





SCHOOL
COUNSELORS:
STRATEGIC,
INTENTIONAL,
INFORMED



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LEADERSHIP NETWORK
NORTH CAROLINA

CREATING CALM

How to exercise calming strategies
through counseling, in the classroom, or
in crisis.

Presenters: Kandace Moran & Jodi Spoon-Sadlon





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Current Mood



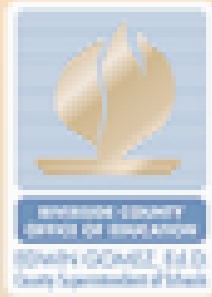
INTRODUCTIONS

- **Kandance Moran**
Elementary Counselor
Murrieta Valley USD



- **Jodi Spoon-Sadlon**
Elementary Counselor
Murrieta Valley USD





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THE WHY?



TRAUMA
(PRE-PANDEMIC)

MOVING

NATURAL
DISASTERS

DEATH IN
FAMILY

MILITARY
LEAVE

DIVORCE

SUBSTANCE
ABUSE

AB216/1806

Student trauma,
as measured by
Adverse
Childhood
Experiences
(ACE's)

Individual Needs:
Right tool for the job!



- **SENSORY**
- **AUDITORY**
- **SCENT**
- **VISUAL**
- **MOVEMENT**



Tools Disclaimer



WE ARE NOT AFFILIATED WITH ANY OF THE FOLLOWING TOOLS, BRANDS, AUTHORS, OR WEBSITES. WE SIMPLY WANT TO SHARE OUR PERSONAL FAVORITES AND WHAT WORKS FOR US AND HOPEFULLY YOU!

***Please be sure to check with your districts regulations.**



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THE WHAT?



- 
- Velcro / Fur for desk
 - Rainbow/Nature walks
 - Playdough
 - Bubble wrap
 - DIY squishy
 - Calming choice board
 - Glitter tube
 - Coloring mandalas
 - Visual Identifiers
 - Belly Laughing

FREE DIY

- 
- Breathing Ball (or balloon)
 - Fidget Box (Amazon/Party City)
 - Bubbles
 - Weighted Stuffed Animals
 - Timer
 - Emotion Flash Cards
 - Stress Less Cards
 - Chewlery
 - Mindfulness Cards

