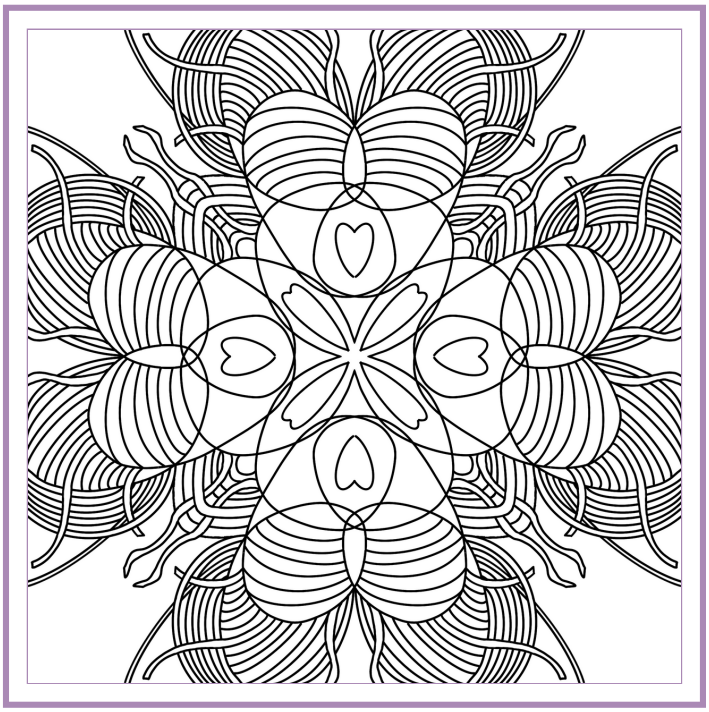
SENSORY™ solutions

MANDALA coloring pages

for Emotion Regulation



© Jessica Sinarski, 2024

tips for use

ASCA standards:
- M 1
- B-SMS 7

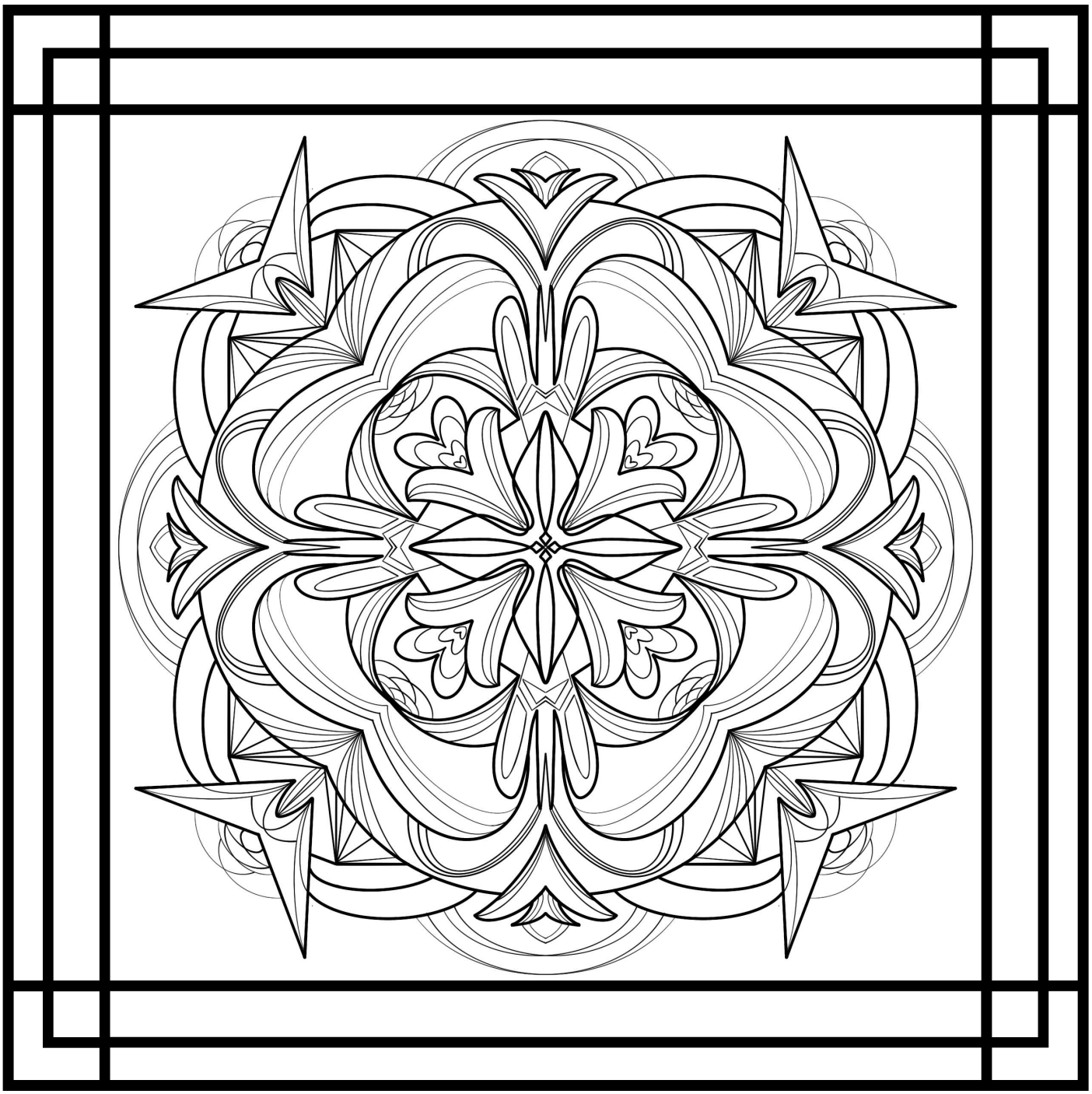
These mandalas offer students a gentle way to engage with their feelings and improve emotion regulation.

- Keep a copy in your calming corner.
- Start test days by allowing students to choose a page with a helpful reminder.
- Use selected pages during a mindful moment.
- Pay attention to feelings before and after coloring a page. Discuss or share what you learned.

SENSORY solutions™

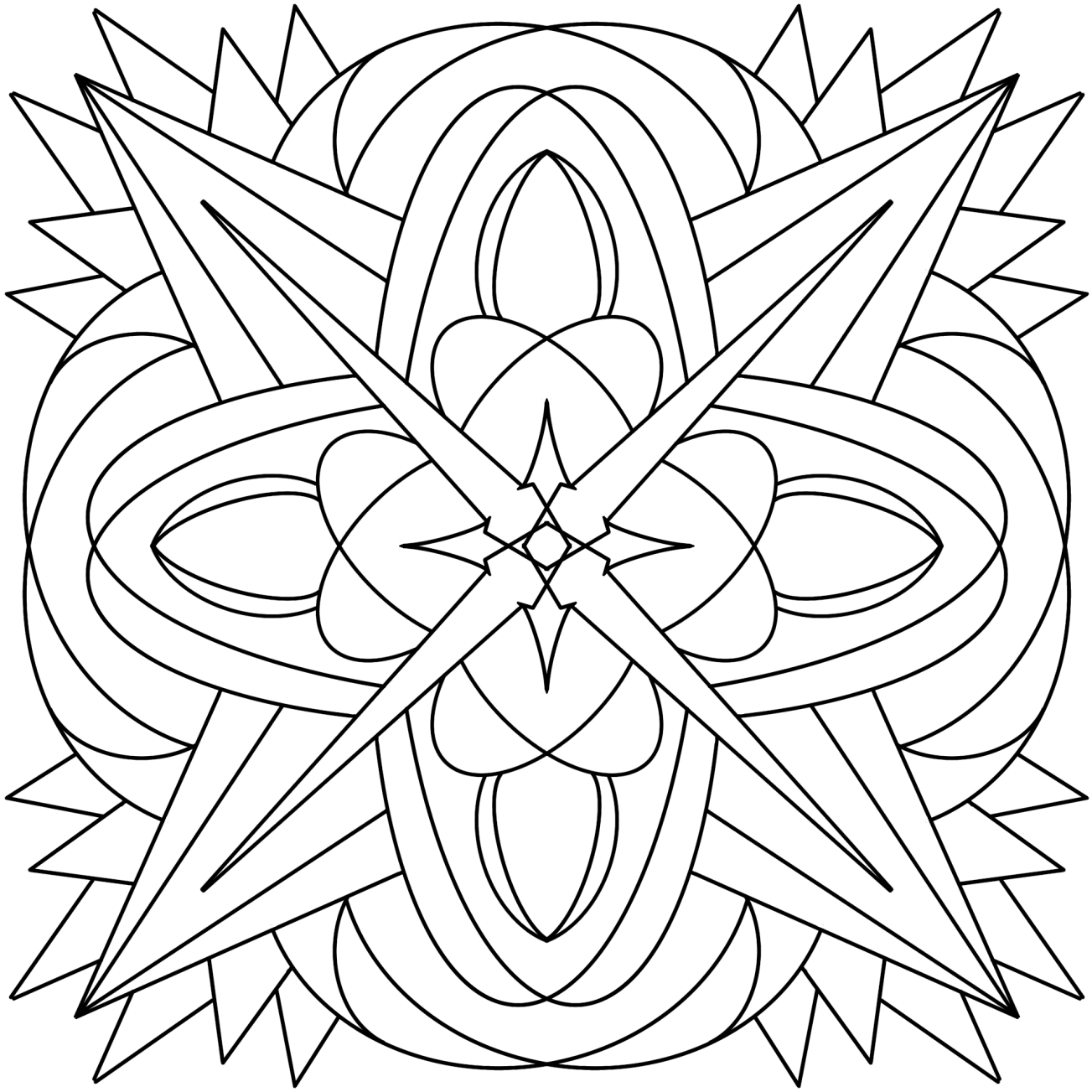
© Jessica Sinarski, 2024

I AM STRONG & COURAGEOUS!



© Jessica Sinarski, 2024. All rights reserved.

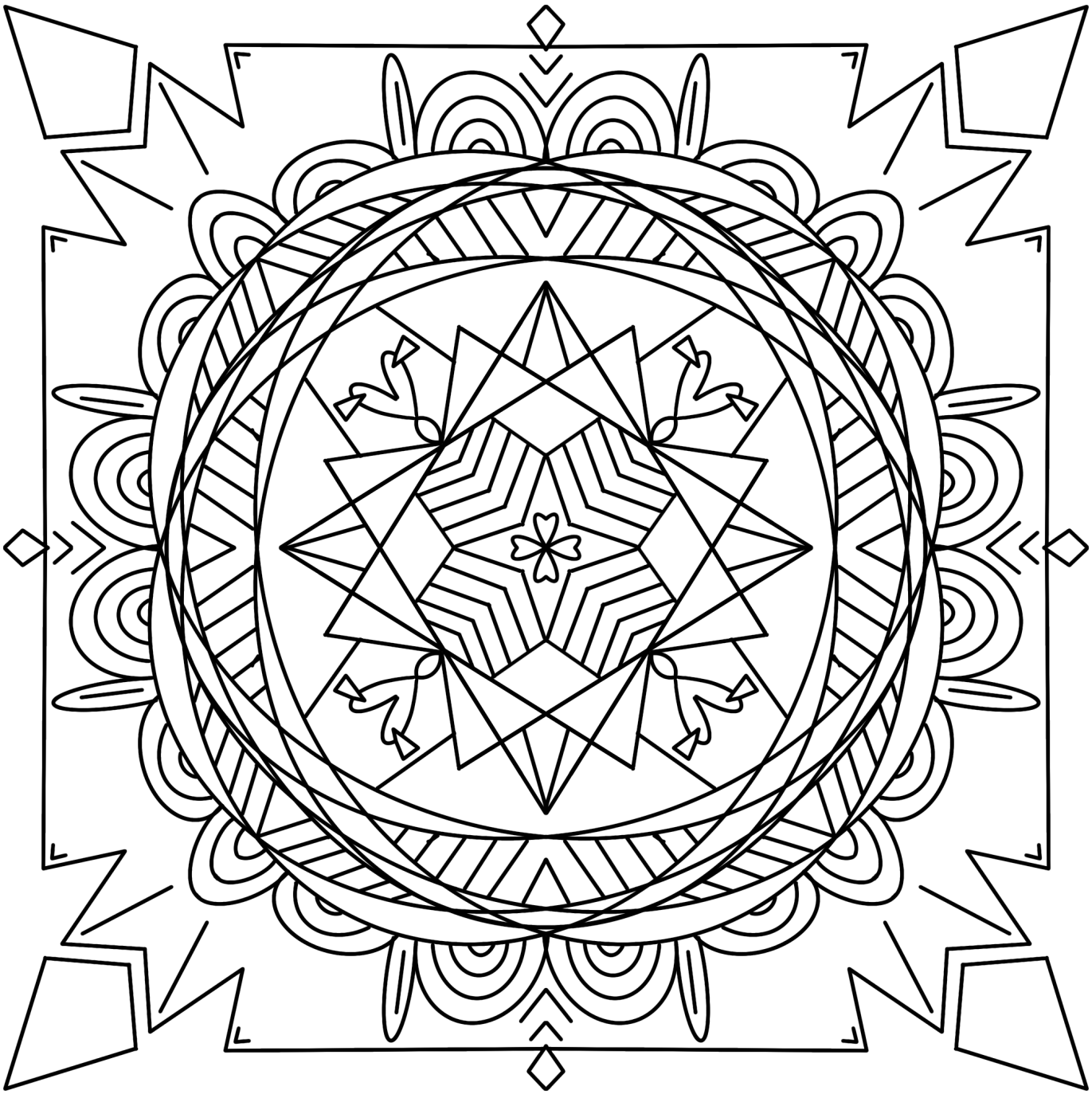
I feel frustrated AND



I can do hard things.

© Jessica Sinarski, 2024. All rights reserved.

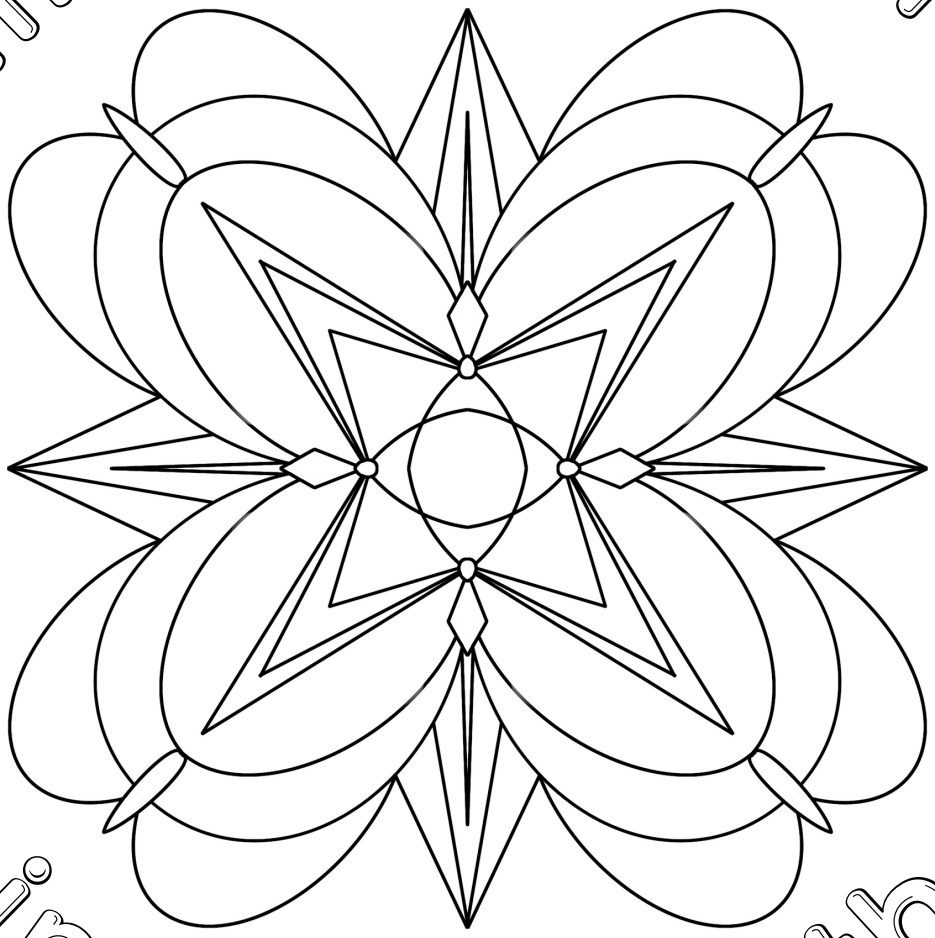
I can break this problem into smaller parts.



