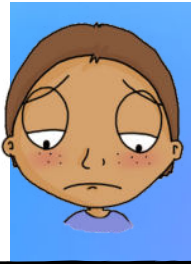
| | | |
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| | | |

Self-Regulation Name Plates

Full Color/
No Text
Mixed Genders

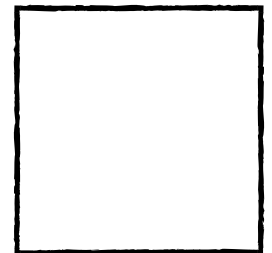
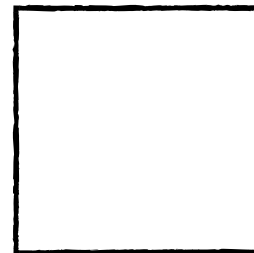
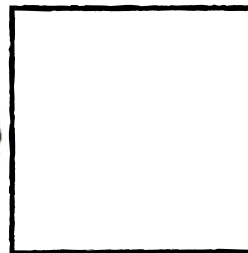
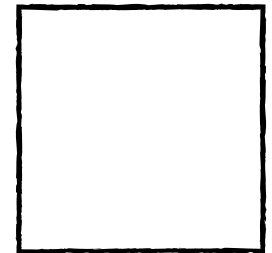
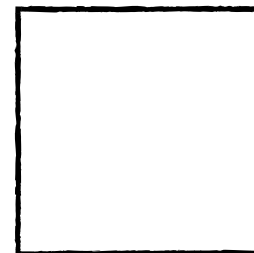
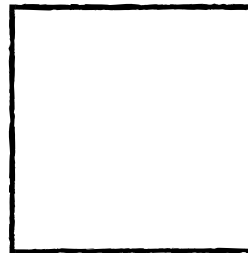
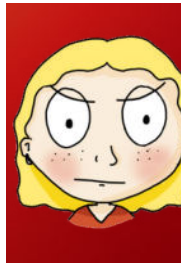
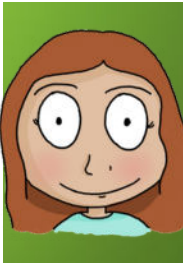
My Coping Tools

I feel...



My Coping Tools

I feel...

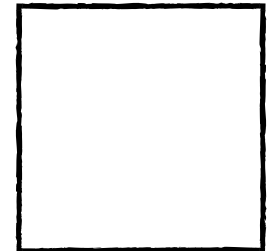
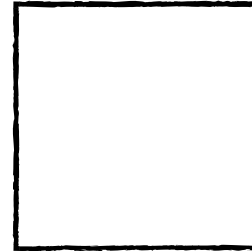
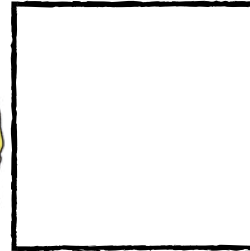
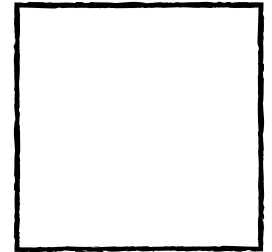
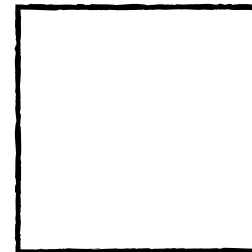
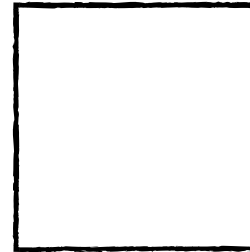
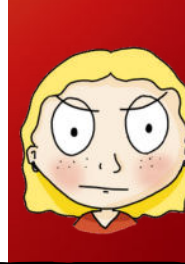
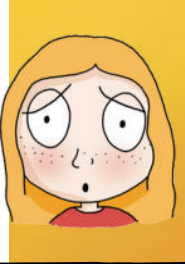
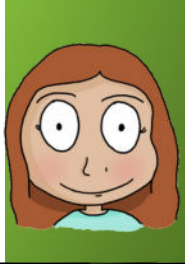


Self-Regulation Name Plates

Full Color/
No Text
All Female

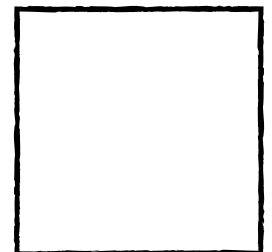
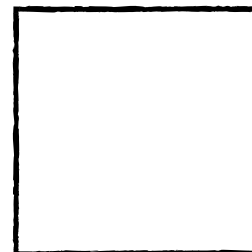
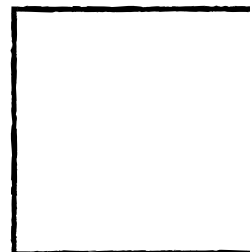
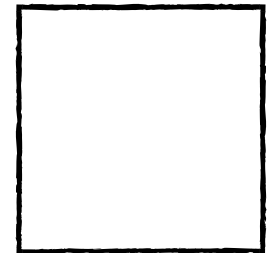
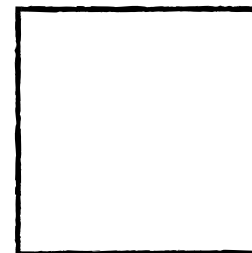
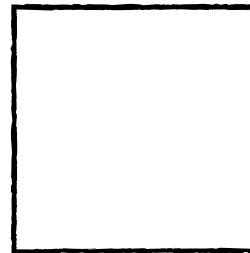
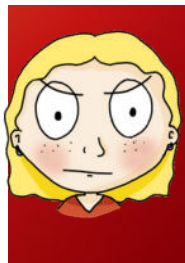
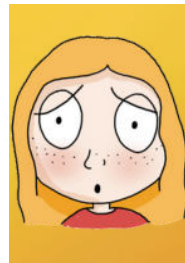
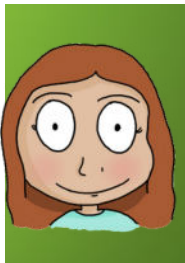
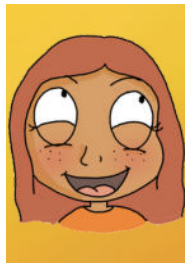
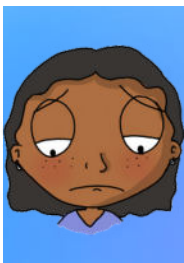
My Coping Tools

I feel...



My Coping Tools

I feel...

