

STOP, THINK, AND COOL OFF!

Making an artist book with Evie Mantone

An exercise in problem solving. Create a mini book to remind yourself of relaxation strategies you can use to calm yourself down when you are stressed out over something.

The following project was designed to complement the Sanford Harmony's 4th grade SEL lesson, Stop, Think and Cool Off!

online.sanfordharmony.org/lessons/sfwd-grades-Grade-4-Unit-4-Problem-Solving-42-Stop-Think-and-Cool-Off/

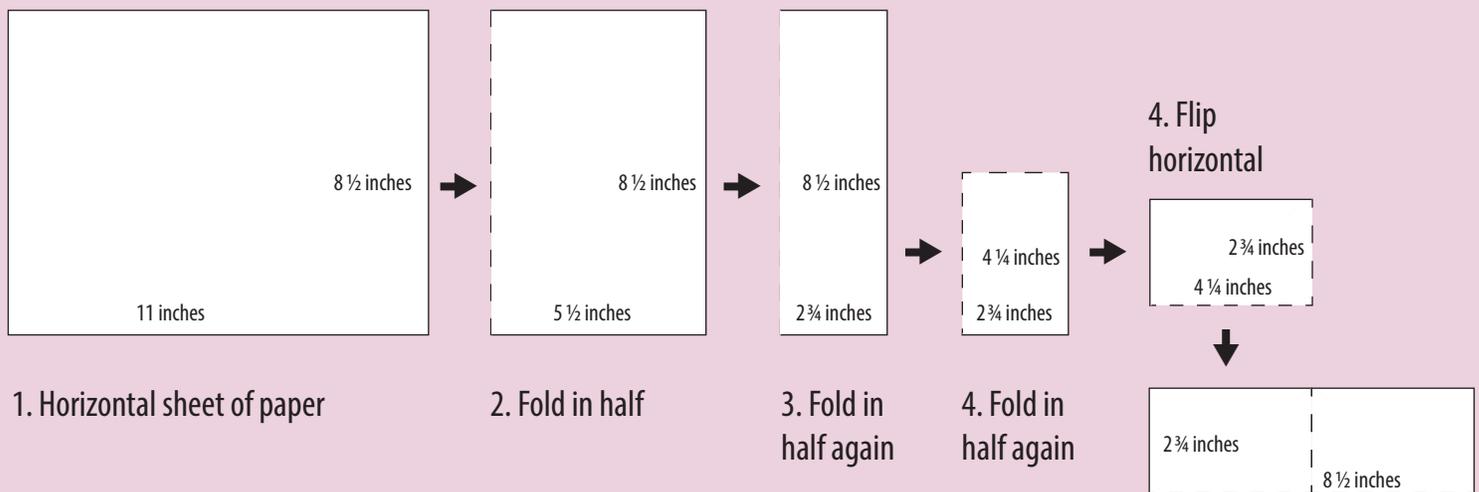
WHAT YOU'LL NEED

- paper
- pencil or pen
- crayons, colored pencils, or markers
- yarn or string



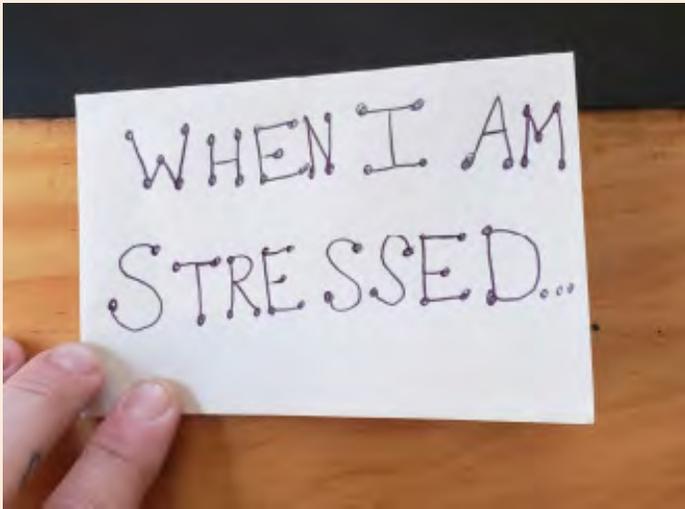
Step 1: Create your book.

Holding a sheet of paper horizontally, fold it in half, then half, then half again. Dashed line indicates folds.



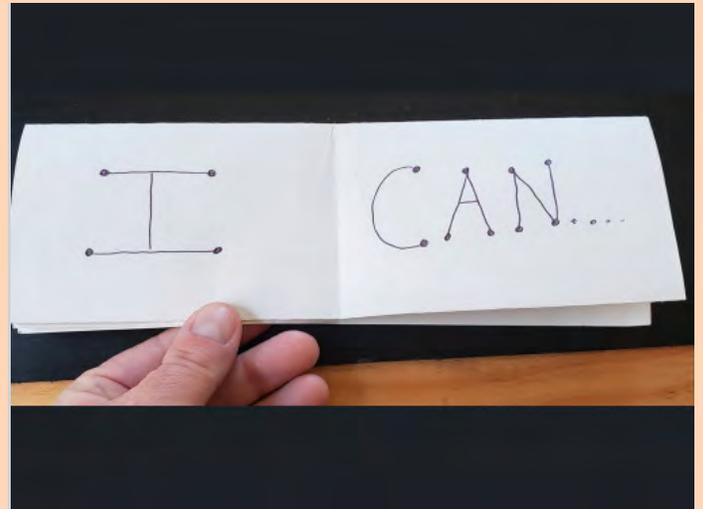
**Step 2: On the front write
WHEN I AM STRESSED...**

Color or decorate any way you would like.