© Jessica Sinarski, 2024. All rights reserved.

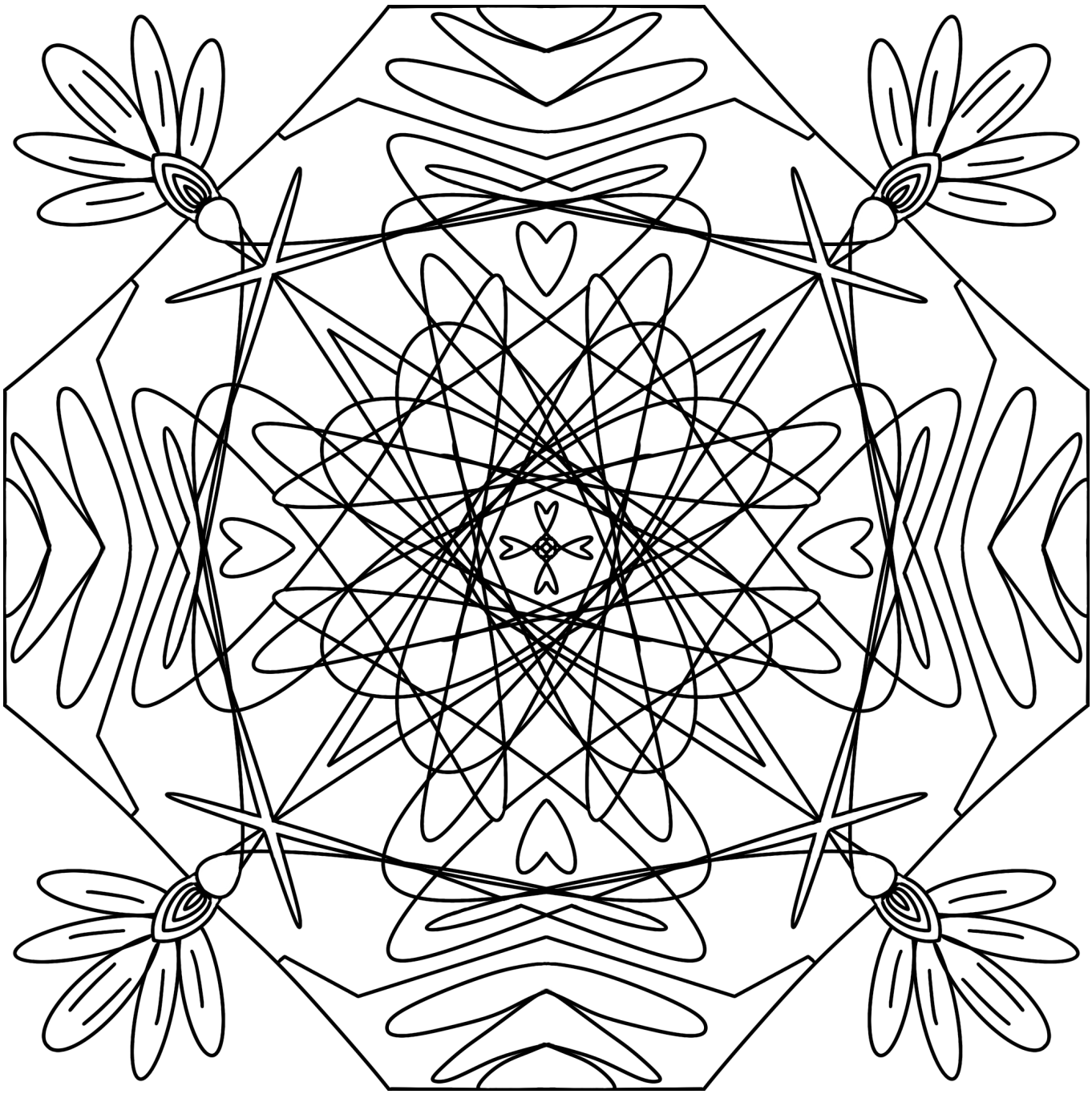
I feel worried

I will imagine with hope I will imagine with hope



© Jessica Sinarski, 2024. All rights reserved.

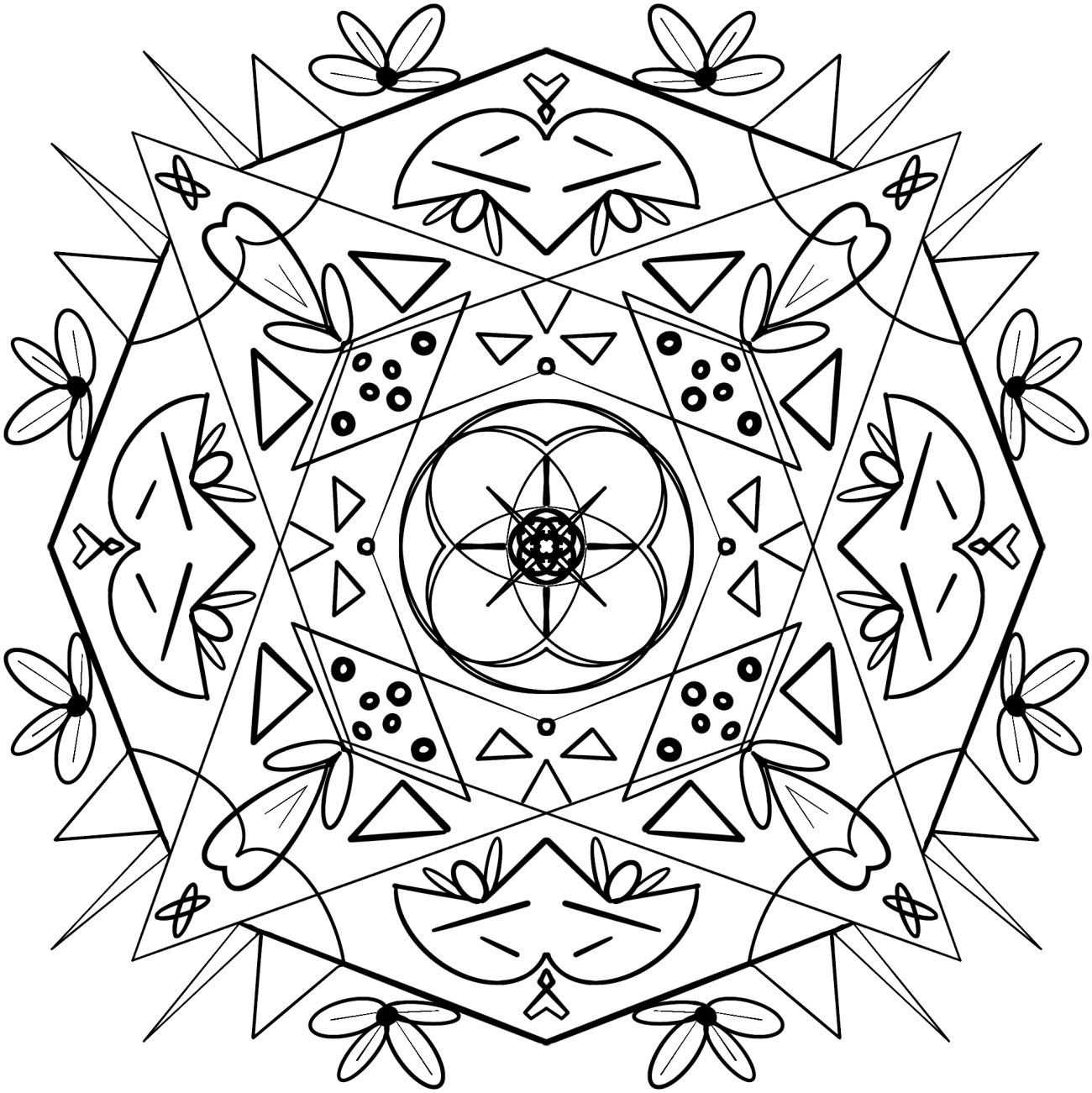
I feel overwhelmed



and I am okay.

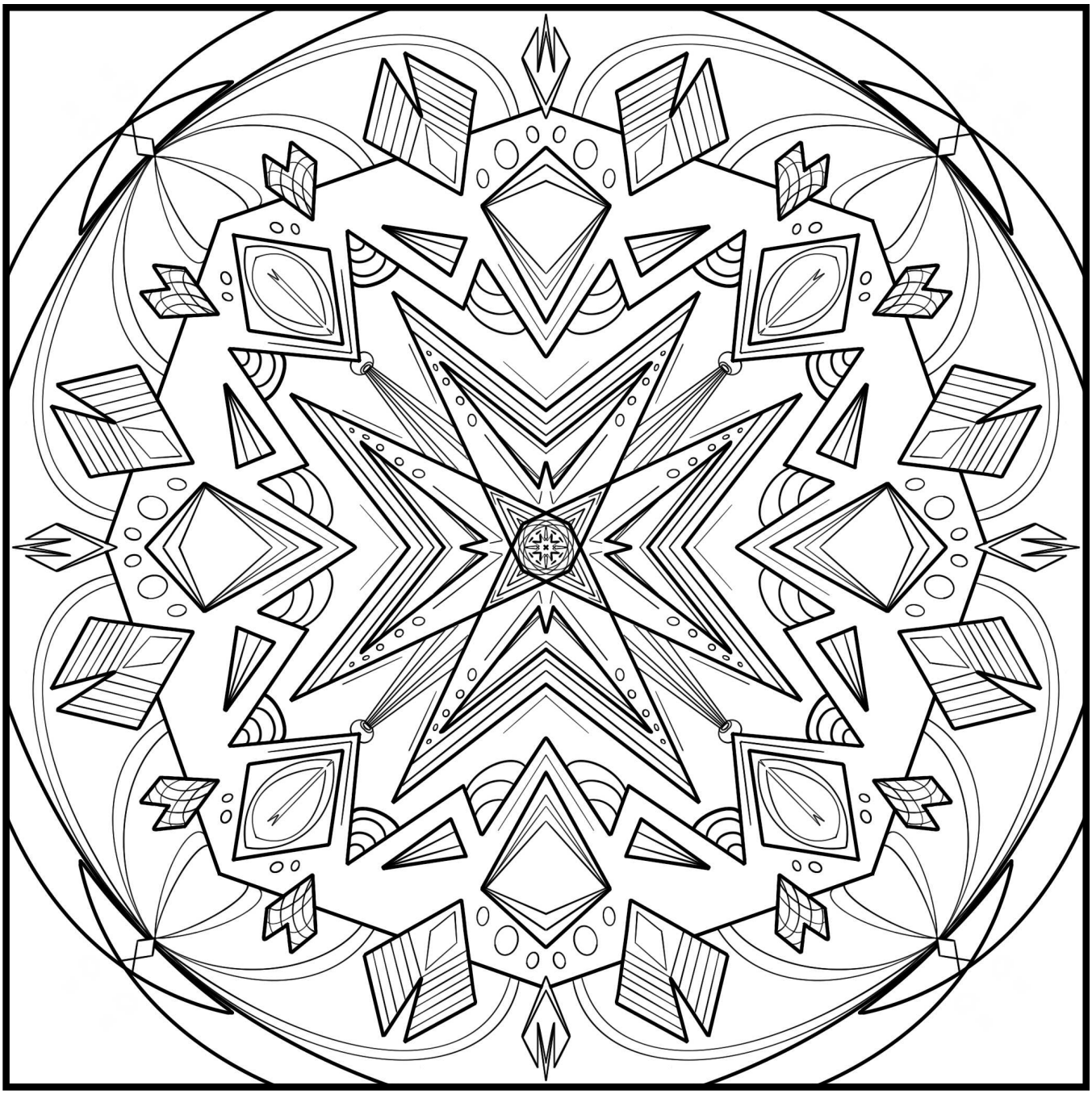
© Jessica Sinarski, 2024. All rights reserved.

I CAN LEARN FROM MY MISTAKES.



© Jessica Sinarski, 2024. All rights reserved.

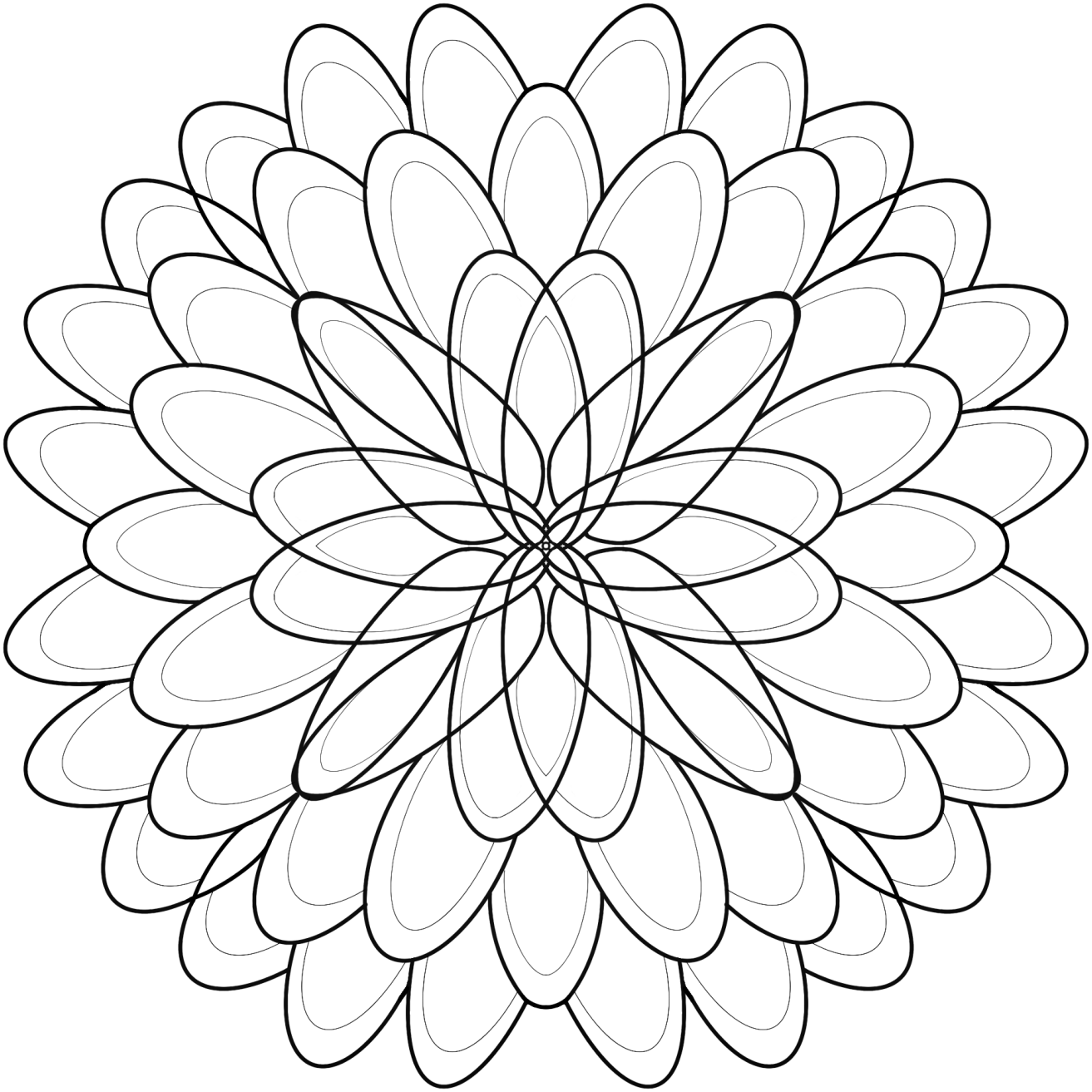
This feeling is uncomfortable.



