

This lesson did not have a powerpoint presentation. Counselors introduced stress & coping skills and then had students engage in different stations to practice coping strategies.

- Station 1: Mindful Coloring & Mazes
- Station 2: Building with Legos
- Station 3: 5-4-3-2-1 calm down exercise
- Station 4: Positive Affirmations & Gratitude Lists
- Whole Group Closure: Growth Mindset Bingo