PURCHASED

Favorite Online Calming Tools



Mind Yeti

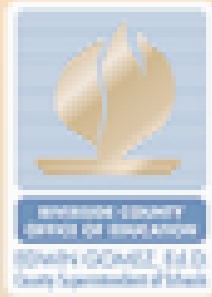
HeadSpace

Coloring Mandalas

Guided Meditation

GoNoodle

Breathing Apps

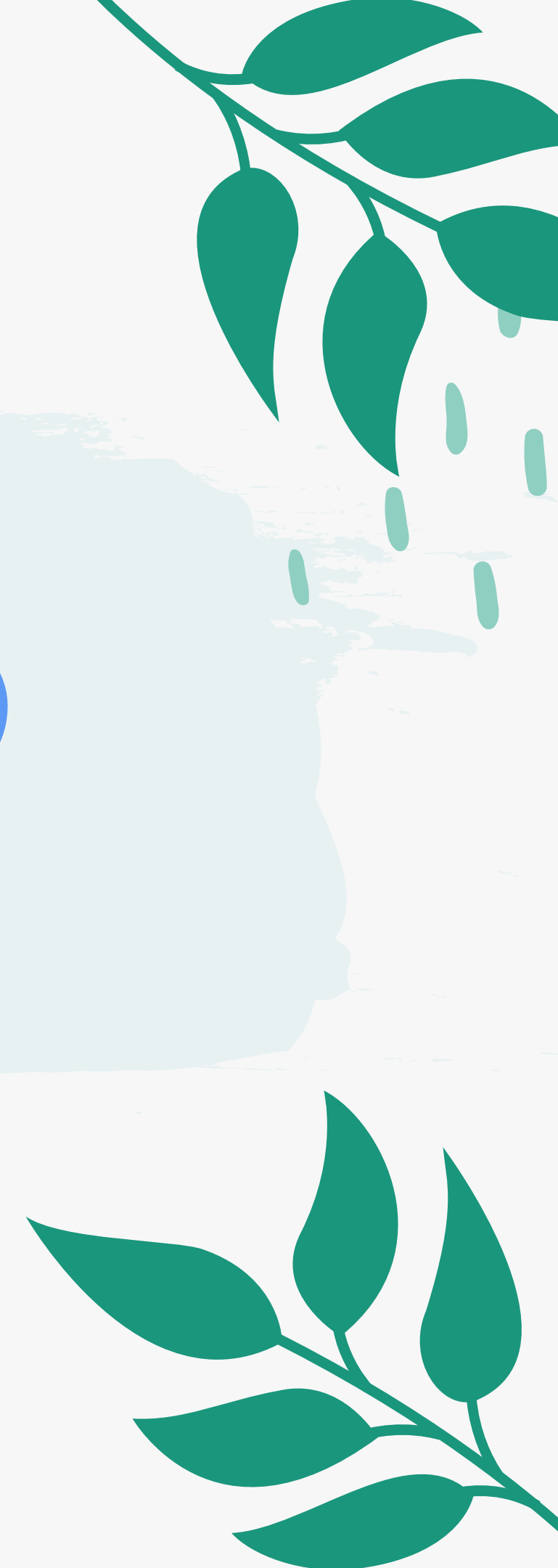


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THE HOW?





MIDLINE CALMING TECHNIQUES

Crossing the midline requires the right and left hemispheres of the brain to communicate across a thick band of nerve fibers called the corpus callosum.

Activating the corpus callosum makes it stronger, which makes it easier for the brain to process information, perform tasks, manage emotions, and regulate activities such as breathing, speech, and physical activity.

INFINITY KNOT





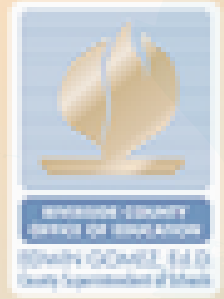
TAP & WIGGLE

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THE TWIST

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FIGURE 8'S

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GROUNDING

Grounding techniques offer a way to redirect the mind from unhelpful thoughts and bring one back to the present moment.

Grounding techniques can vary; they can be physical, activating the five senses, or grounding can be mental, and use the power of imagination.