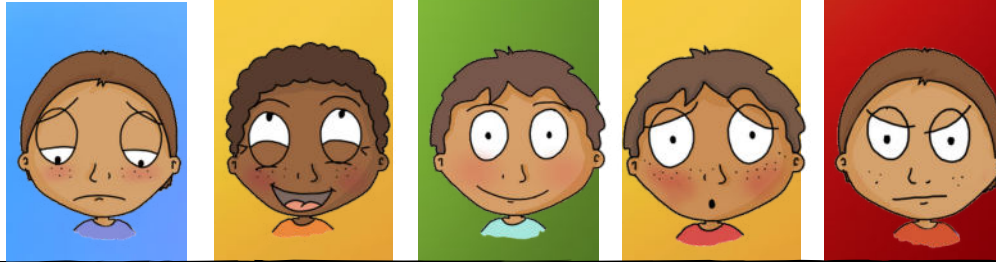


Self-Regulation Name Plates

Full Color/
No Text
All Male

My Coping Tools

I feel...



| | | |
|--|--|--|
| | | |
| | | |

My Coping Tools

I feel...



| | | |
|--|--|--|
| | | |
| | | |

Self-Regulation Name Plates

Light Color/
Many Emotion Words/
Both Genders

I feel...



Sad
Tired
Disappointed
Hurt
Sick
Bored



Unfocused
Excited
Distracted
Silly
Hyper
Antsy



Calm
Focused
Ready to Learn
Safe
Happy
Good



Worried
Confused
Embarrassed
Unsafe
Anxious
Stress



Angry
Out of Control
Scared
Aggressive



My Coping Tools

I feel...



Sad
Tired
Disappointed
Hurt
Sick
Bored



Unfocused
Excited
Distracted
Silly
Hyper
Antsy



Calm
Focused
Ready to Learn
Safe
Happy
Good



Worried
Confused
Embarrassed
Unsafe
Anxious
Stress



Angry
Out of Control
Scared
Aggressive



My Coping Tools

Self-Regulation Name Plates

Light Color/
Simple Emotion Words/
Both Genders

My Coping Tools

I feel...

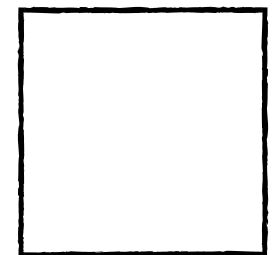
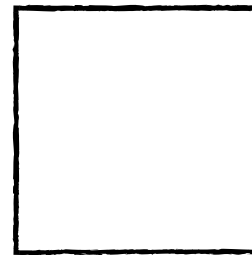
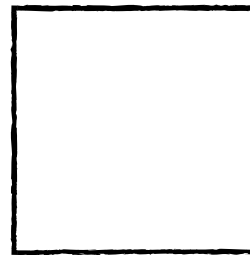
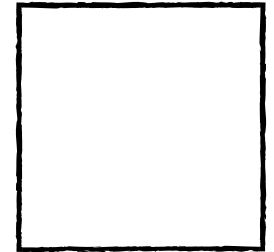
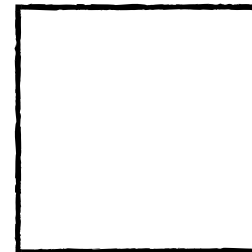
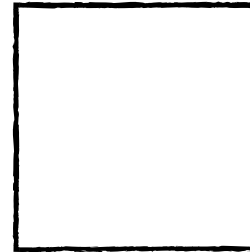
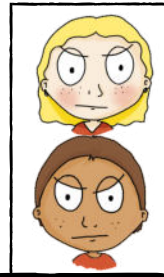
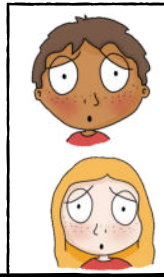
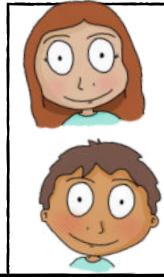
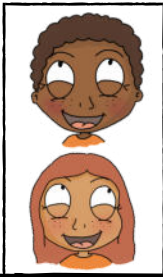
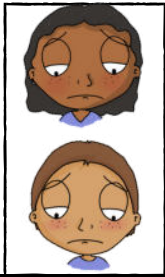
sad

unfocused

calm

worried

angry



My Coping Tools

I feel...

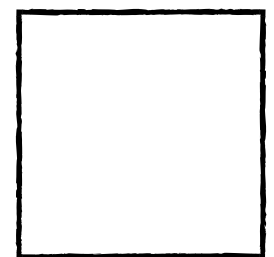
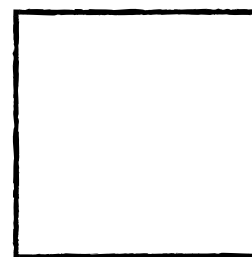
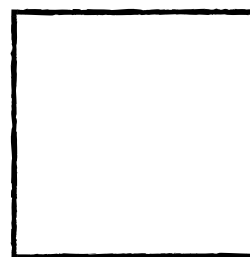
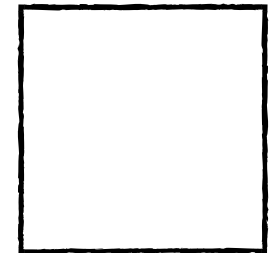
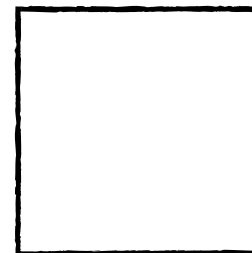
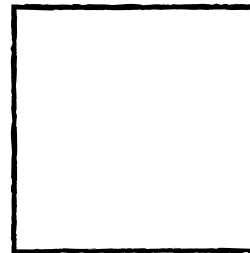
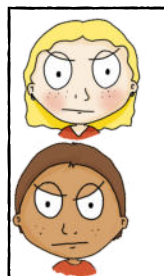
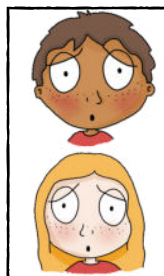
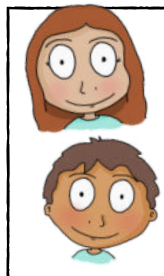
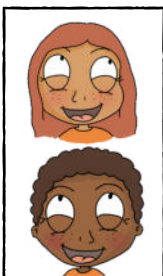
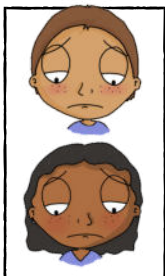
sad

unfocused

calm

worried

angry



Self-Regulation Name Plates

Light Color/
Simple Emotion Words/
Mixed Genders

My Coping Tools

I feel...

