

Overwhelmed? Try 1 for 1 Minute

It is normal to feel overwhelmed when we experience stress in our lives. To combat these feelings, students will use their creativity to brainstorm how they can apply different calming strategies in the classroom and at home.



INSTRUCTIONS:

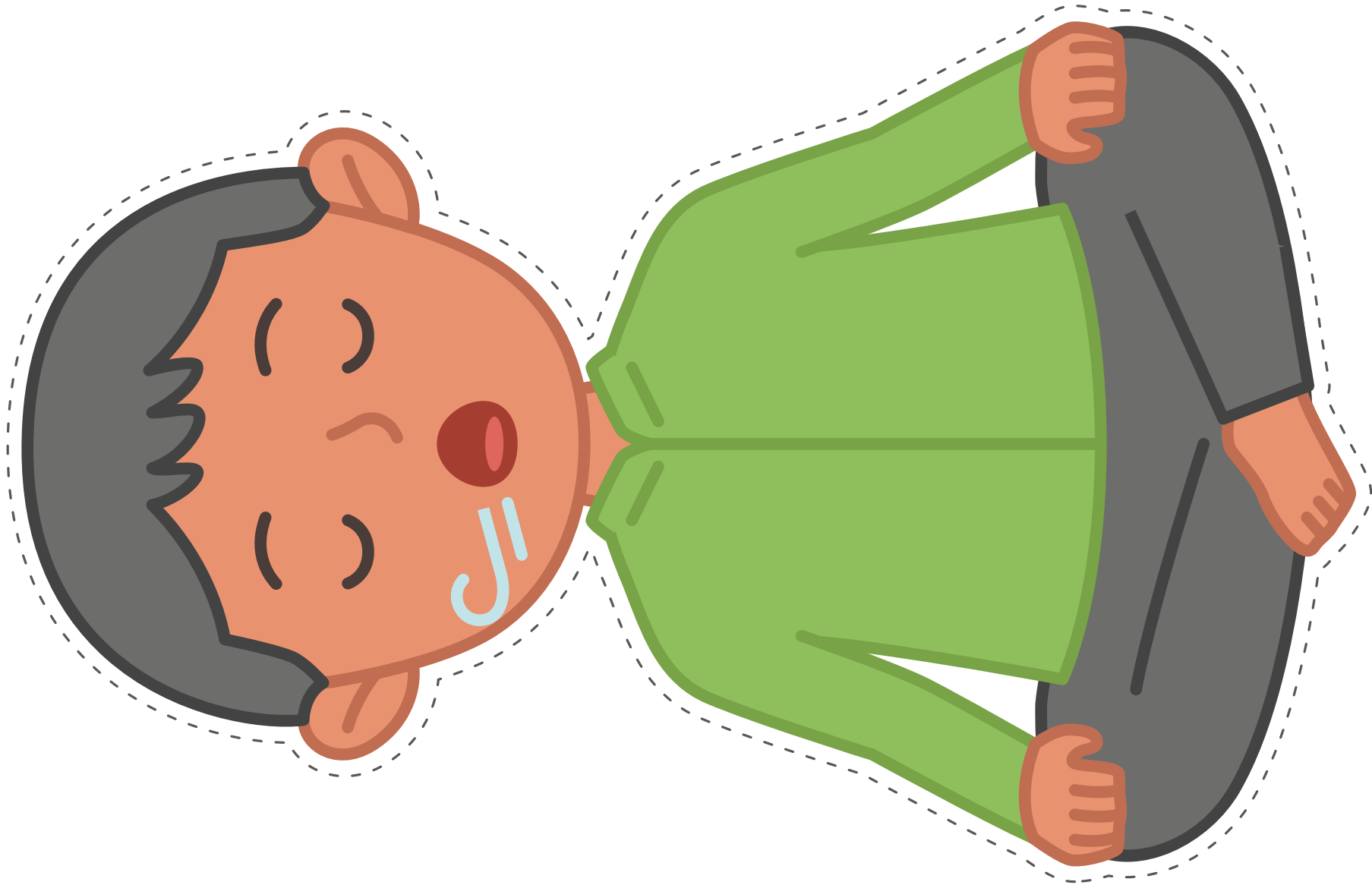


1. The following pages are ready to be cut and attached to the bulletin board:
Title and **Calm Pose** pages.
2. If possible, split the class up into 7 groups so each group gets a different **Calming Cloud**. If you are working with a smaller class size, you can assign the clouds to individuals instead of groups.
3. Have students brainstorm what kind of visuals they can use to best represent the **'Staying Calm'** technique that is labelled on their cloud.
4. Have students fill in their cloud using any kind of visual medium (i.e., photos, drawings, paintings, stickers, etc...)
5. Cut out all completed cloud pieces.
6. Now, all the pieces are ready to be assembled onto your bulletin board!

OVERWHELMED?

TRY 1 FOR 1 MINUTE

Calm pose



★ Get creative with how you can fill in the cloud to represent the calming technique!

Fill in cloud



★ Get creative with how you can fill in the cloud to represent the calming technique!

Fill in cloud



Use kind self-talk

★ Get creative with how you can fill in the cloud to represent the calming technique!

Fill in cloud



★ Get creative with how you can fill in the cloud to represent the calming technique!

Fill in cloud



Talk to an adult

★ Get creative with how you can fill in the cloud to represent the calming technique!

Fill in cloud



★ Get creative with how you can fill in the cloud to represent the calming technique!

Fill in cloud



★ Get creative with how you can fill in the cloud to represent the calming technique!

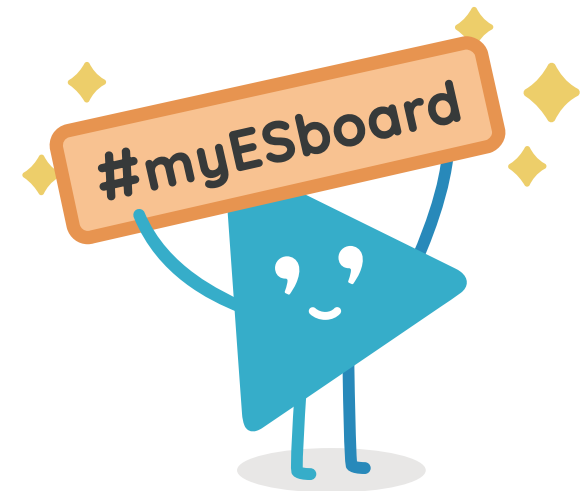
Fill in cloud



Don't forget to share!

Show off your completed bulletin boards by posting a photo on Instagram and tagging us with [@everydayspeech](https://www.instagram.com/everydayspeech) and hashtag: [#myESboard](https://www.instagram.com/hashtag/myESboard)!

This is a great way to showcase your students' creativity and connect with fellow Everyday Speechies from across the country.



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