GROUNDING 5-4-3-2-1

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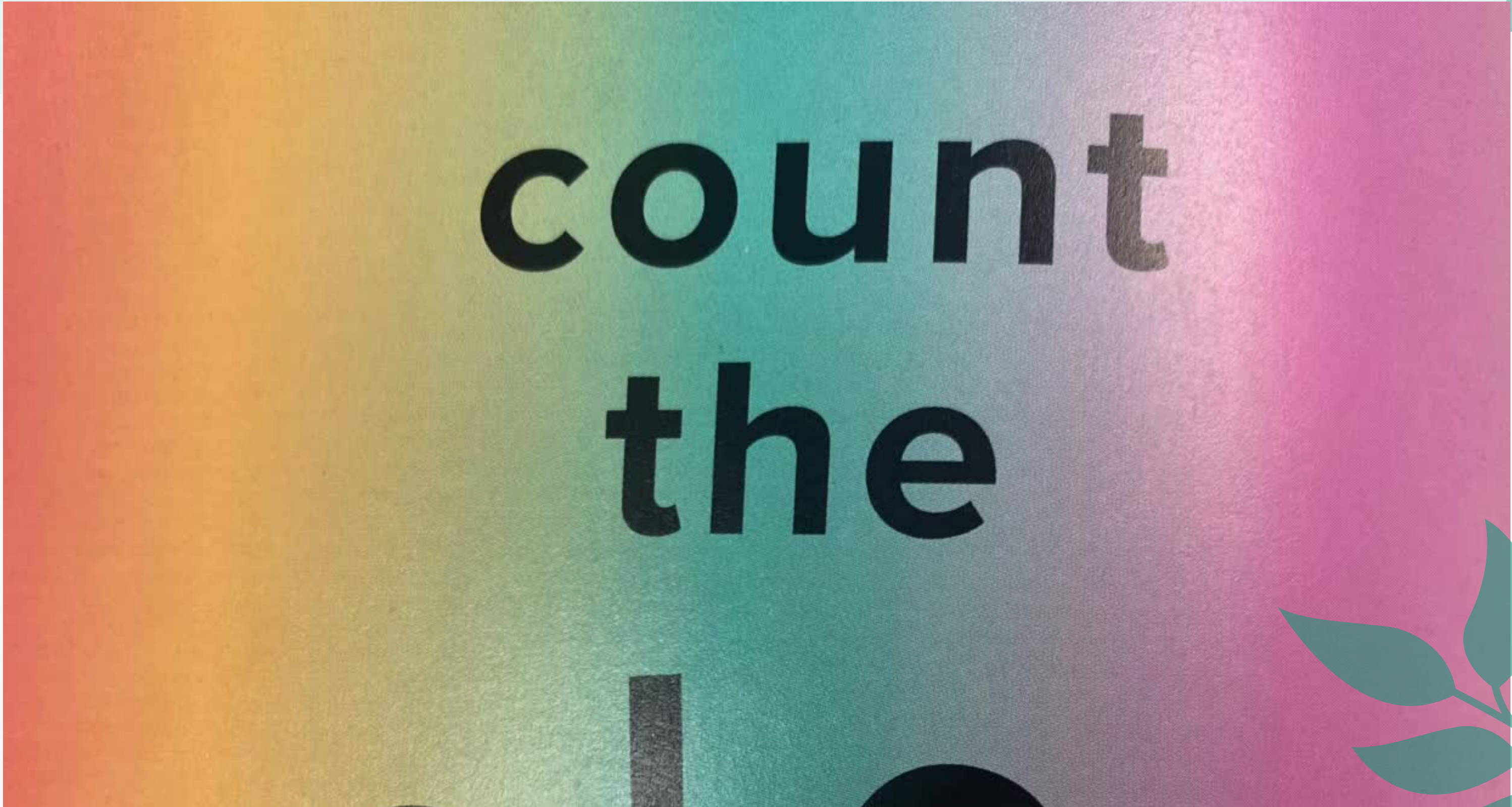
COUNT THE COLORS