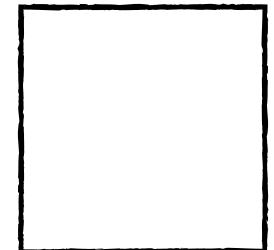
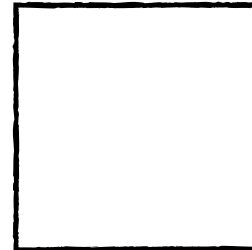
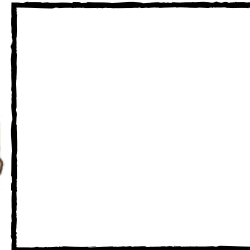
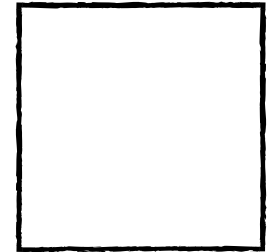
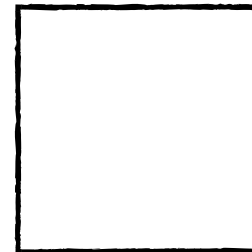
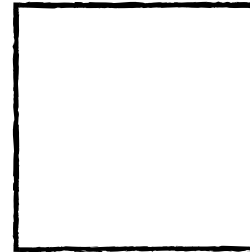
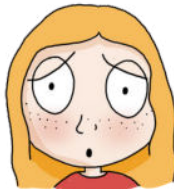
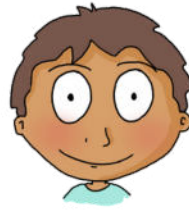
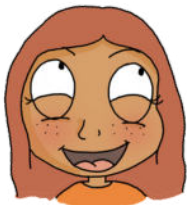
sad

unfocused

calm

worried

angry



My Coping Tools

I feel...

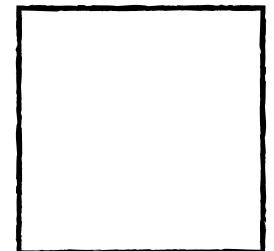
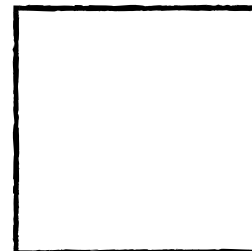
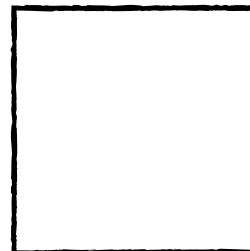
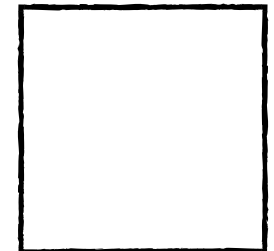
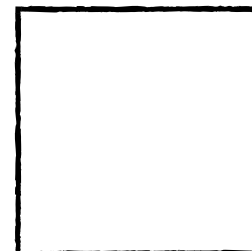
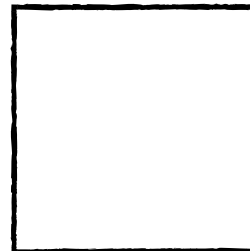
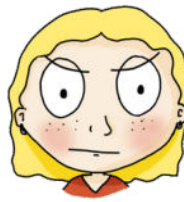
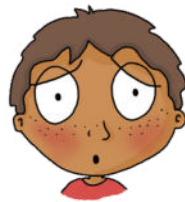
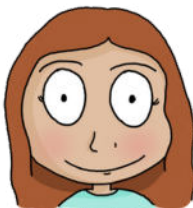
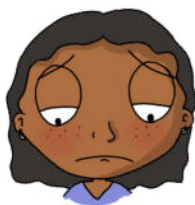
sad

unfocused

calm

worried

angry



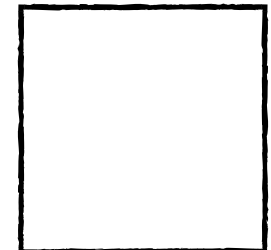
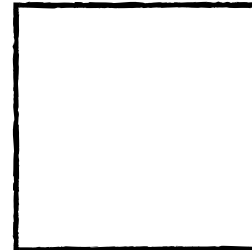
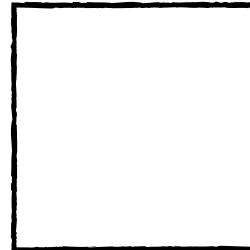
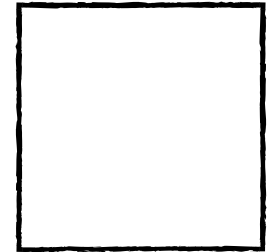
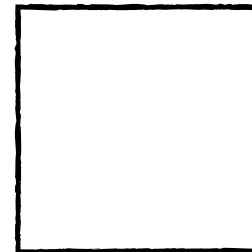
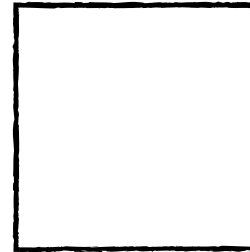
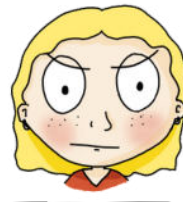
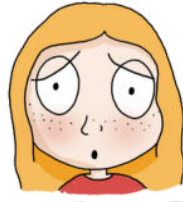
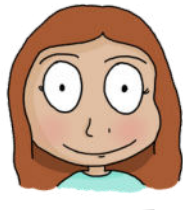
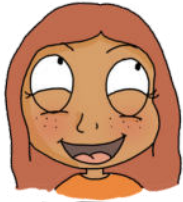
Self-Regulation Name Plates

Light Color/
Simple Emotion Words/
All Female

My Coping Tools

I feel...

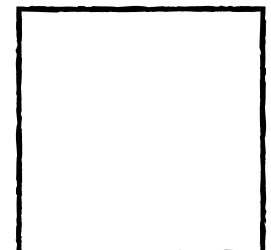
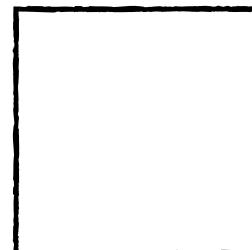
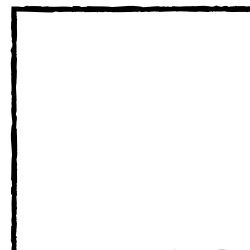
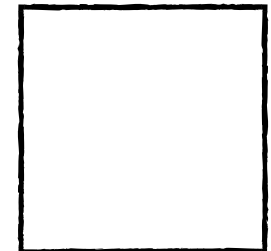
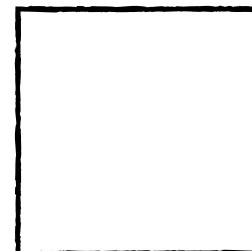
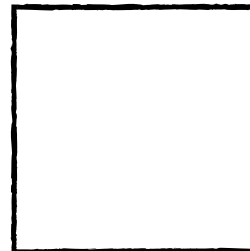
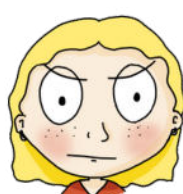
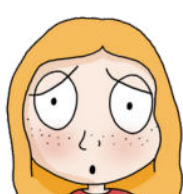
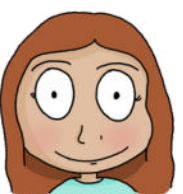
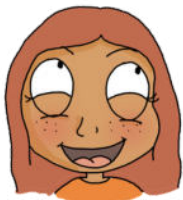
sad unfocused calm worried angry



My Coping Tools

I feel...

sad unfocused calm worried angry



Self-Regulation Name Plates

Light Color/
Simple Emotion Words/
All Male

My Coping Tools

I feel...