I am safe.

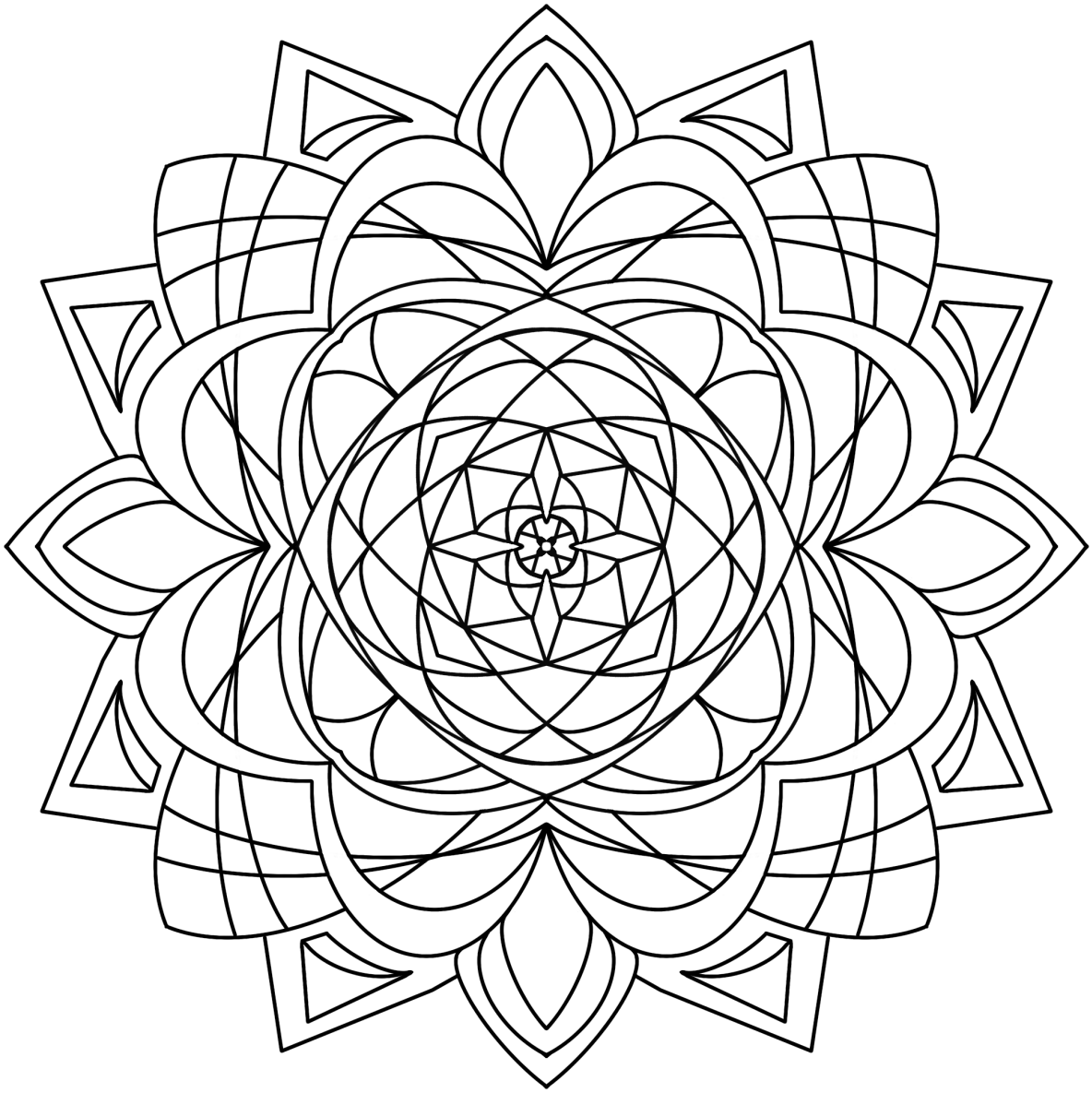
© Jessica Sinarski, 2024. All rights reserved.

What's underneath this feeling?



© Jessica Sinarski, 2024. All rights reserved.

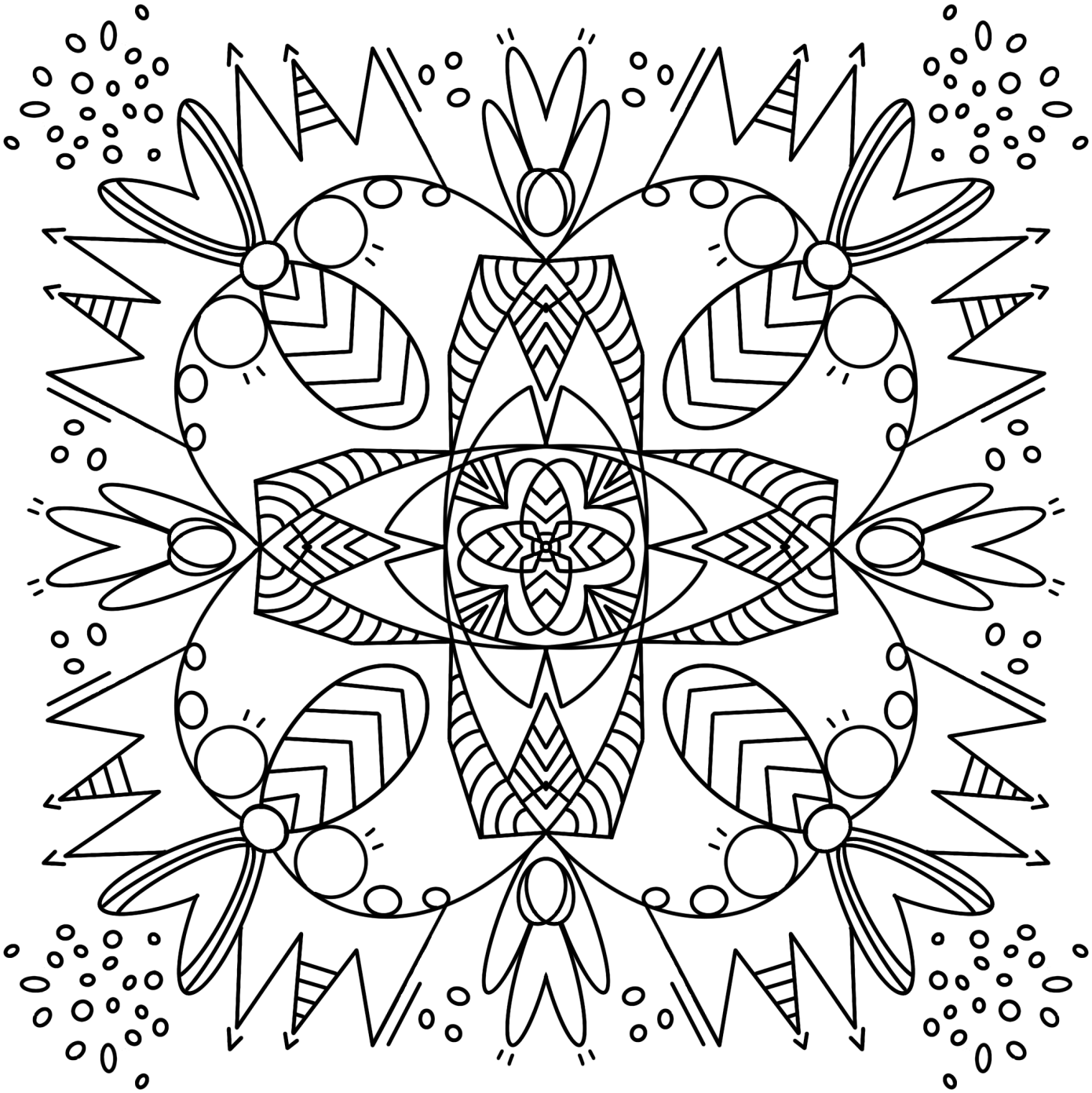
I FEEL HURT.



I CAN SPEAK UP AND WORK IT OUT.

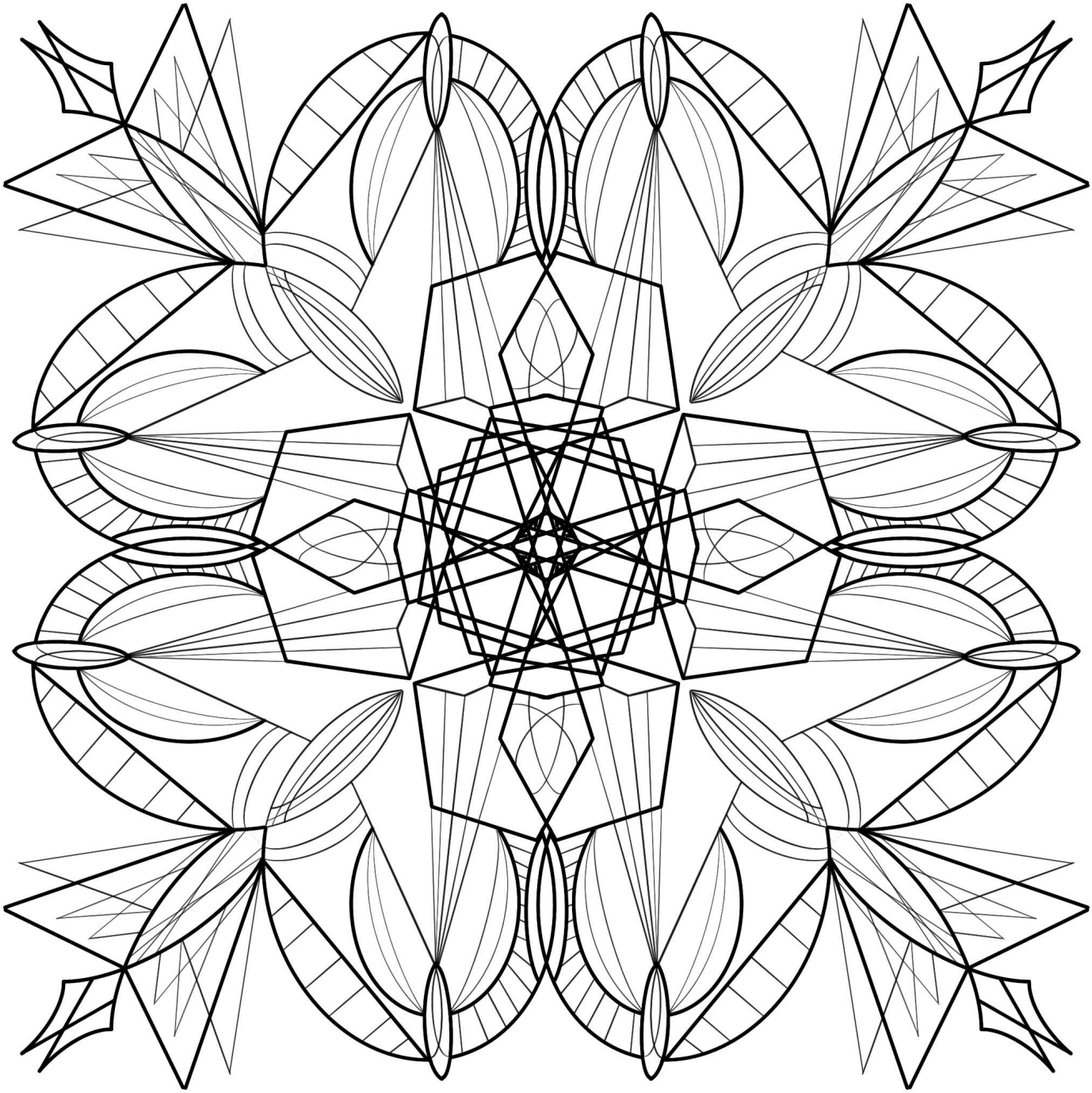
© Jessica Sinarski, 2024. All rights reserved.

FALSE ALARM!



