

# COUNSELING

## COOL DOWNS

Help students reset at the end of a counseling session and practice calming strategies.

### Palm Tree Pose

Stand tall with your feet together, arms hanging down at your side. You will let your body be a palm tree on a calm beach. Your feet are deep roots; your body is like a strong trunk. An ocean breeze comes along, and you sway back and forth.

COOL DOWN



# About This Resource

Counseling cool downs are quick strategies students can use to practice self-regulation and reset before they return to class.

## What's Included

27 cool down prompt cards  
Color and black line  
Scripts for certain cards

### Muscle Relaxation

Sometimes we carry a lot of tension in our muscles. We can practice letting it go.

(script included)

COOL DOWN

# Cool Down Strategies

Calming strategies help students settle their bodies and their minds.



## Heart Press

Do ten jumping jacks to get your heart rate up.

## Deep Breaths

Take a second to relax your body. Put your hand on your stomach. Take a deep breath through your nose. Hold it for 2, 1. Slowly breathe out through your mouth.

## Grounding

What are five things you can see? What are four things you can touch? What are three things you can hear? What are two things you can taste? What is one thing you can smell?

calming

COOL DOWN

COOL DOWN

# Cool Down Strategies

Movement-based strategies are a great way to show students easy to use self-regulation strategies.



## Chair Twists

Sit tall in your chair with your feet facing forward

## Wiggle It Out

Wiggle your right arm for 5, 4, 3, 2, 1. Wiggle your left arm for 5, 4, 3, 2, 1. Wiggle your right leg for 5, 4, 3, 2, 1. Wiggle your left leg for 5, 4, 3, 2, 1. Then do the same for 4 seconds, 3 seconds, and so on.

COOL DOWN

## Gentle Stretch

Stand up, reach your arms high towards the sky, and gently bend from side to side. This simple stretching exercise helps release your body.

COOL DOWN

movement

# Cool Down Strategies

Cognitive strategies can help students take a moment to stop and reflect.



## Positive Affirmation

Pick a positive affirmation and repeat it

yourself 5 times

## Gratitude Circle

Take a moment and think of one thing you are grateful for today. It can be big or small.

## Positive Notes

Write a positive note for yourself with encouraging words that you can open anytime when you need a boost.

thinking

COOL DOWN

COOL DOWN

# Cool Down Strategies



Some strategies can help a student put negative feelings to the side and focus on the now.

## Happy Thoughts

Close your eyes and

## Mindful Moment

Sit with your body relaxed. Close your eyes. Breathe in and out. Pay attention to that breath. Let your thoughts and feelings float by. Keep your focus on your breathing.

COOL DOWN

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## Slow Count

Count to 10 and then count backwards super slow.

distraction

DOW

COOL DOWN

# Scripts Provided

## Cool Down Scripts

### Muscle Relaxation Script - Forest

Begin by finding a quiet and comfortable place to sit. If it feels good, close your eyes. Take a moment to breathe in, then breathe out.

Picture yourself standing at the edge of a beautiful, tranquil forest. The sun shines brightly overhead, casting playful shadows beneath the leafy trees. With every breath you take, you can smell the earthy scent of the forest and feel calm and peaceful.

Now, imagine you are like a tree in this forest. Your feet and legs are like the roots, strong and grounded, connecting you to the earth. Feel any tension in your feet and legs draining away into the ground, just like water nourishing the roots of a tree. They feel relaxed yet strong.

Moving up to your stomach and chest, imagine they are like a smooth, clear lake in the middle of the forest, reflecting the sky and the trees. Each breath you take is like a gentle breeze over the lake, smoothing out any ripples of tension. Your stomach and chest are still and calm.

Imagine your arms and hands as soft, gentle leaves rustling in the wind. With each breath, feel any tension in your arms and hands fluttering away like leaves falling from the branches. They feel light and free.

...e top of the tree, reaching for the bright blue sky. Your  
and free as the topmost leaves gently sway in the

...forest. Take a moment to breathe, to feel the  
...ngers, bringing gentle movement  
...alm and relaxation with you, and  
...e.

muscle  
relaxation

## Cool Down Scripts

### Cat-Cow Stretch

Cat-Cow is a simple stretching exercise to help you release tension and feel calm. Start on your hands and knees, with your hands under your shoulders and knees under your hips. For the 'cat' pose, arch your back like a scared cat. Bring your belly up and tuck your chin to your chest. Then, for the 'cow' pose, lower your stomach, and lift your head. Keep switching between the cat and cow poses, moving your back up and down, and remember to take deep, slow breaths.

### Guided Visualization - Beach

Close your eyes and take a deep breath. Imagine yourself on a beautiful beach. Feel the warm sand beneath your feet, soft and comforting. Walking along the shore, you can hear the gentle waves rolling in and out, creating a soothing sound. Take a moment to listen to the seagulls overhead, their calls filling the air. Picture the clear blue sky above you, dotted with fluffy white clouds. Feel the sun's warmth on your skin as its gentle rays envelop you with a comforting embrace.

Now, let's explore the beach a little further. Walking closer to the water, you can feel a cool breeze caressing your face, carrying the faint scent of salt in the air. The ocean stretches out before you, its vastness mesmerizing. Watch as the waves crash gently against the shore, creating ripples of foam. Imagine the crystal-clear water shimmering with shades of blue and green. Dip your toes into the water and feel the refreshing coolness.

As you look around, you notice the vibrant life of the beach. Colorful seashells scattered along the sand, delicate crabs scurrying away, and tiny sandpipers darting along the water's edge.

Find a comfortable spot to sit or lie down. Feel the warmth of the sun's rays on your body as you relax. Take a deep breath and let your worries and stress melt away. Stay here for a few moments, enjoying the serenity of the beach.

When you're ready, take a deep breath and open your eyes. Carry that relaxed feeling with you, whenever needed.

guided  
imagery

## Cool Down Scripts

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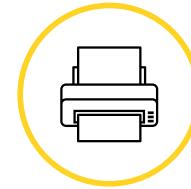
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As you look around, you notice the vibrant life of the beach. Colorful seashells scattered along the sand, delicate crabs scurrying away, and tiny sandpipers darting along the water's edge.

Find a comfortable spot on the sand and lie down. Feel the warmth of the sun's rays on your body as you listen to the peaceful sounds of the ocean. Take a deep breath and let your worries and thoughts drift away with the breeze. Stay here for a few moments, enjoying the serenity of the beach.

When you're ready, slowly open your eyes and bring this calm and relaxed feeling with you, knowing you can return to this peaceful beach in your imagination whenever needed.

# DETAILS



Color and blackline



Scripts included for select exercises



Perfect for individual and group counseling



# Counseling Cool Downs

Cool downs come at the end of your sessions. They are there to help the student reset before going back to class. They are also a perfect opportunity to practice a self-regulation strategy.

These exercises should be something they already know how to do or very easily modeled. It's helpful to break them into the kinds of strategies they are (calming, thinking, moving, distracting).



# SIMPLIFY INDIVIDUAL COUNSELING

Flexible resources you can use to build individualized and effective counseling sessions.

[VIEW RESOURCES](#)



grab the counseling  
building blocks  
bundle and save

# Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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