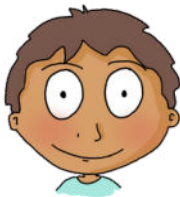
sad



unfocused



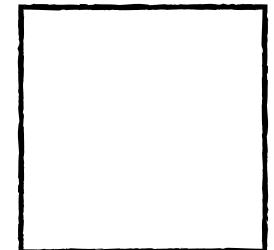
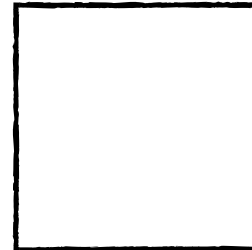
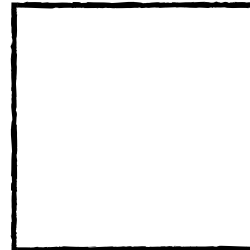
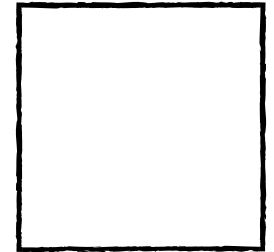
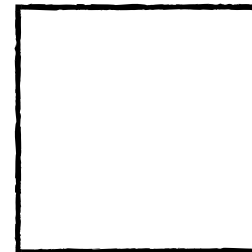
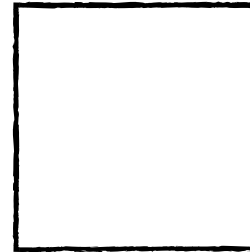
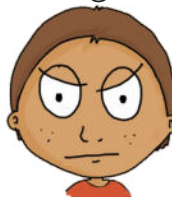
calm



worried



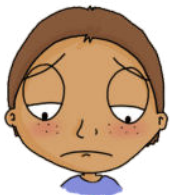
angry



My Coping Tools

I feel...

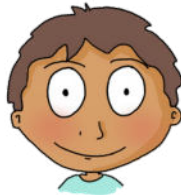
sad



unfocused



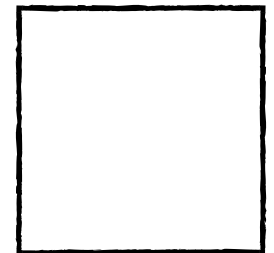
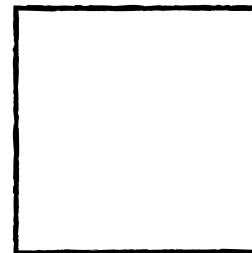
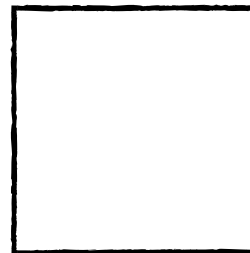
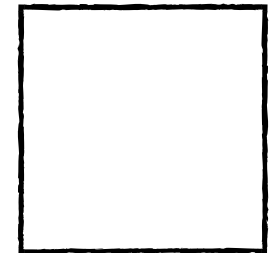
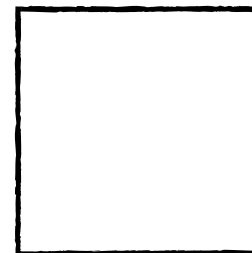
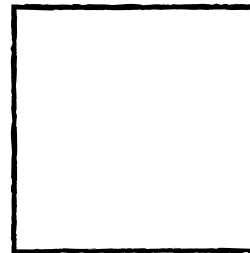
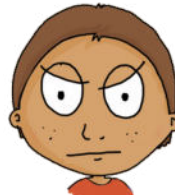
calm



worried









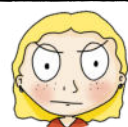











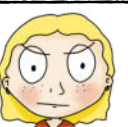

angry



Self-Regulation Name Plates

Light Color/
No Text/
Both Genders

| | | | | | My Coping Tools | | |
|--|--|--|--|--|-----------------|--|--|
| _____ | | | | | | | |
| I feel... | | | | | | | |
|   |   |   |   |   | | | |

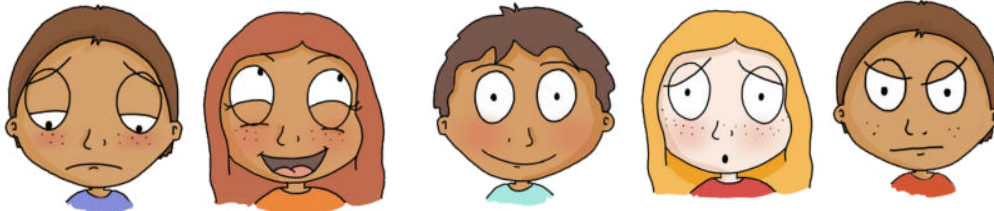
| | | | | | My Coping Tools | | |
|--|--|--|--|--|-----------------|--|--|
| _____ | | | | | | | |
| I feel... | | | | | | | |
|   |   |   |   |   | | | |

Self-Regulation Name Plates

Light Color/
No Text/
Mixed Genders

My Coping Tools

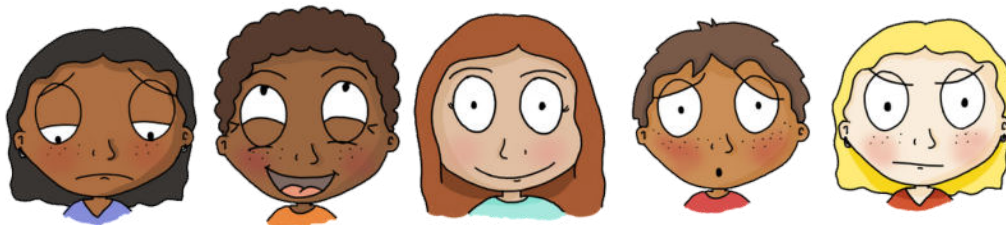
I feel...



| | | |
|--|--|--|
| | | |
| | | |

My Coping Tools

I feel...



| | | |
|--|--|--|
| | | |
| | | |

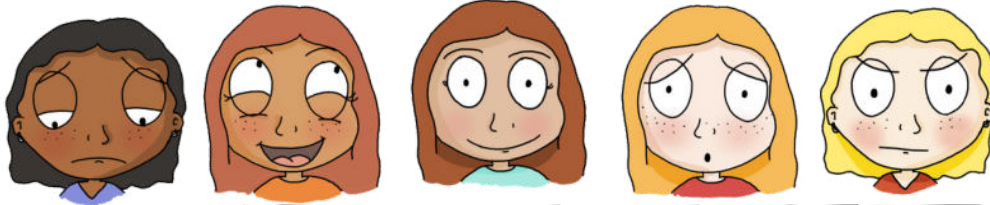
Self-Regulation Name Plates

Light Color/
No Text/
All Female

My Coping Tools

| | | |
|--|--|--|
| | | |
| | | |

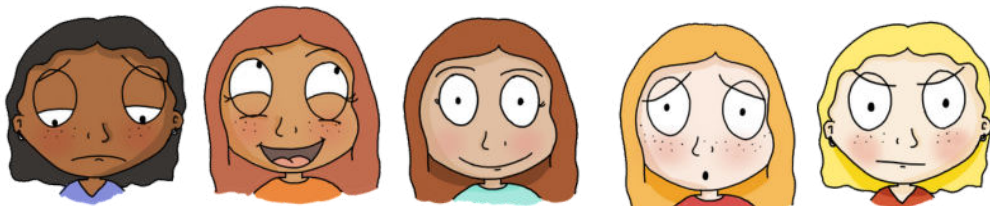
I feel...