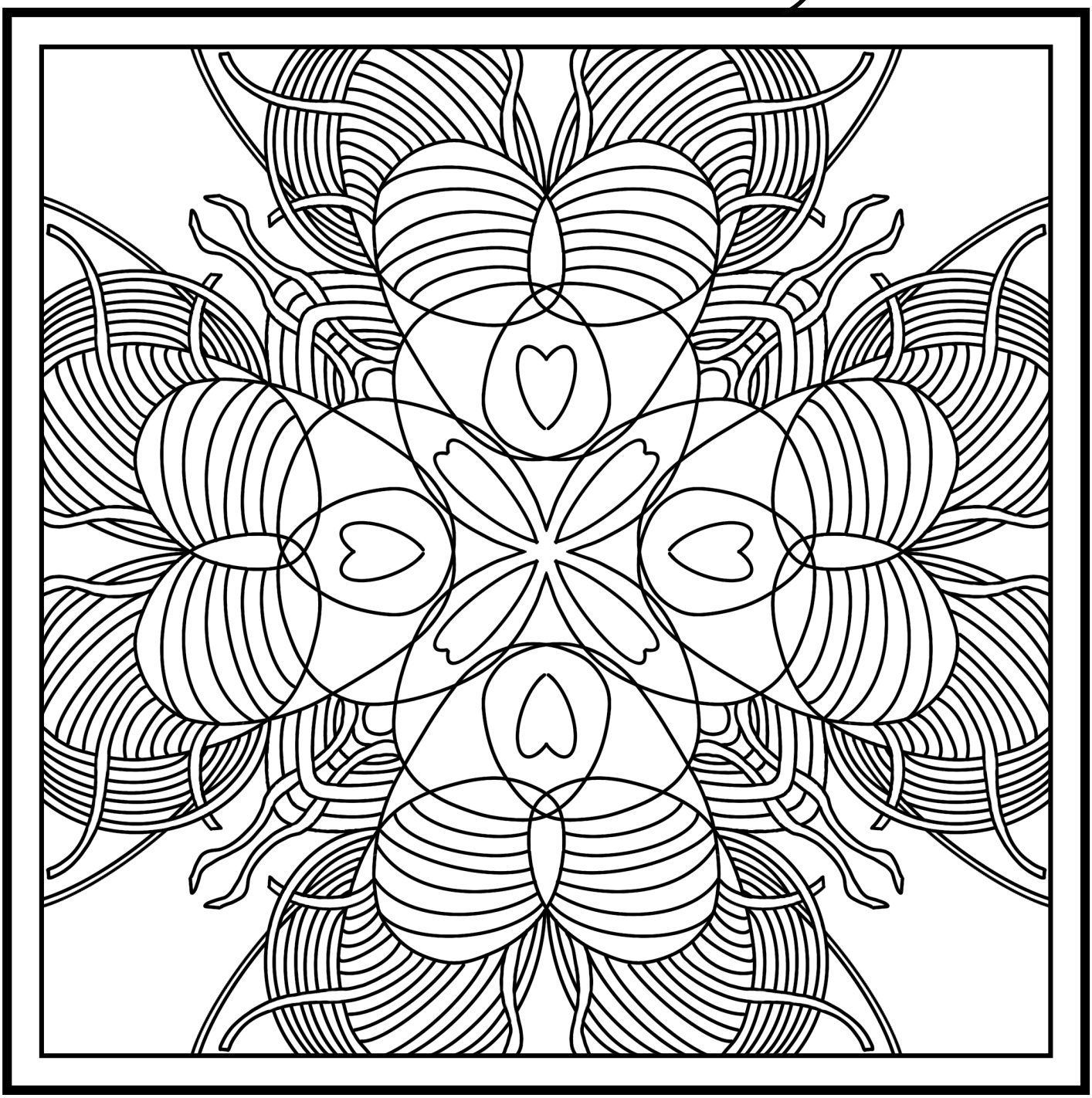
© Jessica Sinarski, 2024. All rights reserved.

I will face this challenge like a BOSS!



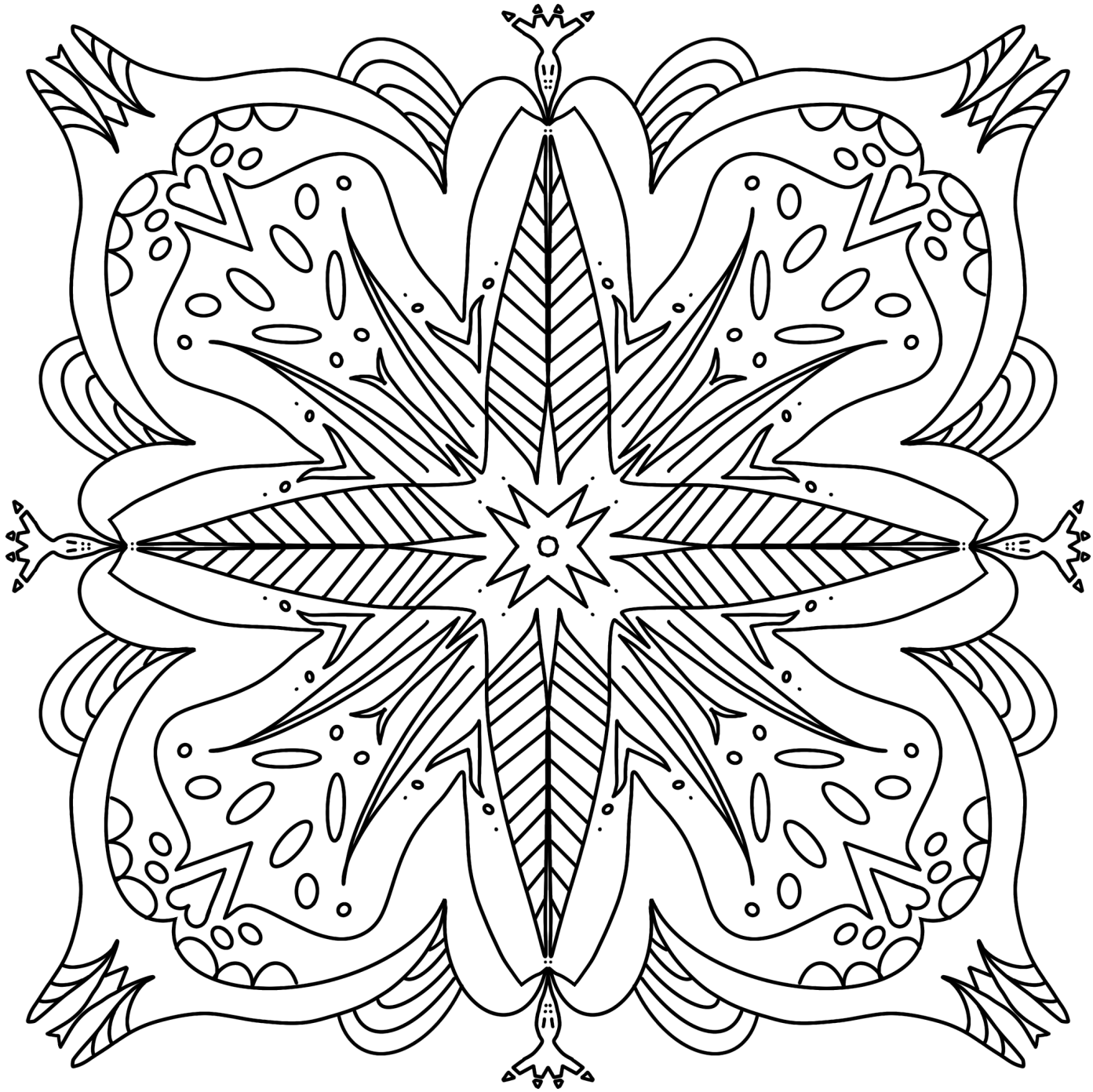
© Jessica Sinarski, 2024. All rights reserved.

I AM LOVED



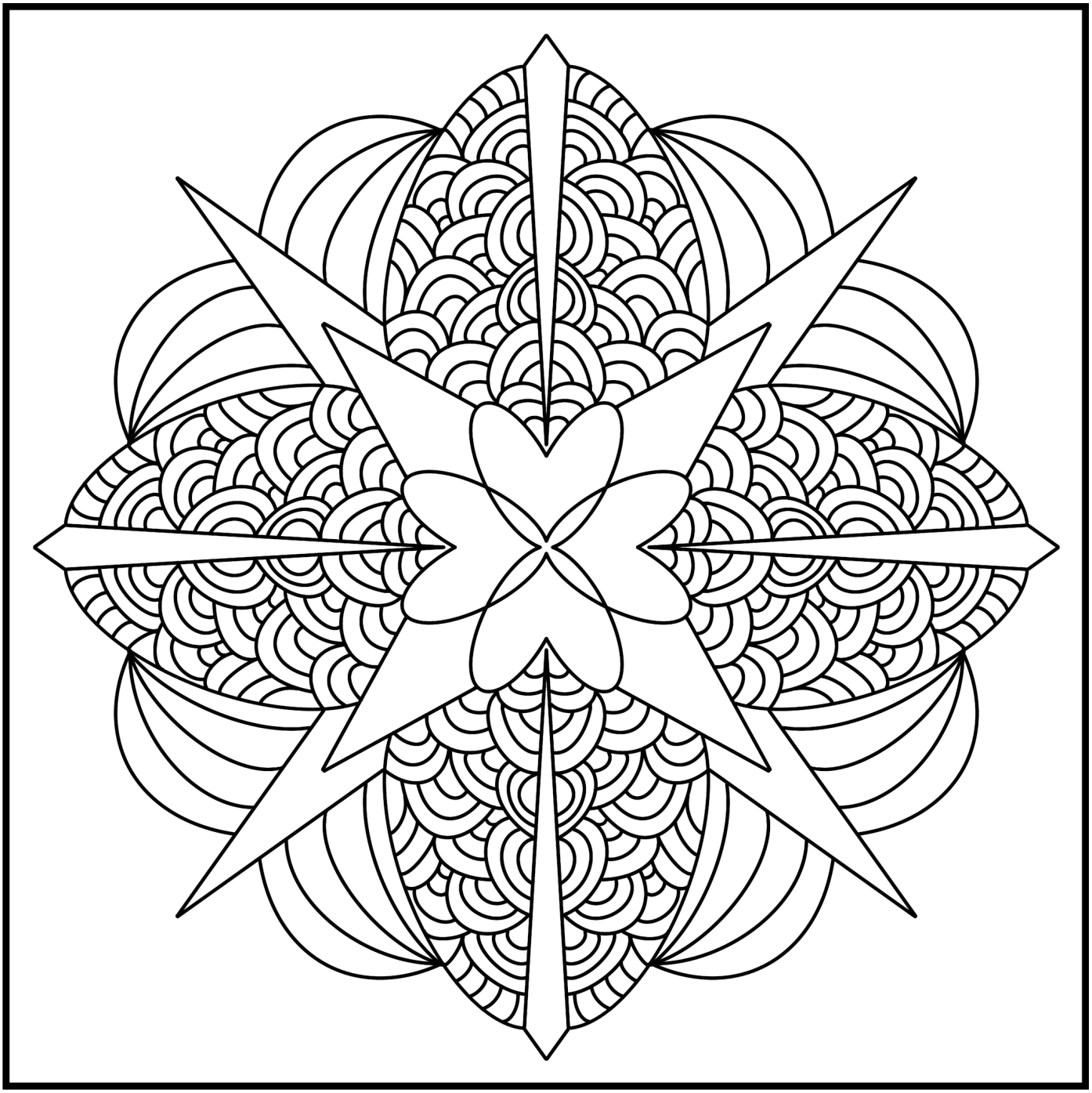
© Jessica Sinarski, 2024. All rights reserved.

I can do hard things.



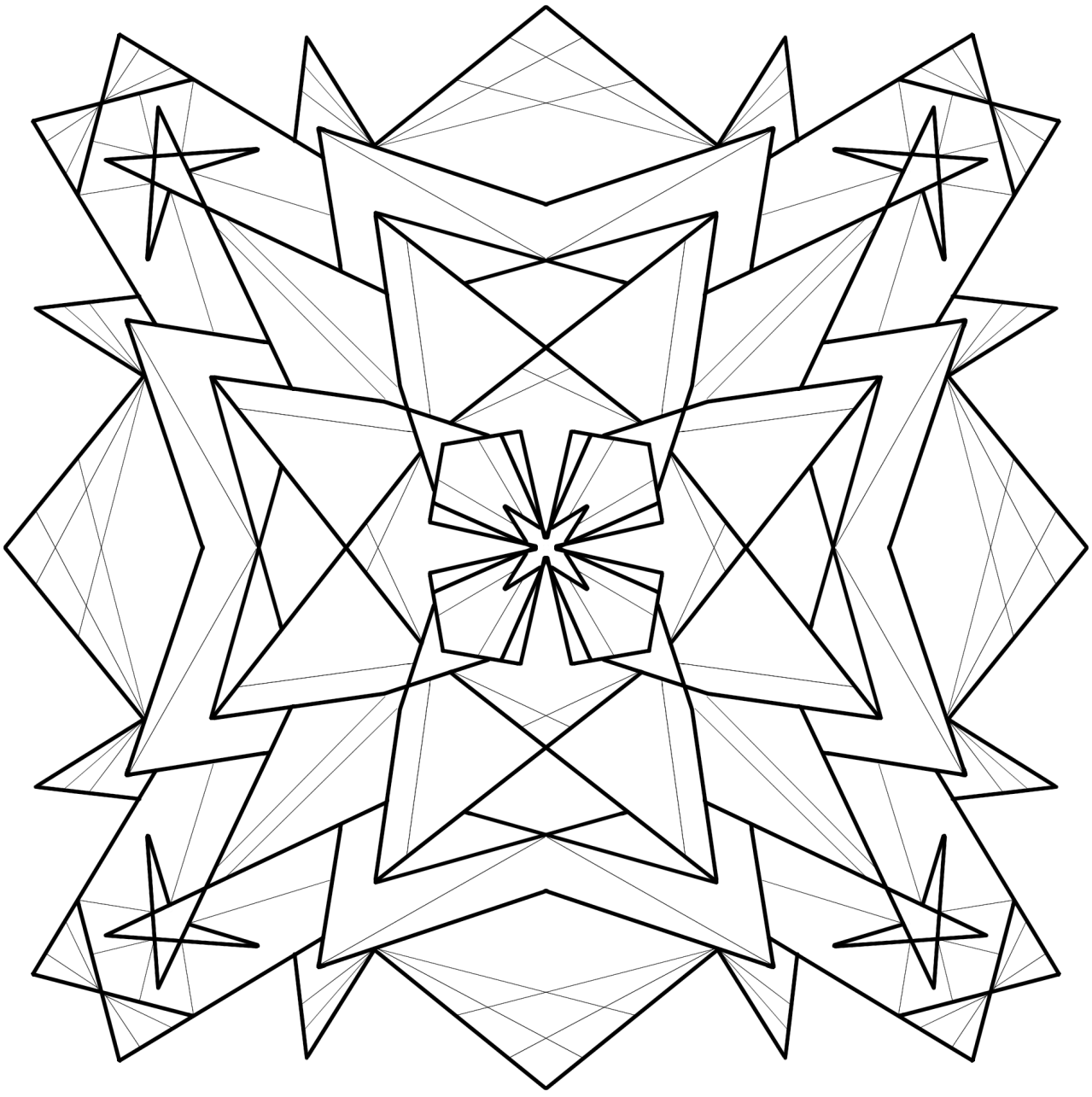
© Jessica Sinarski, 2024. All rights reserved.

I am the boss of my brain!