**Step 3: Open the next fold and write:
I CAN...**

Color or decorate any way you would like.



**Step 4: Open the next fold and write:
STOP, THINK, AND COOL OFF!**

Color or decorate any way you would like.

**Step 5: Unfold your paper all the way and
turn it over**

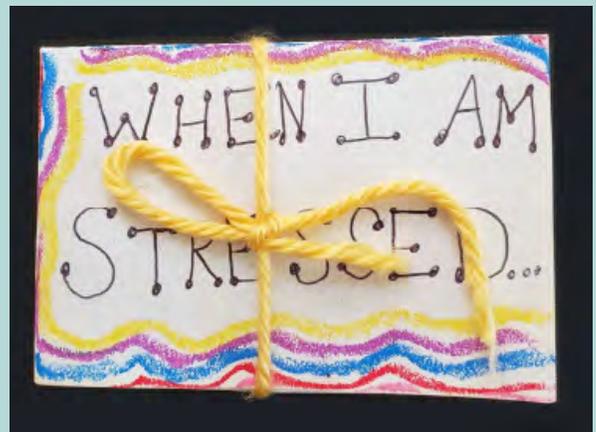
Think of eight different ways you can calm your body and mind and relieve stress and fill in each square using sentences and illustrations.

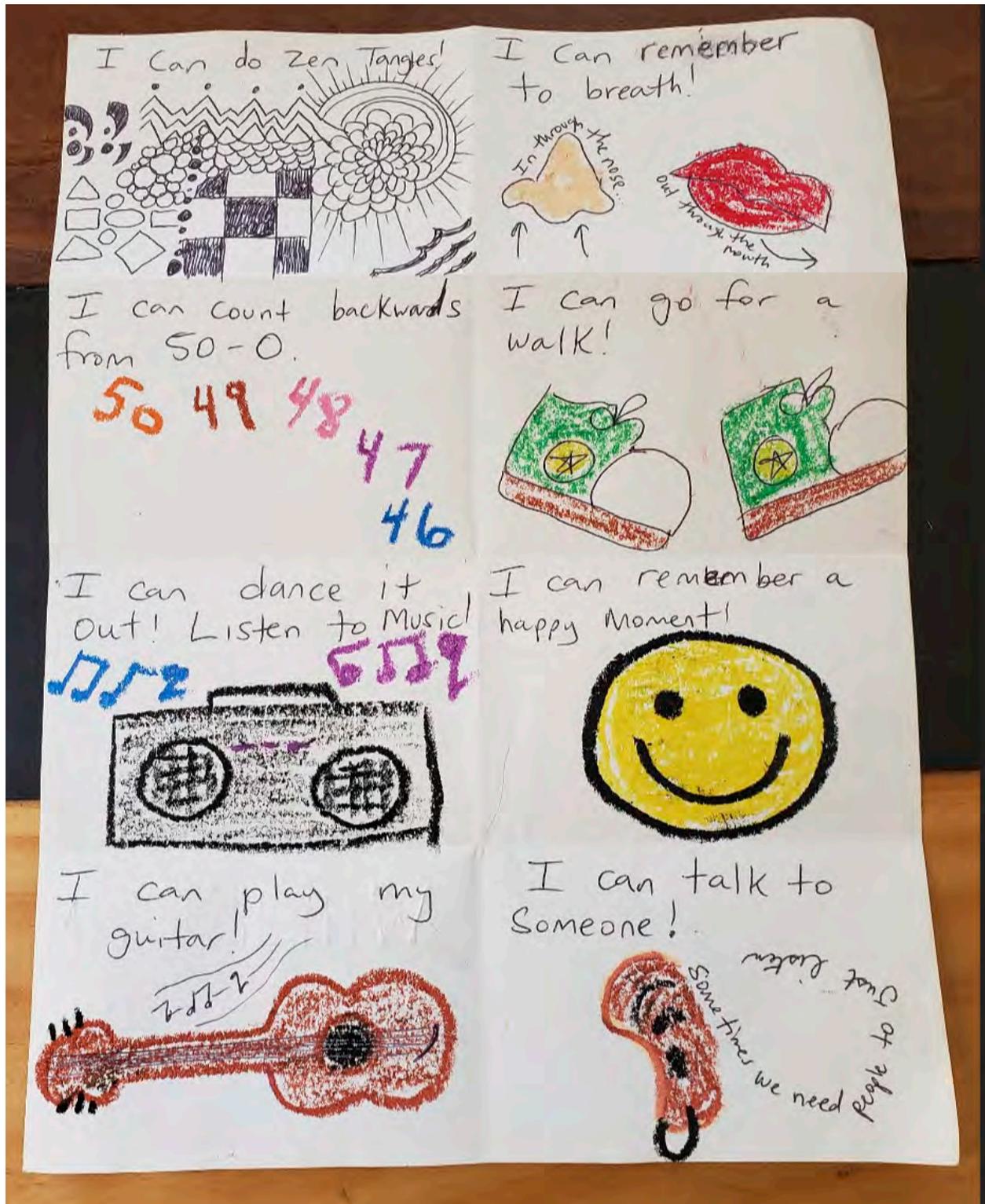
Go to the next page to see the example I made!

**Step 6: To bind the book, fold it back
up and tie a string or ribbon around it.**

You can decorate the back cover too.

Look at it when you need to! !





Relaxation strategies can help us manage stress. Name three situations which were stressful for you. How did the stress make you feel physically? Did you say or do anything when you were stressed out that you wish you could take back? How might you use one of the “cooling off” strategies from your mini book to calm yourself down in the next stressful situation?