My Coping Tools

| | | |
|--|--|--|
| | | |
| | | |

I feel...



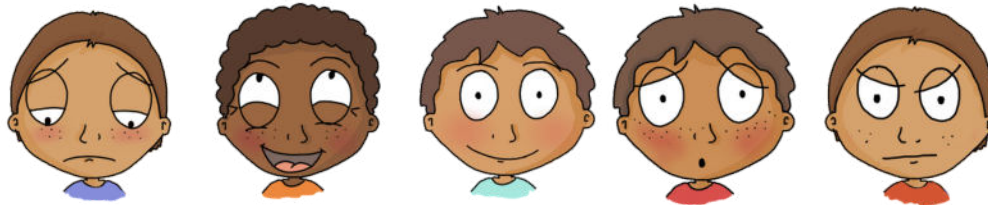
Self-Regulation Name Plates

Light Color
No Text/
All Male

My Coping Tools

| | | |
|--|--|--|
| | | |
| | | |

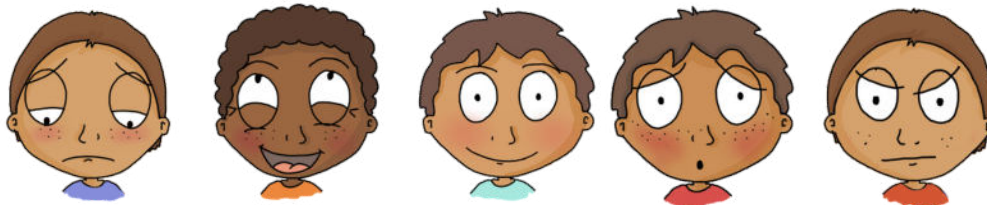
I feel...



My Coping Tools

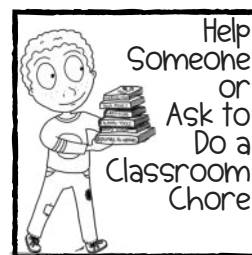
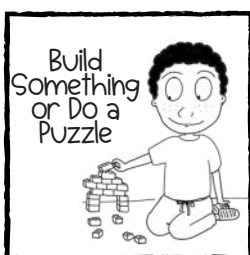
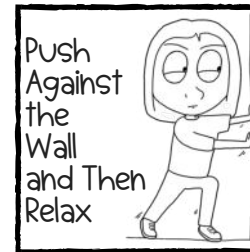
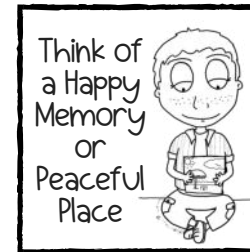
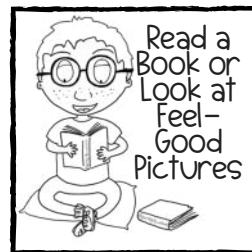
| | | |
|--|--|--|
| | | |
| | | |

I feel...



Coping Tools

Directions: Cut out your favorite 6 Coping Tools and paste them onto your Self-Regulation Name Plate.



Use the Guide to try out the following mindfulness coping tools:

Mindfulness Exercises Guide

5-Finger Breathing



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.

Squeeze Then Relax My Muscles

Like "Rocks & Socks"

Zooming all my strength into making fists, it's like my hands transform into solid rocks. Then I release my fists, letting my hands and arms dangle like floppy socks.

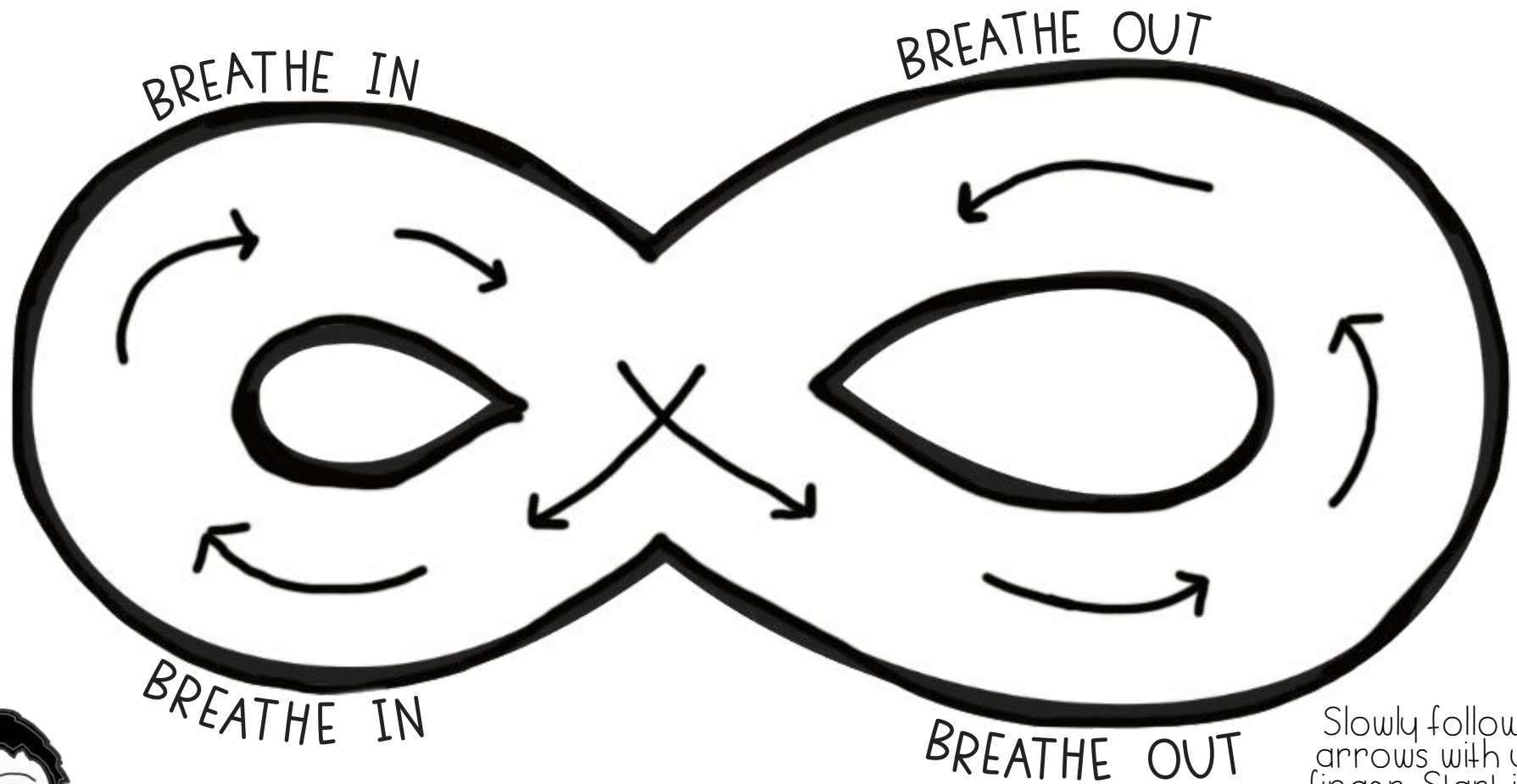


Wave Breathing



Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.