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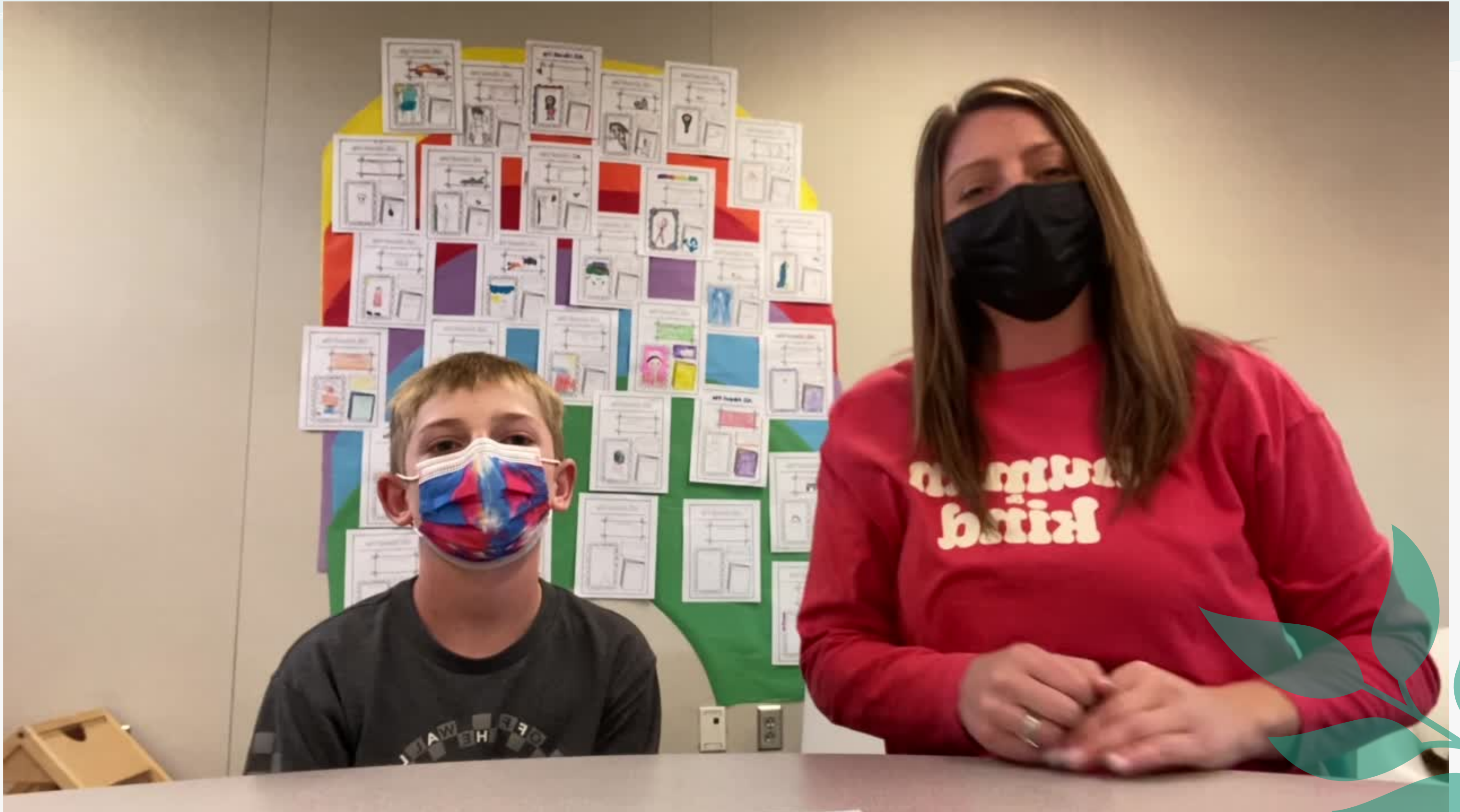
WHAT IS IN OUR CONTROL



