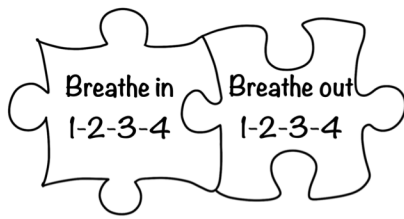


# COPING SKILLS DICE



SMELL THE FLOWER



EQUAL BREATHING



HUGGING BUTTERFLY



GORILLA HUG



HELPFUL HAPPY THOUGHTS



BUDDY BREATH

## DIRECTIONS:

Print, color and cut out the dice template. Fold on the dotted lines and tape or glue on the tabs and fold to create a cube. Roll the dice and practice the coping skill shown.

Directions for each coping skill on page 2.

## SMELL THE FLOWER

Imagine you are holding a flower and breathe in through your nose to smell the wonderful scent. Next, pretend you are blowing out a candle by blowing air out through pursed lips.

## BUDDY BREATH

Lay down with a stuffed animal on your belly. Take a slow deep breath in, filling your belly up with air, and watch your object lift up and rise. Now breathe out very slowly and watch your object slowly fall. Repeat again with slow deep breaths in and out as you watch your object rise and fall gently.

## EQUAL BREATHING

Breathe in through your nose while counting to 4 in your mind. Breathe out through your nose while counting to 4 in your mind. You want to match the size of your inhale to the size of your exhale as you take slow, deep breaths through your nose.

## GORILLA HUG

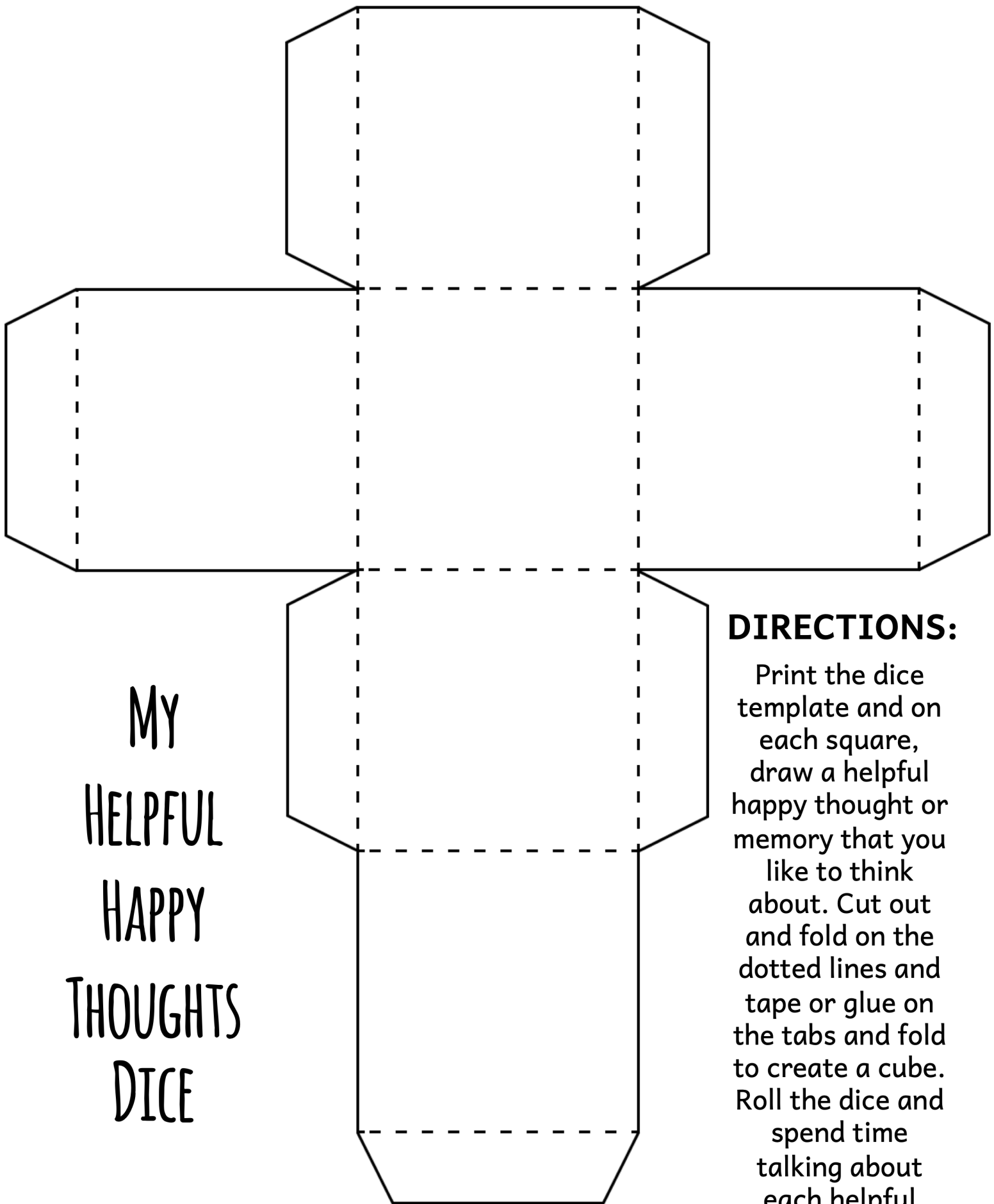
Wrap your arms around your middle and give yourself a big giant gorilla hug. Squeeze if it feels comfortable. Uncross your arms and try again with the opposite arm on top. Now try giving yourself a big giant gorilla hug over your shoulders.