Infinity Breathing Board









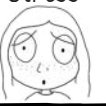













Slowly follow the arrows with your finger. Start in the center and take a deep breath in. When you cross over to the other side, slowly let your breath out. Keep going until you feel more calm.



Self-Regulation Name Plates

Black/White/
Many Emotion Words/
Both Genders

| I feel... | | | | | My Coping Tools | | |
|--|--|---|--|---|-----------------|--|--|
|  Sad Tired Disappointed Hurt Sick Bored |  Unfocused Excited Distracted Silly Hyper Antsy |  Calm Focused Ready to Learn Safe Happy Good |  Worried Confused Embarrassed Unsafe Anxious Stress |  Angry Out of Control Scared Aggressive | | | |
|  |  |  |  |  | | | |

| I feel... | | | | | My Coping Tools | | |
|--|--|---|--|---|-----------------|--|--|
|  Sad Tired Disappointed Hurt Sick Bored |  Unfocused Excited Distracted Silly Hyper Antsy |  Calm Focused Ready to Learn Safe Happy Good |  Worried Confused Embarrassed Unsafe Anxious Stress |  Angry Out of Control Scared Aggressive | | | |
|  |  |  |  |  | | | |

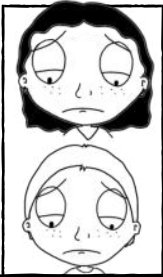
Self-Regulation Name Plates

Black/White
Simple Emotion Words/
Both Genders

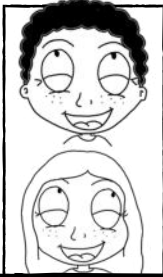
My Coping Tools

I feel...

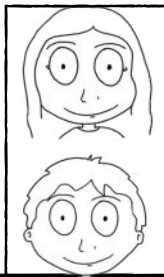
sad



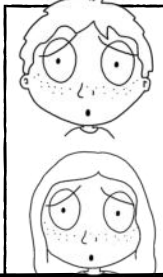
unfocused



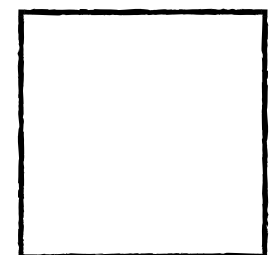
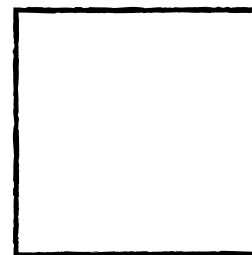
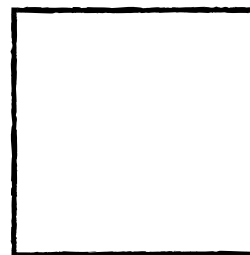
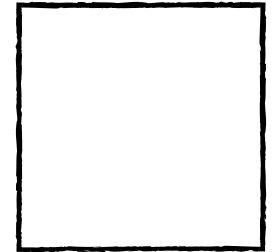
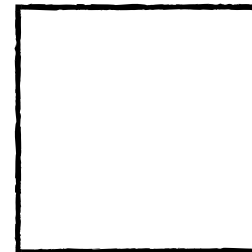
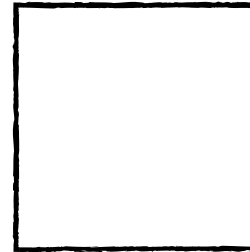
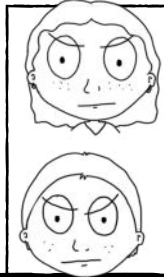
calm



worried



angry



My Coping Tools

I feel...

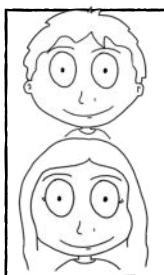
sad



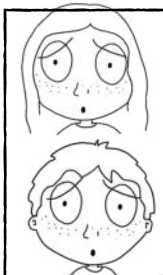
unfocused



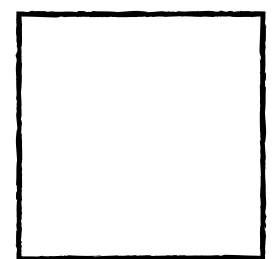
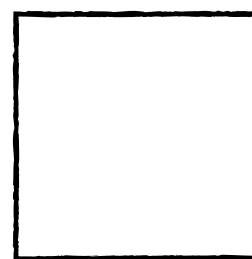
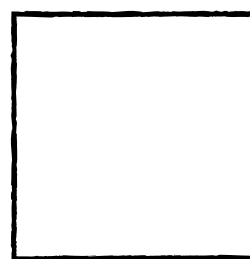
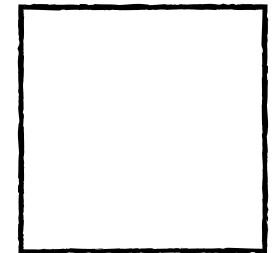
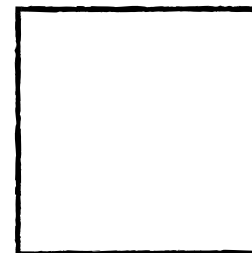
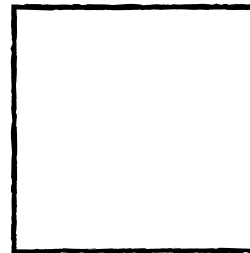
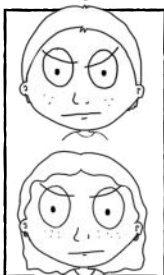
calm



worried



angry



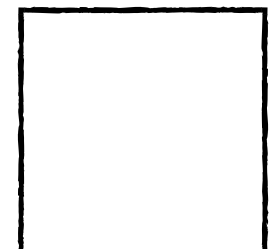
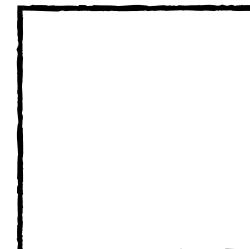
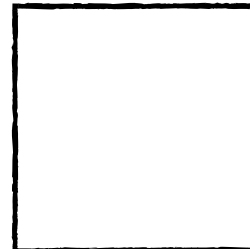
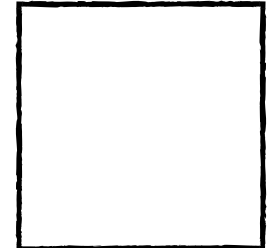
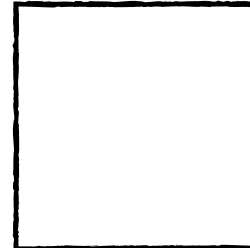
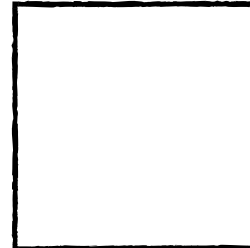
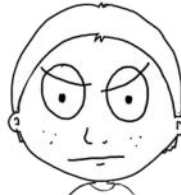
Self-Regulation Name Plates