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HEART GARDEN





OTHERS TO TRY

- Big Screen Guided Imagery
- Puppy Train Your Brain
- Worry Surfing
- Question It

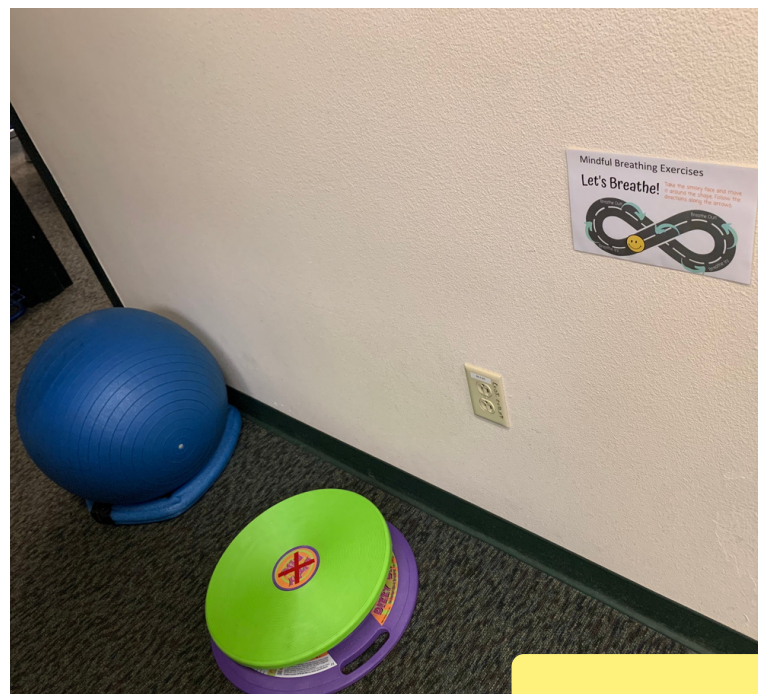
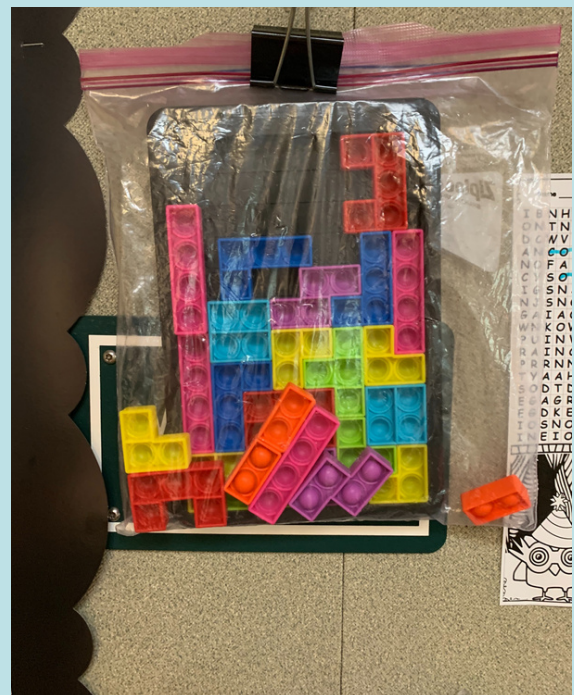
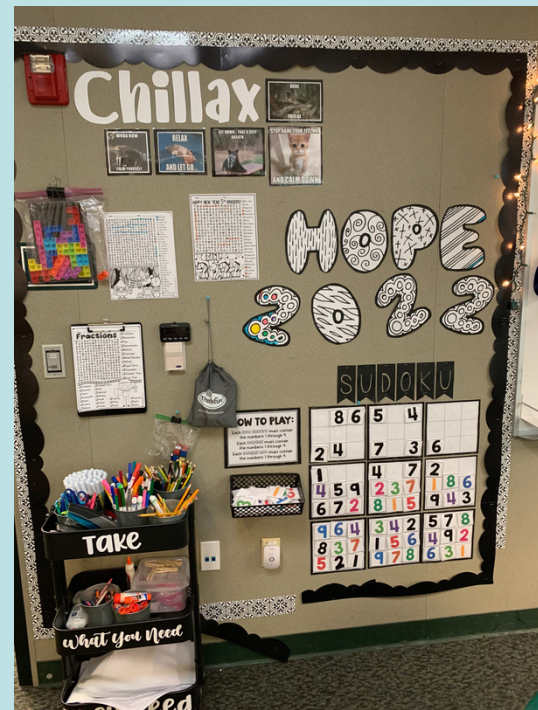