## HELPFUL HAPPY THOUGHTS

When you think helpful, happy thoughts, it helps you feel better. What do you like to think about? Are there certain people? Things? Animals? Places? Games? Colors? Sounds? Music? Memories? Close your eyes and think of your helpful happy thoughts.

## HUGGING BUTTERFLY

Cross your arms on your chest with your fingers pointed up towards your neck. Interlock your thumbs. Take some slow deep belly breaths while you tap your hands, or butterfly wings, one wing and then the other.



MY  
HELPFUL  
HAPPY  
THOUGHTS  
DICE

**DIRECTIONS:**

Print the dice template and on each square, draw a helpful happy thought or memory that you like to think about. Cut out and fold on the dotted lines and tape or glue on the tabs and fold to create a cube. Roll the dice and spend time talking about each helpful happy thought.

# TERMS OF USE

Thank you for downloading this resource! By downloading, you are agreeing that the contents are the property of **Whole Child Counseling** and licensed to you only for classroom/counselor/personal use as a single user. I retain the copyright, and reserve all rights to this product.

**Please support my work by joining my email list at [www.WholeChildCounseling.com](http://www.WholeChildCounseling.com) and following me on social media, and on TpT.**

## YOU MAY

- **During the Coronavirus crisis:** you MAY share this resources with parents or children at your school through email, hard copy or a protected website that is not searchable such as Class Dojo or Google Classroom. If you do so, please give a link back to [www.wholechildcounseling.com](http://www.wholechildcounseling.com)
- Use free and purchased items for your own classroom students, or your own personal home use.
- Reference this product in blog posts, at seminars, professional development, workshops, or other such venues, **ONLY** if both credit is given to myself as the author, and a link back to my website is included in the presentation.

**THANKS TO:** *Erin Thomson's  
Primary Printables*

## YOU MAY NOT

- Claim this work as your own, alter the files in any way, or remove copyright / watermarks.
- Sell the files or combine them into another unit for sale / free.
- Post this document for sale / free elsewhere on the internet (this includes Google Doc links on blogs.)
- Make copies to share with other is strictly forbidden and is a violation of the TOU / law.

Thank you for abiding by universally accepted codes of professional ethics while using this product. If you encounter an issue with your file, notice an error, or are in any way experiencing a problem, please email me at: [caseymindfulmoments@gmail.com](mailto:caseymindfulmoments@gmail.com)