Black/White /
Simple Emotion Words/
Mixed Genders

My Coping Tools

I feel...

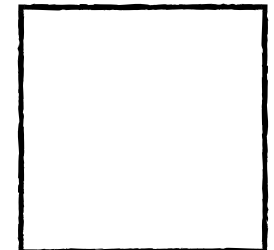
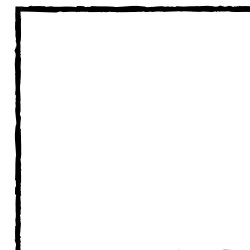
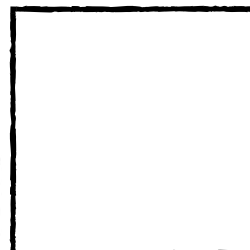
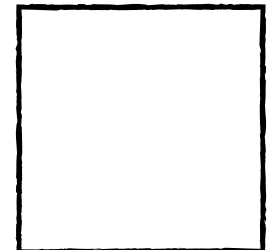
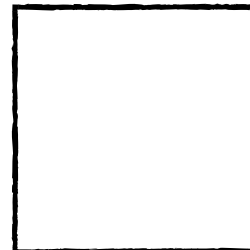
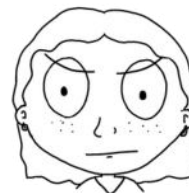
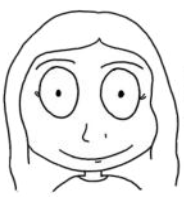
sad unfocused calm worried angry



My Coping Tools

I feel...

sad unfocused calm worried angry



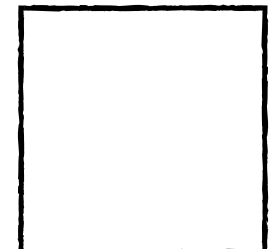
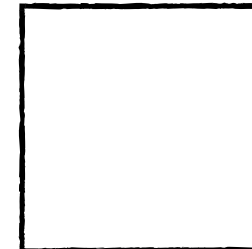
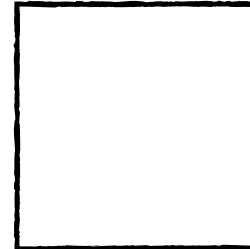
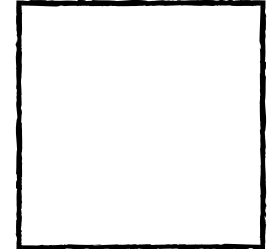
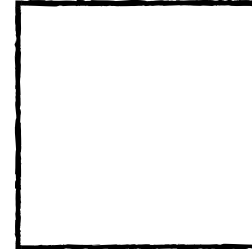
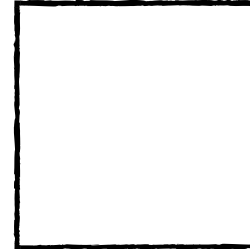
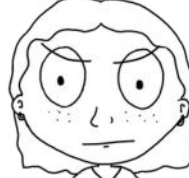
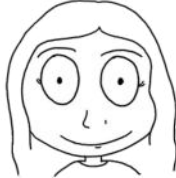
Self-Regulation Name Plates

Black/White /
Simple Emotion Words/
All Female

My Coping Tools

I feel...

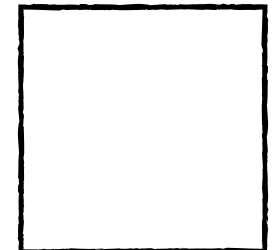
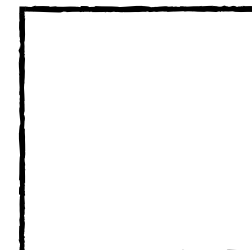
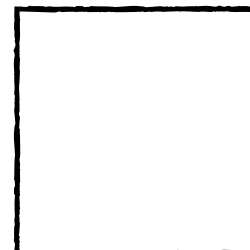
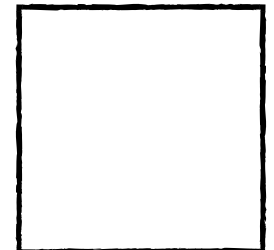
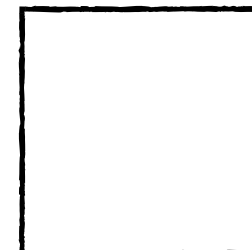
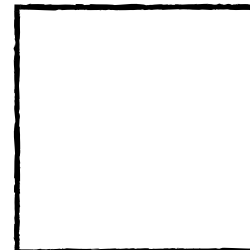
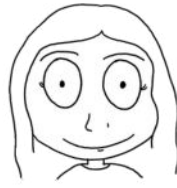
sad unfocused calm worried angry



My Coping Tools

I feel...

sad unfocused calm worried angry



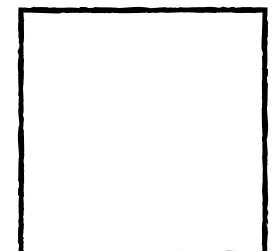
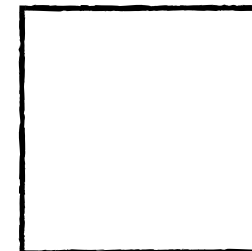
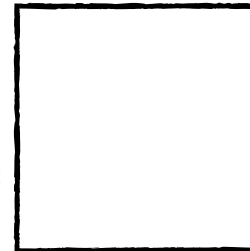
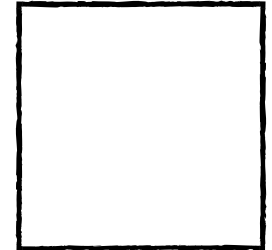
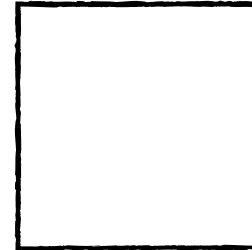
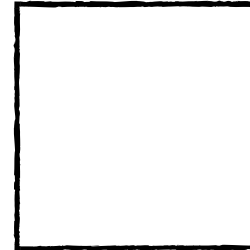
Self-Regulation Name Plates

Black/White /
Simple Emotion Words/
All Male

My Coping Tools

I feel...