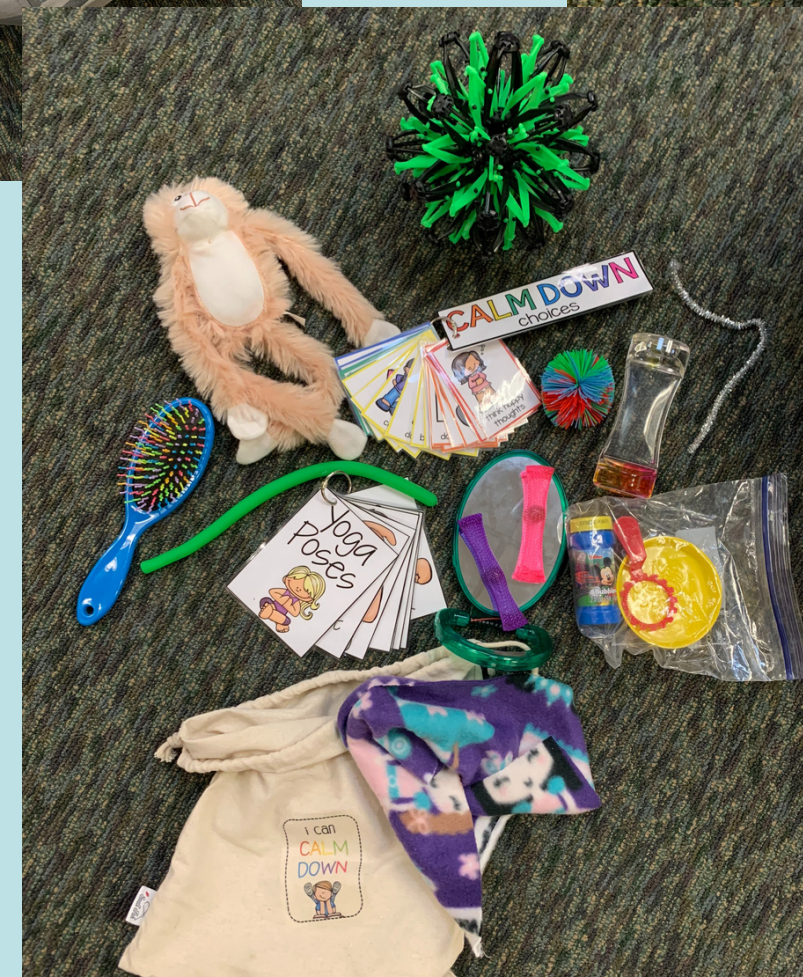
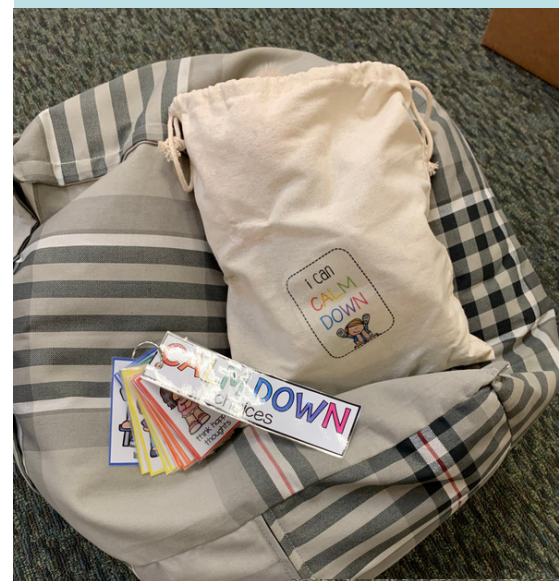
SUPPORTING STAFF & TEACHERS