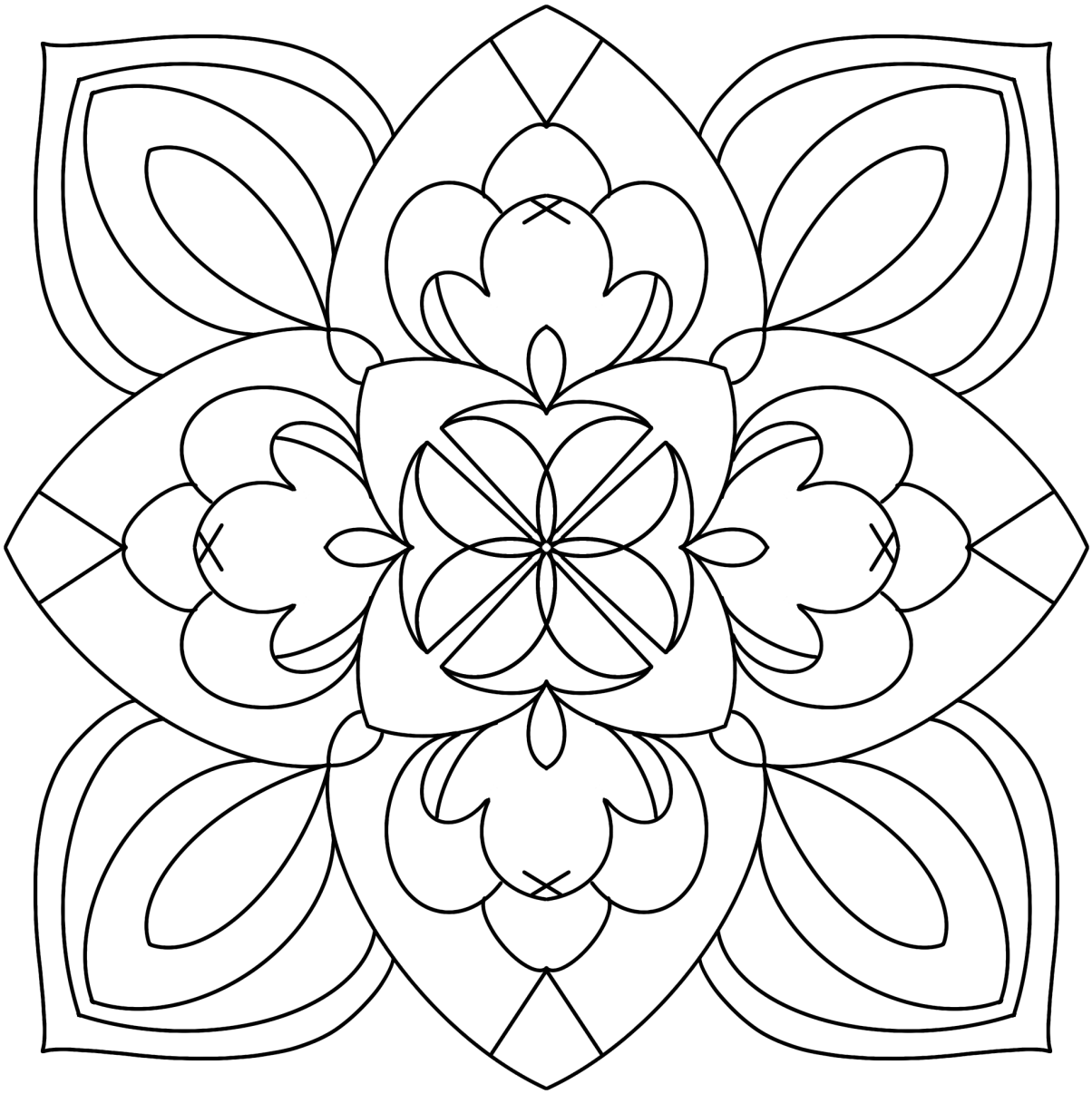
© Jessica Sinarski, 2024. All rights reserved.

THIS IS ONE SMALL PART OF MY DAY!



© Jessica Sinarski, 2024. All rights reserved.

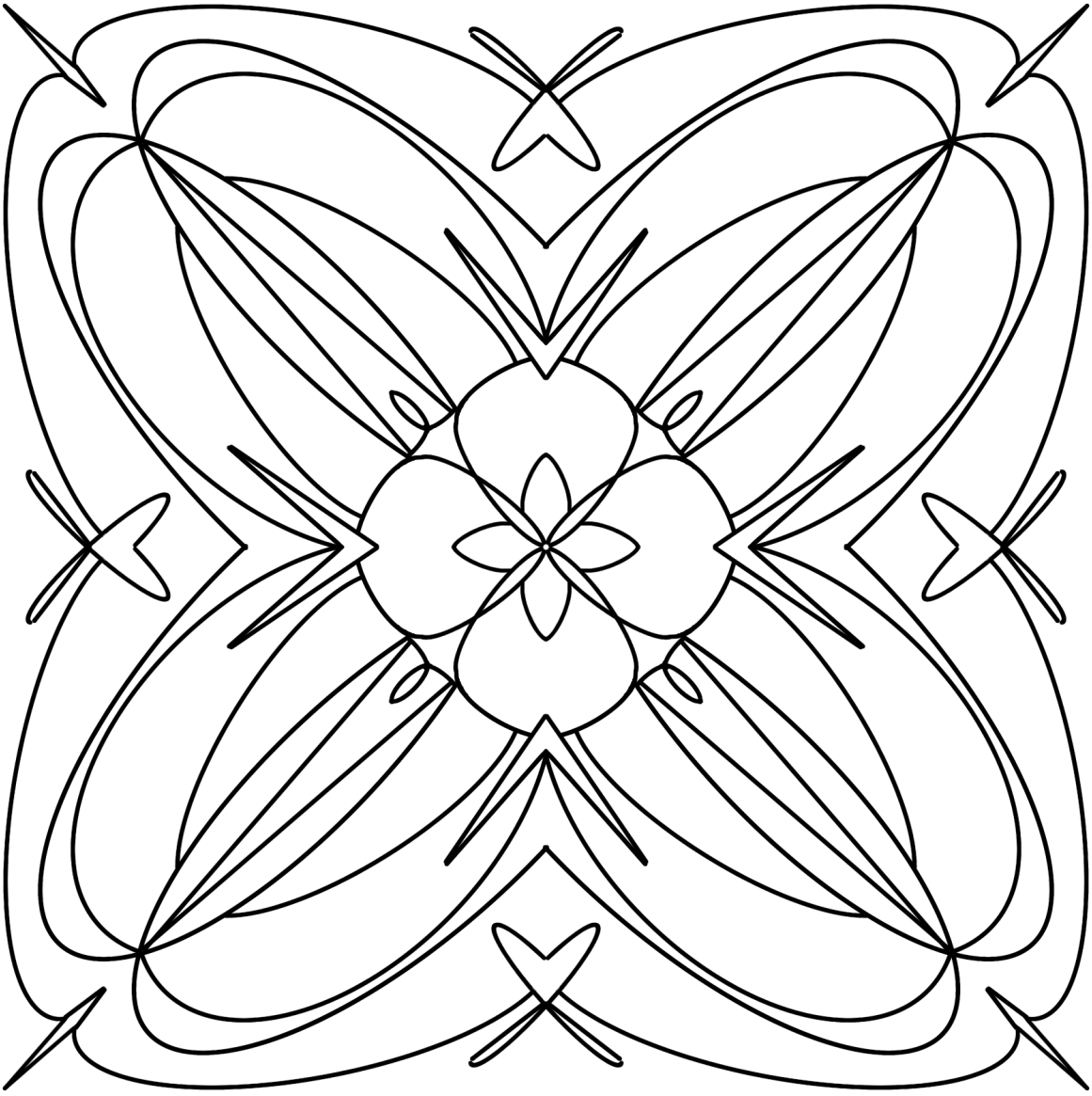
I feel nervous even though I am prepared.



I will do my best!

© Jessica Sinarski, 2024. All rights reserved.

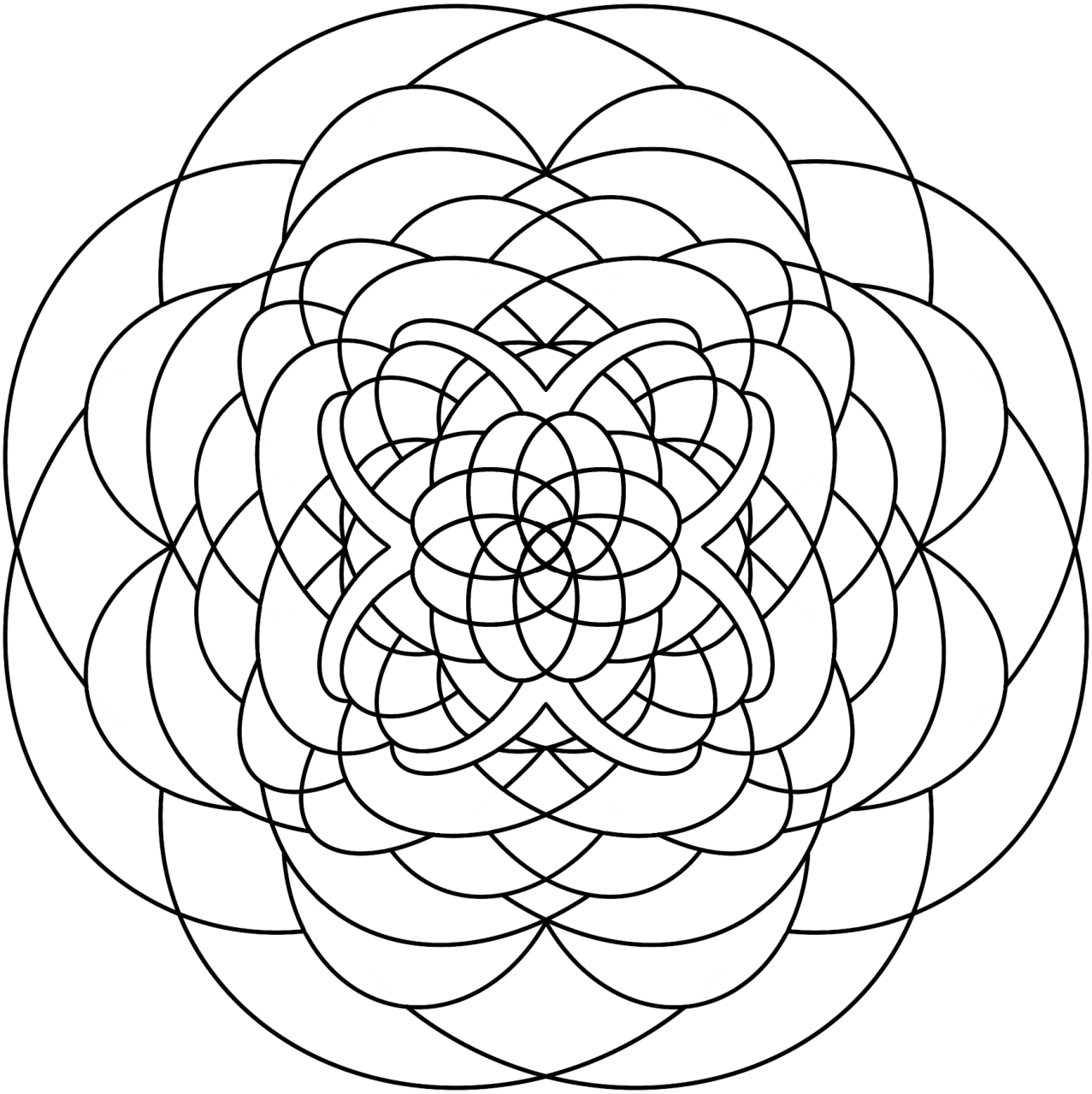
Feelings are normal.



I am okay.

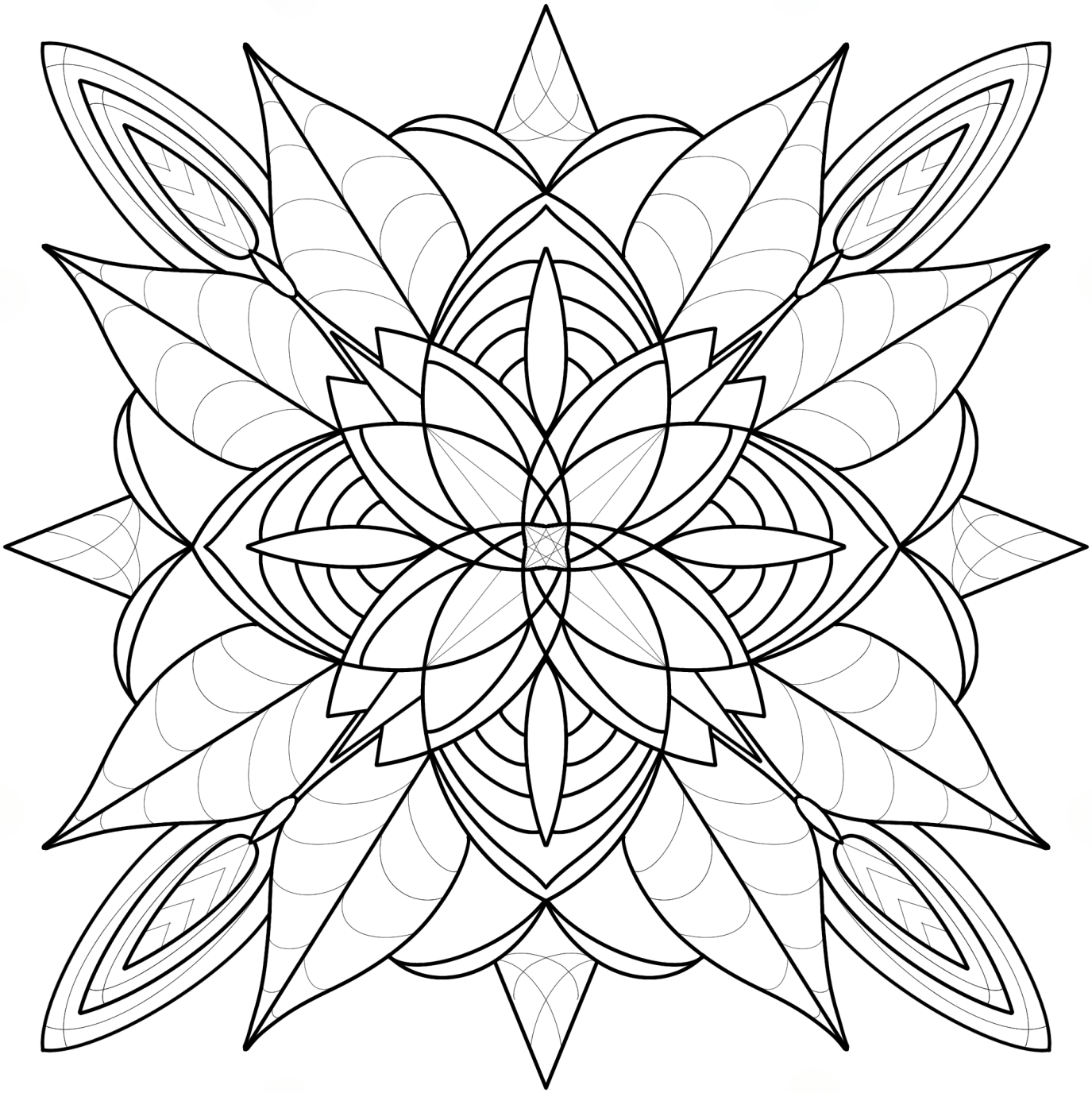
© Jessica Sinarski, 2024. All rights reserved.

BREATHE IN
BREATHE OUT



© Jessica Sinarski, 2024. All rights reserved.

