

# Elementary **Coping Skills Inside Out Themed** Choice Board!

<p><b>Mindful Coloring</b></p> <p>Use the provided coloring sheets featuring characters from Disney's "Inside Out" to practice mindfulness. Focus on your breathing and stay present in the moment while coloring. Take note of how you feel before and after completing the coloring activity.</p>	<p><b>Feelings Journal</b></p> <p>Create a feelings journal where you can write or draw about different emotions you experience throughout the day. Use prompts such as "What made you happy today?" or "How did you handle a challenging situation?" Reflect on your emotions and coping strategies.</p>	<p><b>Emotion Charades</b></p> <p>Act out different emotions from the movie "Inside Out" (e.g. Joy, Sadness, Anger, Fear, Disgust) without using words. Have a family member or friend guess which emotion you are portraying. Reflect on how body language and facial expressions convey emotions.</p>
<p><b>Mindful Breathing Exercise</b></p> <p>Follow along with a guided mindful breathing exercise. Take deep breaths in and out, focusing on the sensations in your body. Pay attention to how your breathing affects your mood and stress levels.</p>	<p><b>Emotion Wheel Craft</b></p> <p>Create an emotion wheel using paper plates and markers. Divide the wheel into sections representing different emotions. Write or draw examples of when you have felt each emotion. Spin the wheel and discuss how you can cope with each feeling.</p>	<p><b>Emotion Bingo</b></p> <p>Play emotion bingo using cards with different emotions from the movie "Inside Out". Match the emotions called out with the ones on your bingo card. Reflect on times when you have felt each emotion and how you dealt with it.</p>
<p><b>Feelings Collage</b></p> <p>Create a collage using magazines or printed images that represent different emotions. Arrange the images based on how they make you feel. Reflect on why certain visuals evoke specific emotions in you.</p>	<p><b>Memory Jar</b></p> <p>Create a memory jar by writing down positive memories or moments that made you feel happy. Put the notes in a jar and read them whenever you need a mood boost. Reflect on how focusing on positive memories can improve your mindset.</p>	<p><b>Emotion Tracker</b></p> <p>Use a daily emotion tracker to record how you feel throughout the day. Color-code different emotions and note what triggered them. Reflect on patterns in your emotions and identify coping strategies for managing challenging feelings.</p>