- Teaching Calming Technique at a Staff Meeting
- Consulting Grade Levels at PLC, grade level concerns
- Making Calm Kits for each grade level
- Student Study Team suggestions for Calming Tools
- Monthly fieldtrip to the Occupational Therapy room
- Sensory Pathways painted on campus





**Classroom
Calm Spaces**



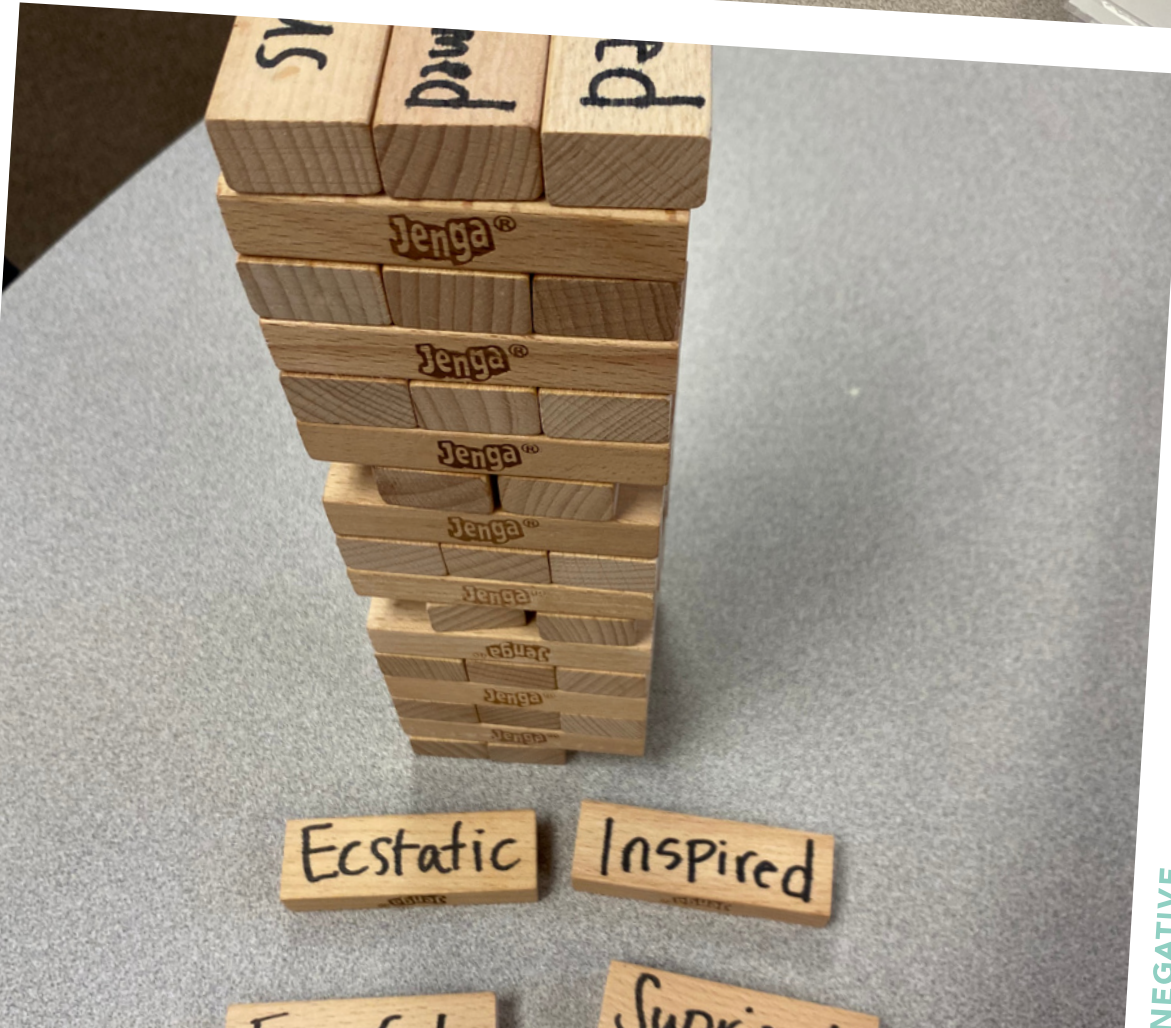
Calming Kit



13

13 A

FILM NEGATIVE



14

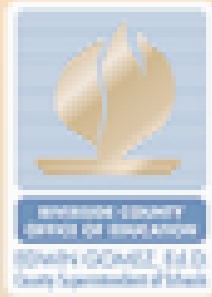
14 A

NEGATIVE

- Activity Guide
- Staff Grid
- Emotion Jenga
- Coloring
- Conversation Cubes
- Note Pads
- Cards
- Journal Prompts
- Infinity Knots
- Mandalas
- Mindful Games