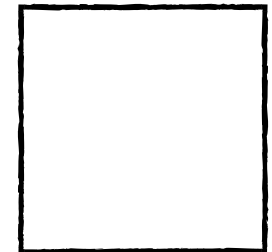
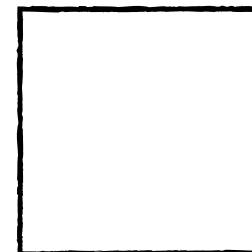
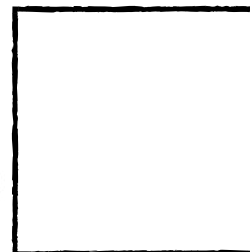
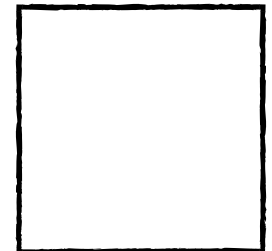
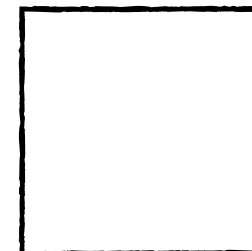
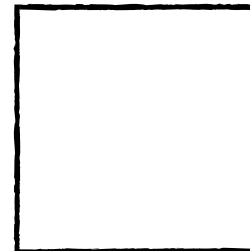
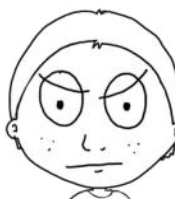
sad unfocused calm worried angry



My Coping Tools

I feel...

sad unfocused calm worried angry

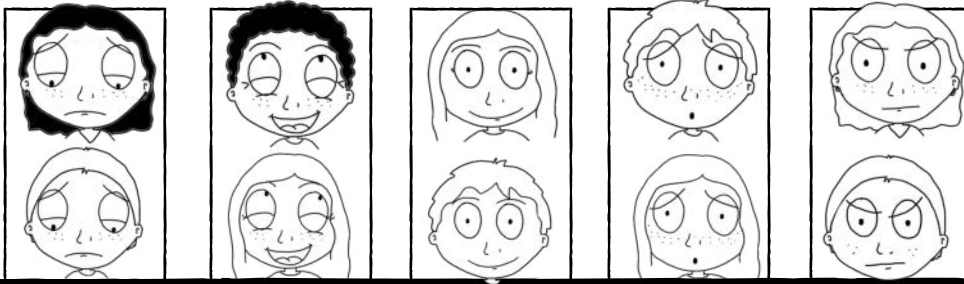


Self-Regulation Name Plates

Black/White
No Text/
Both Genders

My Coping Tools

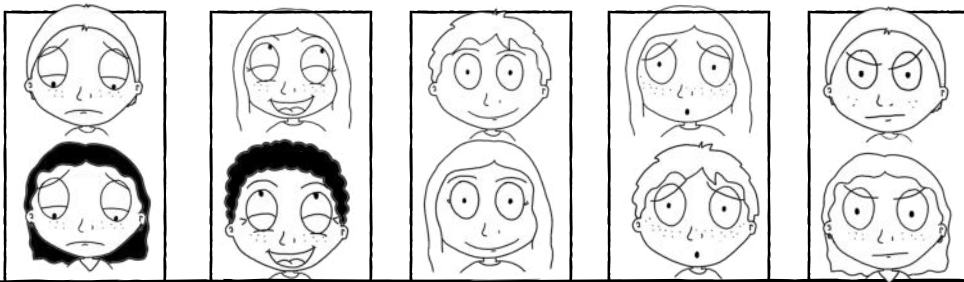
I feel...



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My Coping Tools


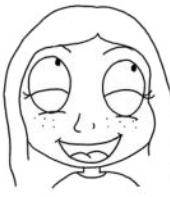


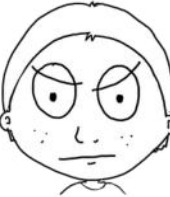
I feel...



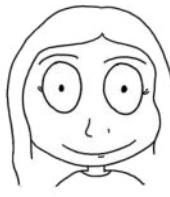

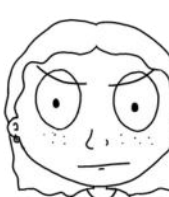


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Self-Regulation Name Plates

Black/White
No Text/
Mixed Genders

| | | My Coping Tools | | |
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| I feel... | | | | |
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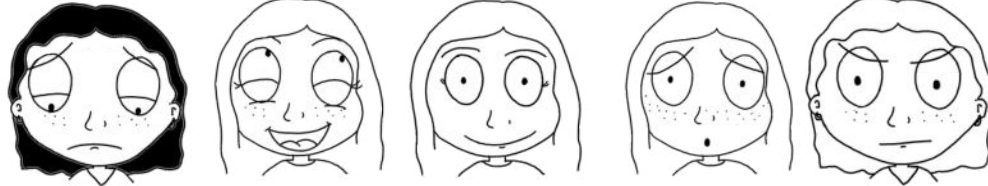
| | | My Coping Tools | | |
|--|---|-----------------|--|--|
| <hr/> | | | | |
| I feel... | | | | |
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Self-Regulation Name Plates

Black/White /
No Text/
All Female

My Coping Tools

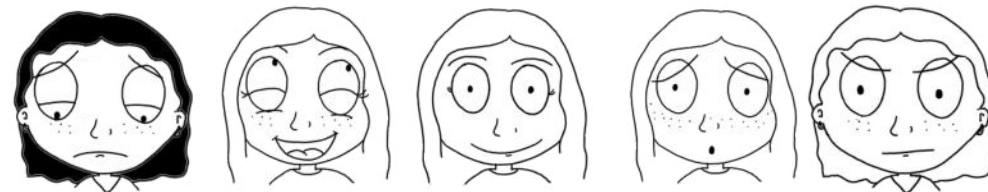
I feel...



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My Coping Tools

I feel...



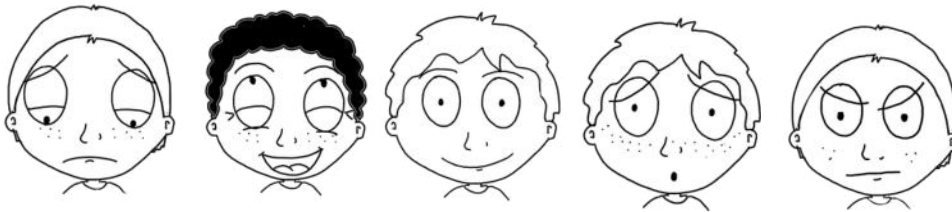
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Self-Regulation Name Plates

Black/White /
No Text/
All Male

My Coping Tools

I feel...



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My Coping Tools

I feel...



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