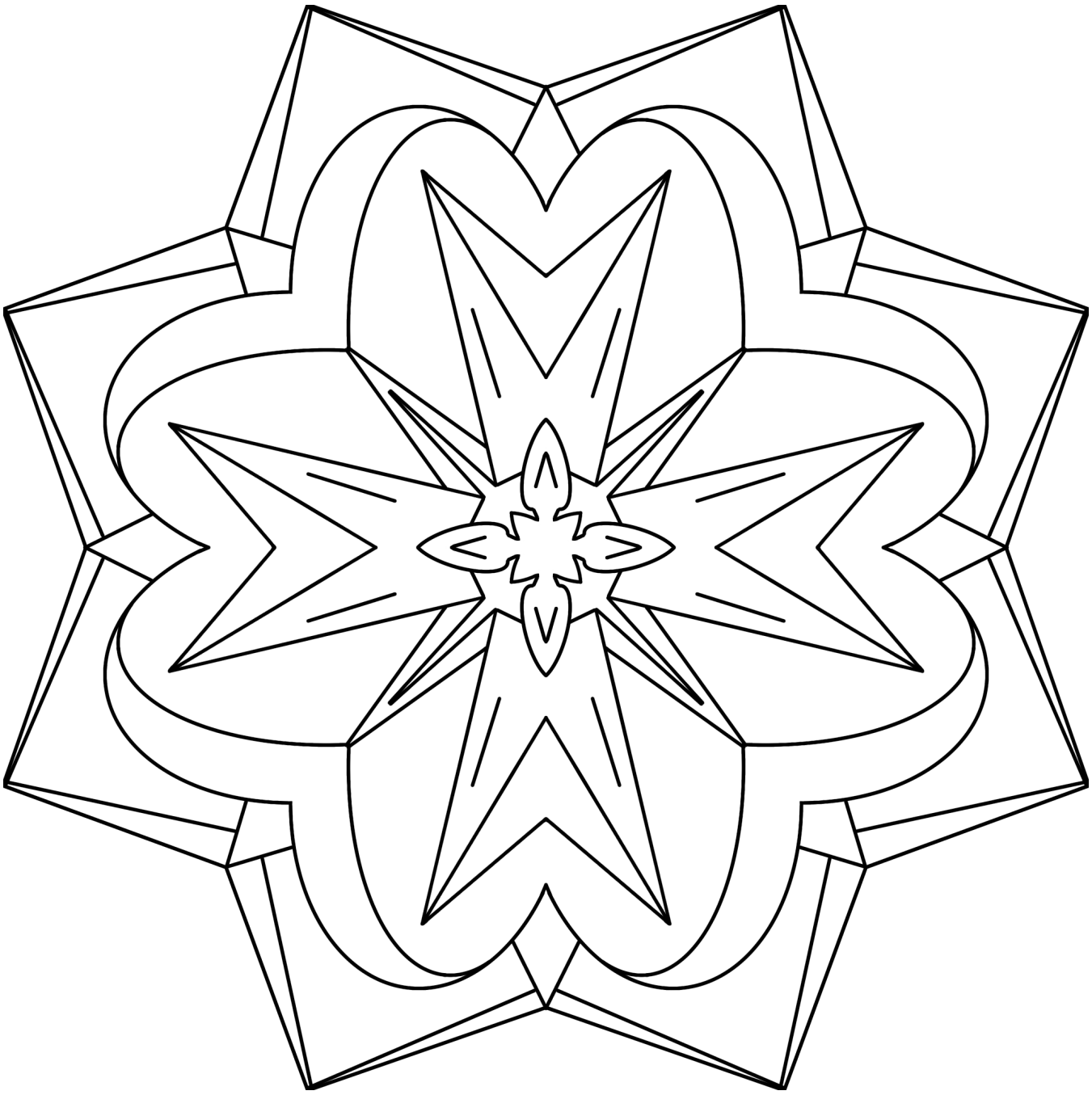
I FEEL SAD.



THIS FEELING WON'T LAST FOREVER.

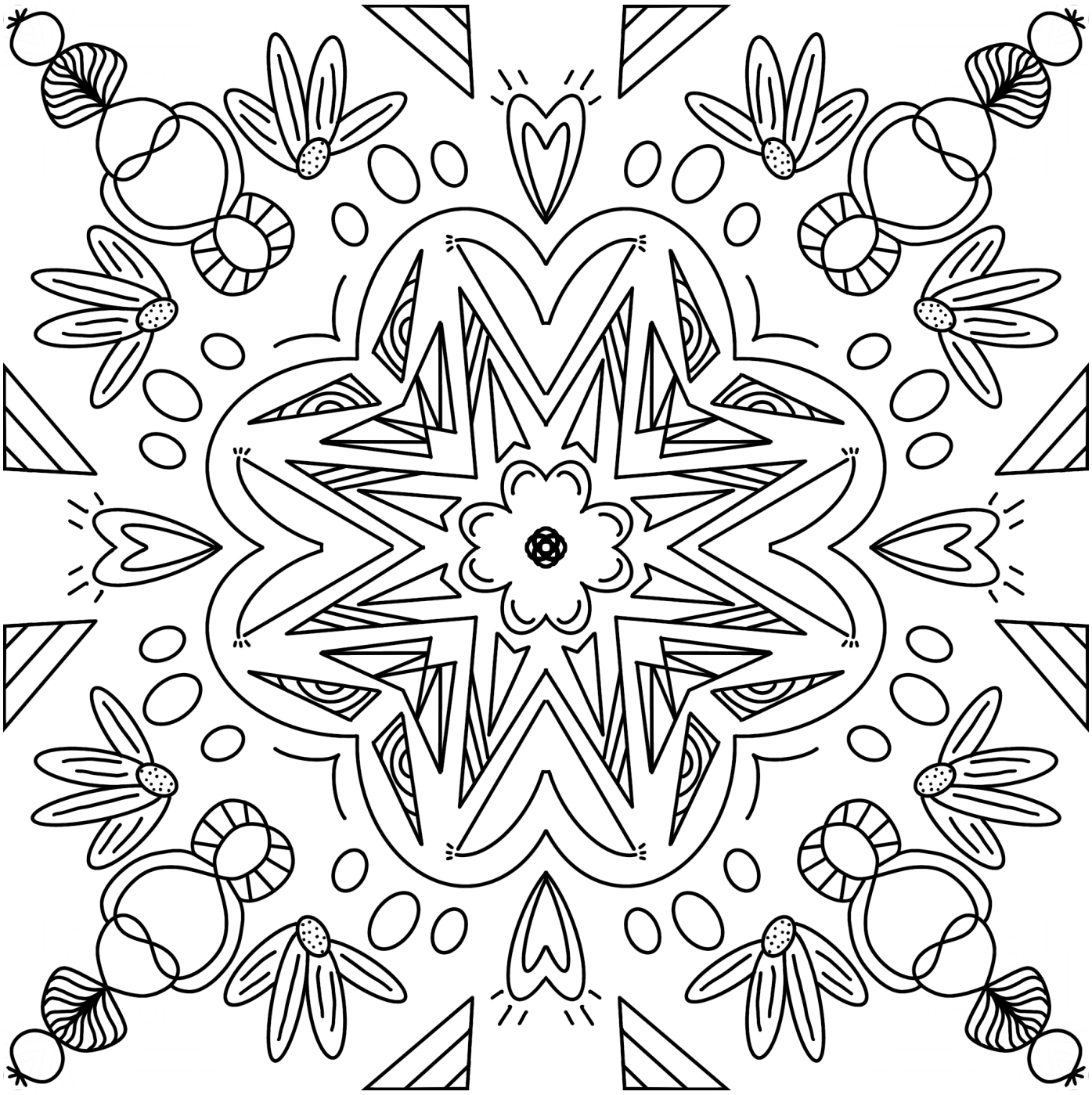
© Jessica Sinarski, 2024. All rights reserved.

I feel confident!



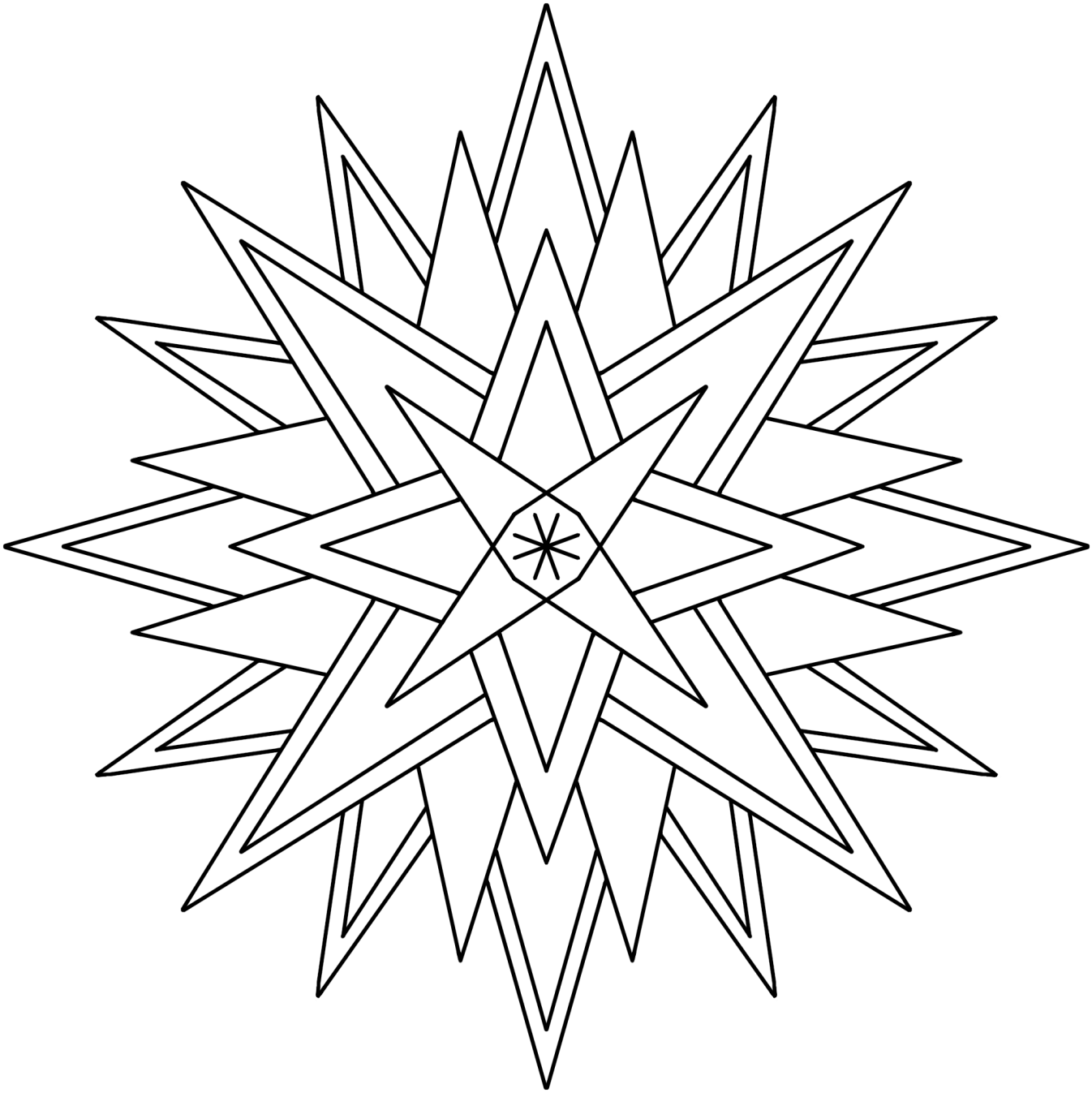
© Jessica Sinarski, 2024. All rights reserved.

I will keep trying



© Jessica Sinarski, 2024. All rights reserved.

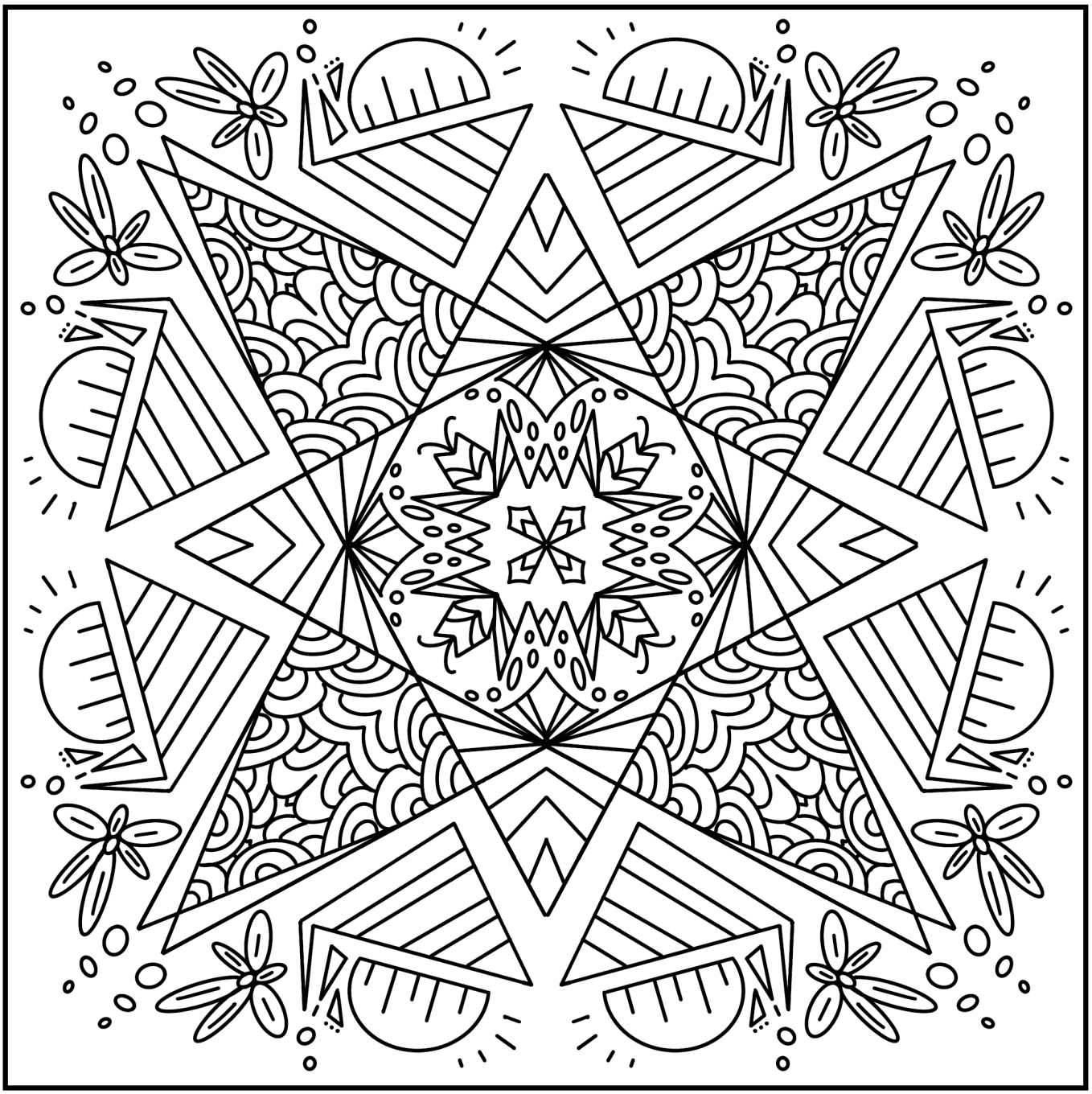
I FEEL JEALOUS!!



I can notice good things too!