CRISIS KIT



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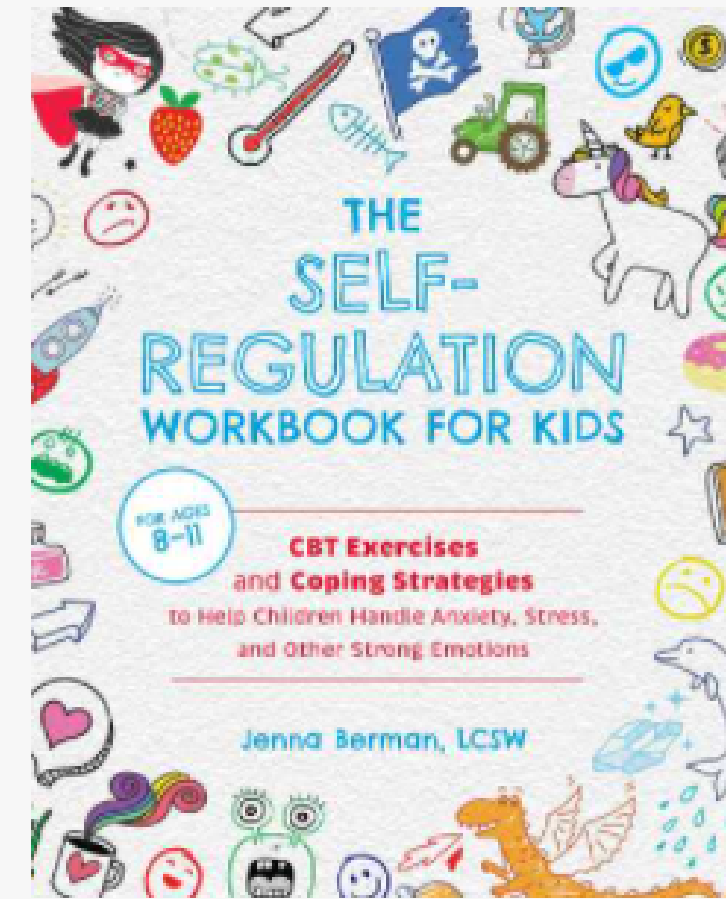
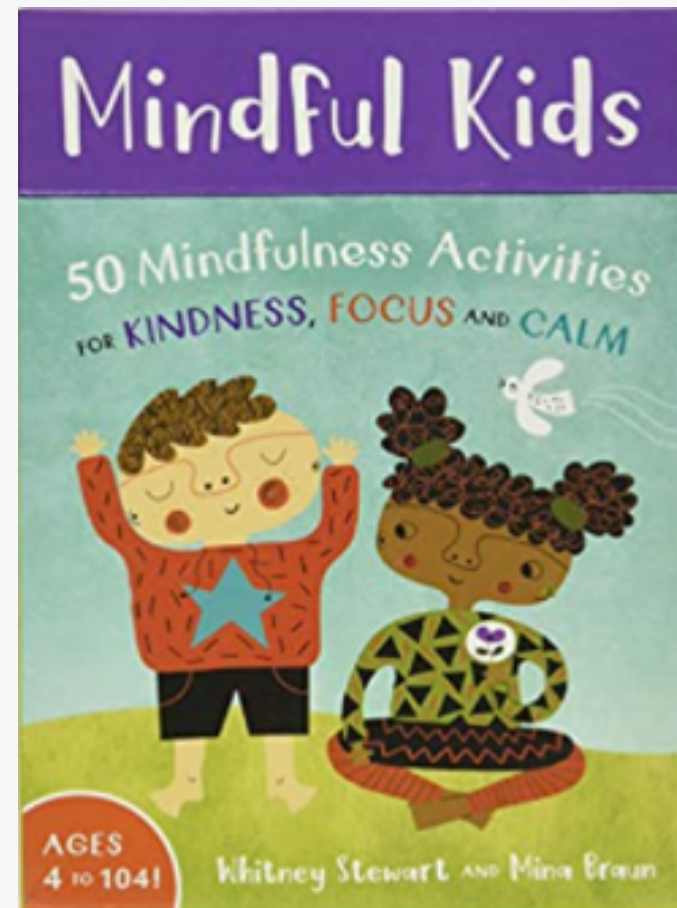
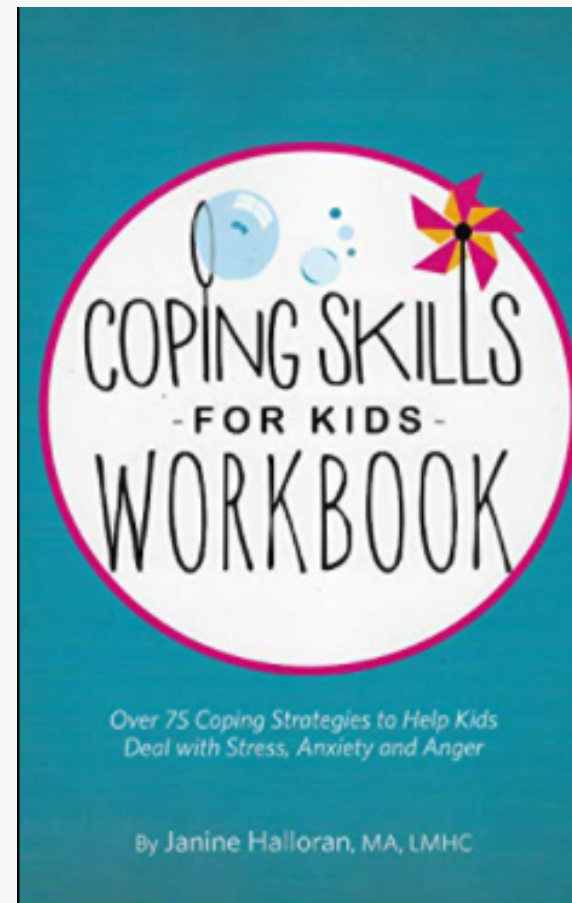
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QUESTIONS?



RESOURCES



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Thank you