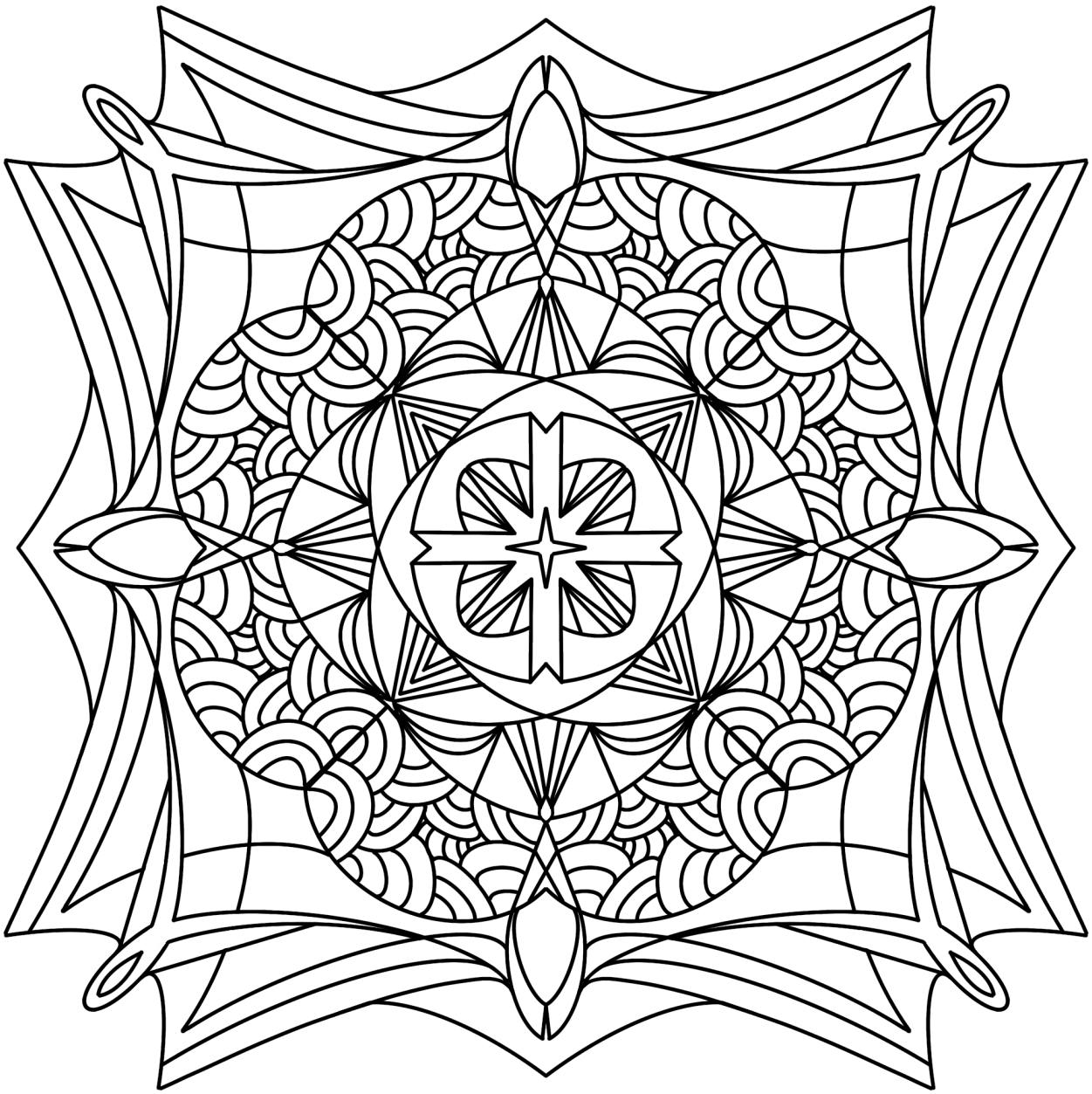
© Jessica Sinarski, 2024. All rights reserved.

I can solve this problem.



© Jessica Sinarski, 2024. All rights reserved.

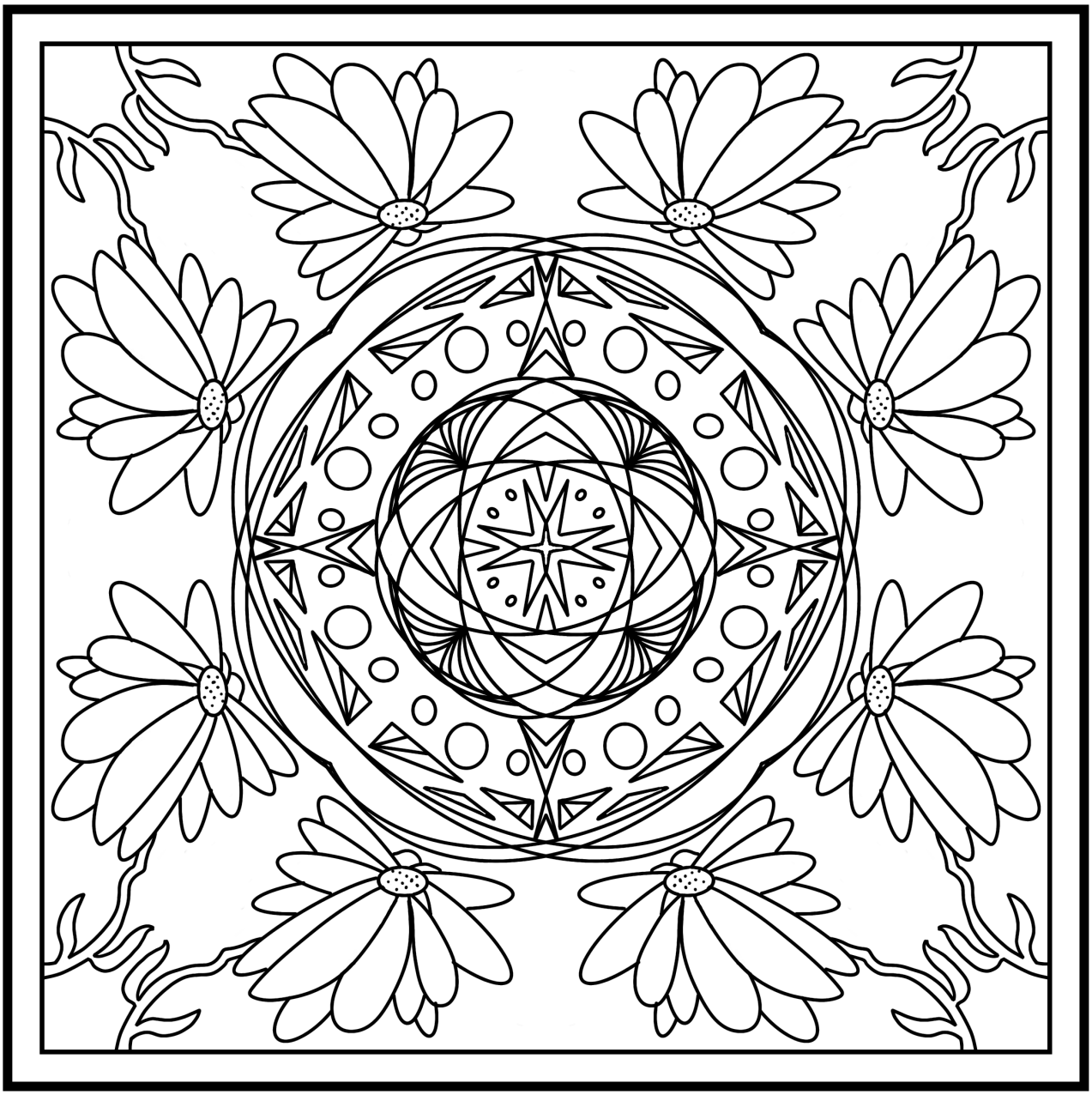
This feeling is uncomfortable.



It will pass.

© Jessica Sinarski, 2024. All rights reserved.

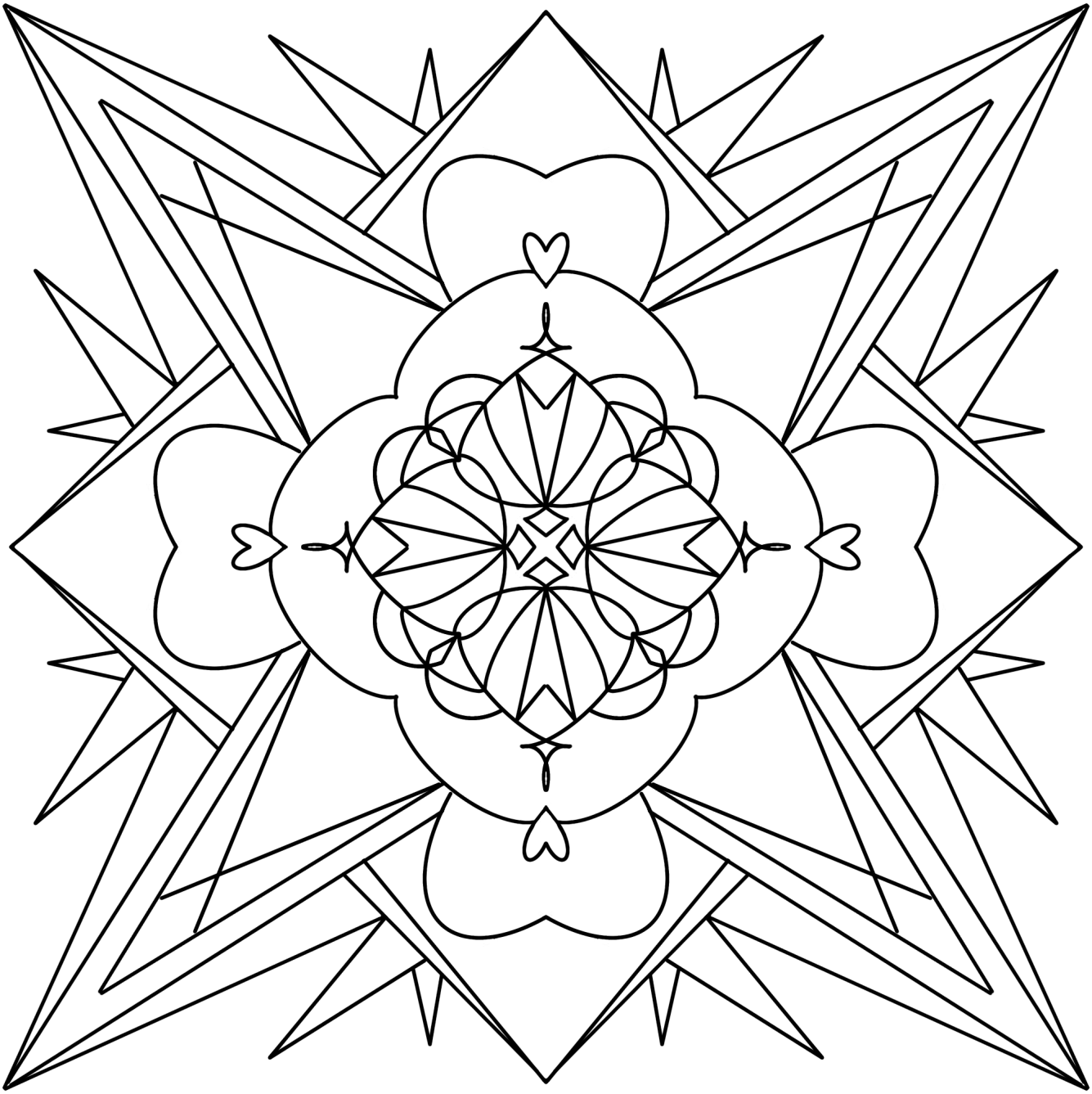
I hurt someone's feelings.



I can apologize
and try again.

© Jessica Sinarski, 2024. All rights reserved.

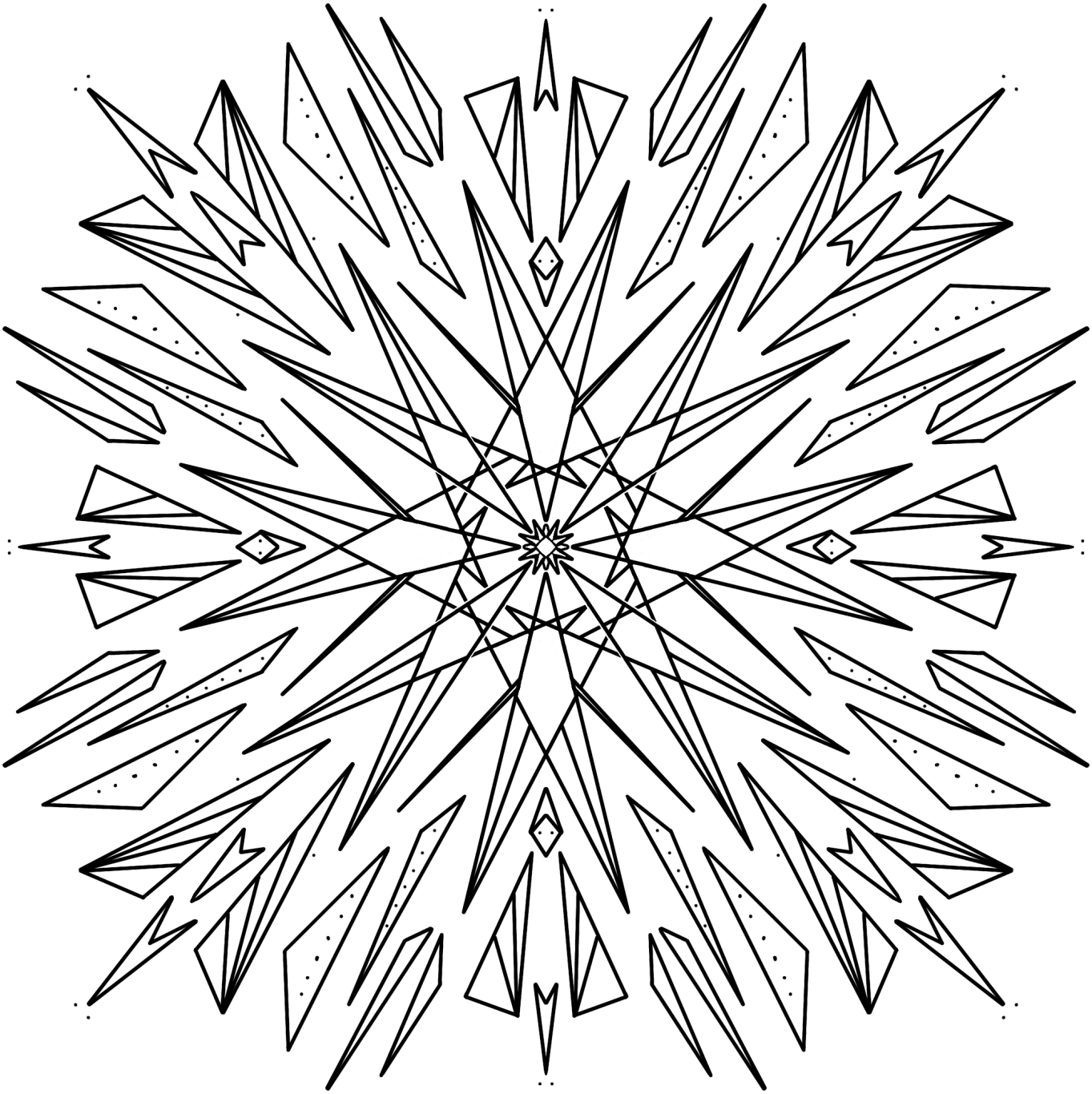
I FEEL ANGRY!



I CAN TAKE A BREAK.

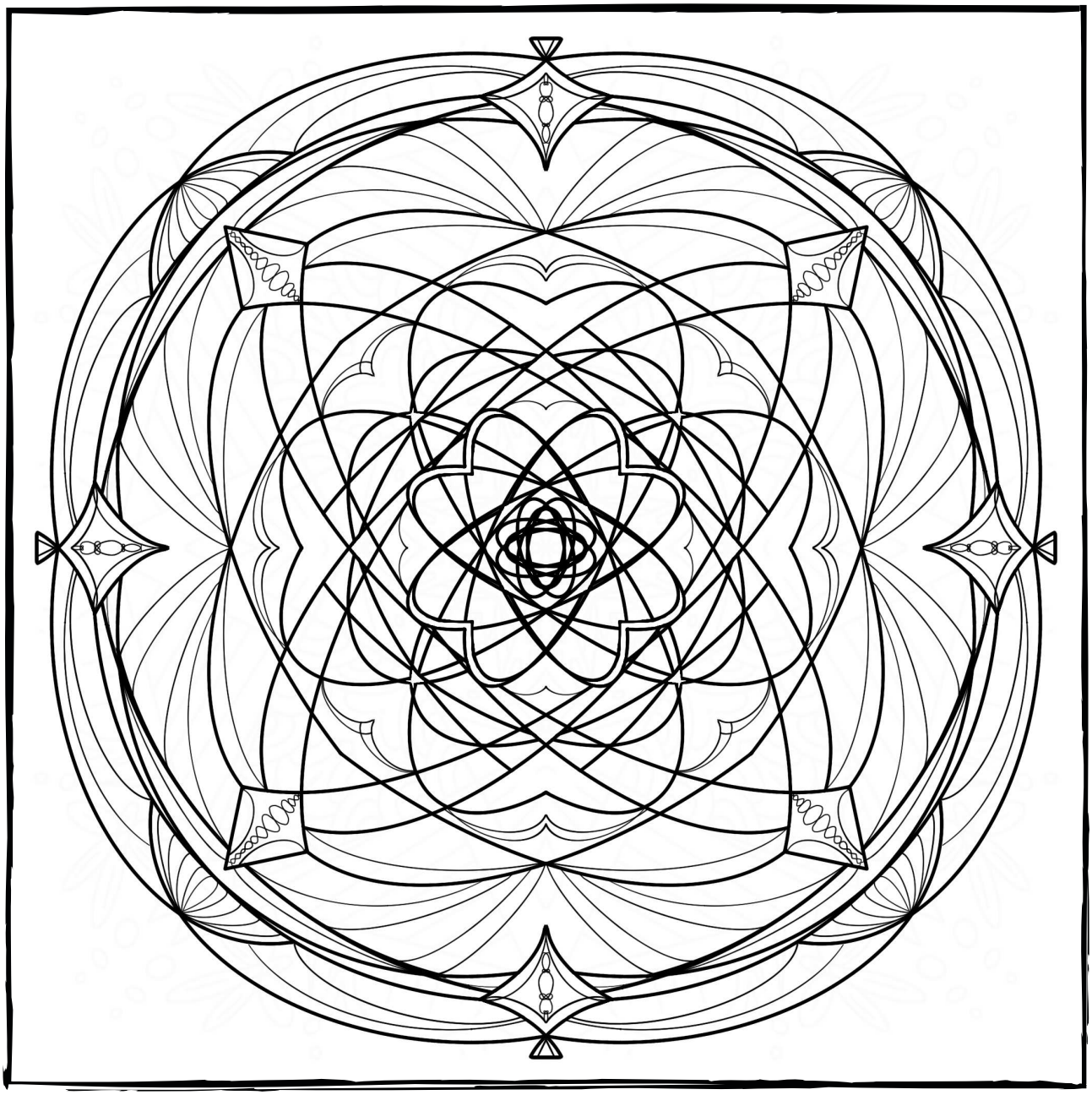
© Jessica Sinarski, 2024. All rights reserved.

I am the boss of my tiger brain!



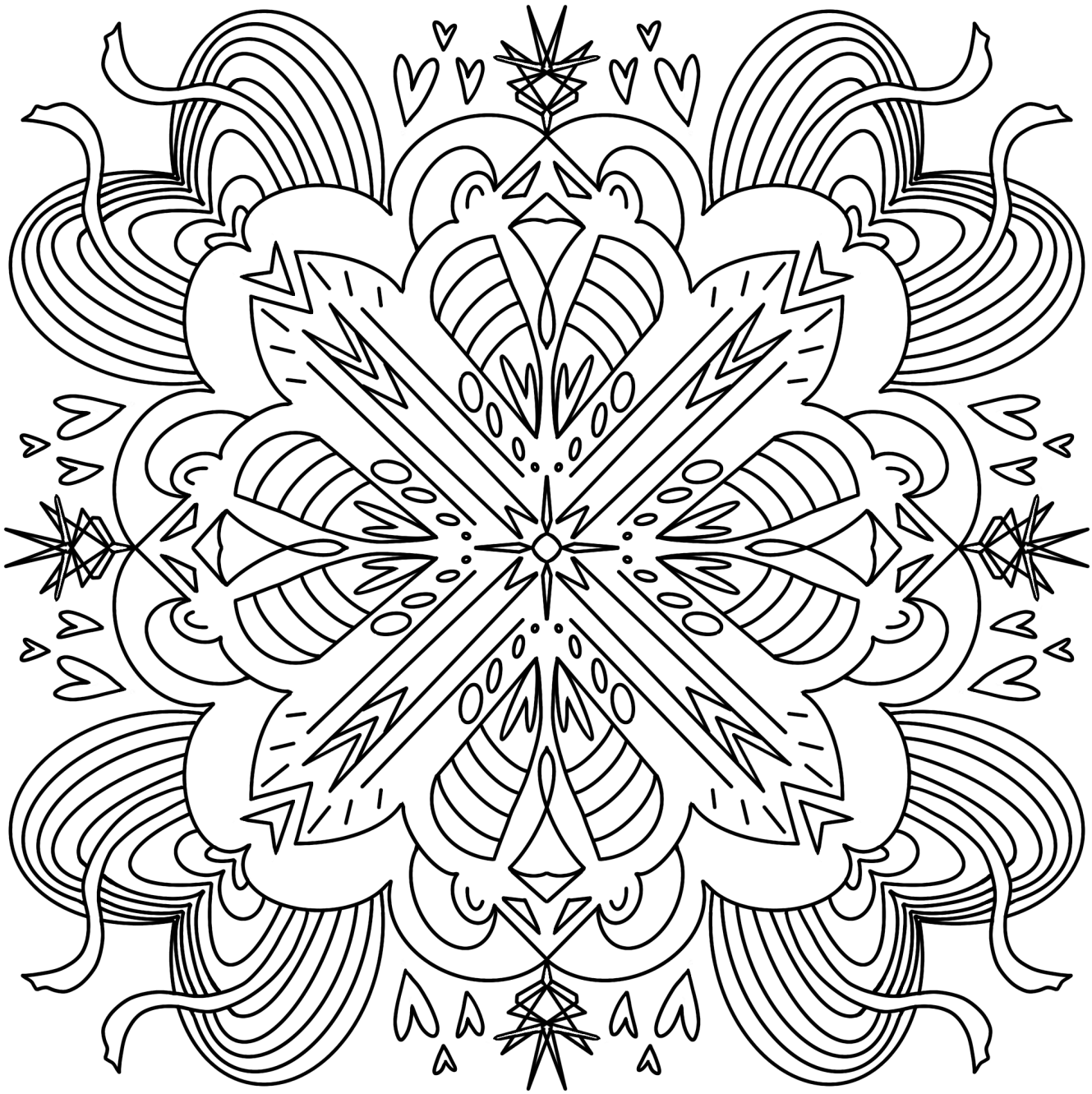
© Jessica Sinarski, 2024. All rights reserved.

I feel sad.
I need a hug.



© Jessica Sinarski, 2024. All rights reserved.

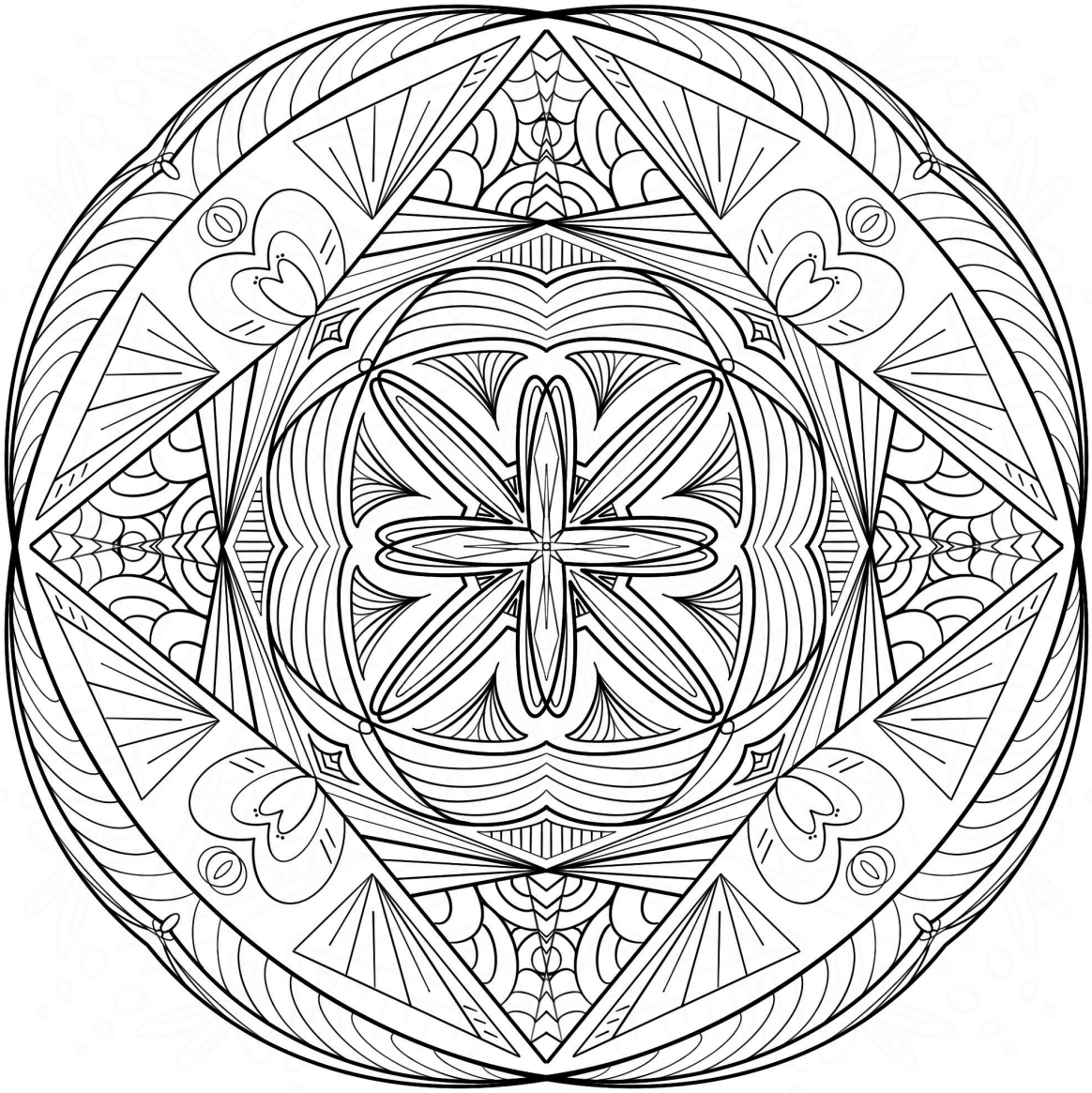
I feel overwhelmed.



I can ask for help!

© Jessica Sinarski, 2024. All rights reserved.

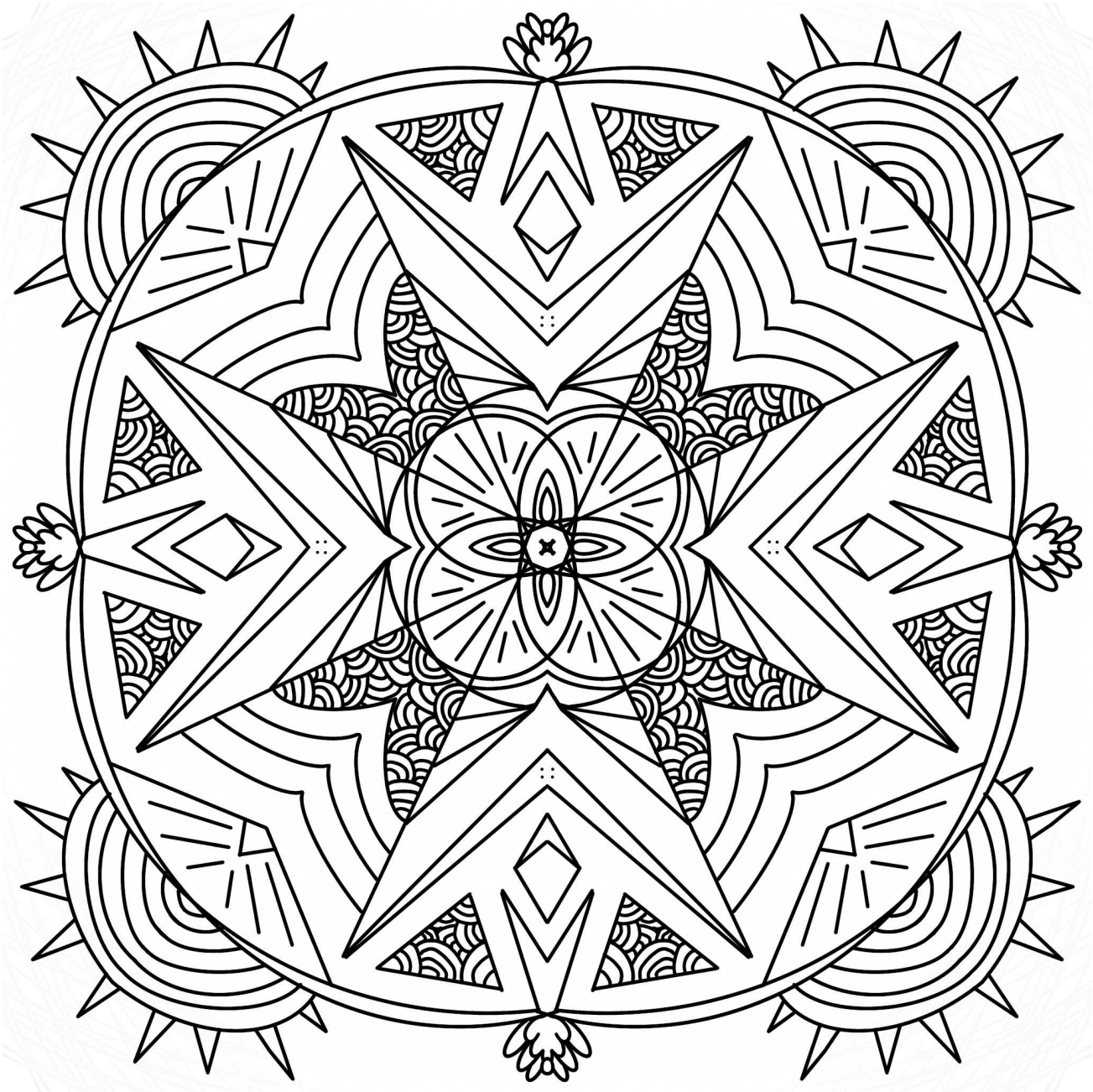
I FEEL STRESSED.



I WILL RELAX MY FACE & SHOULDERS.

© Jessica Sinarski, 2024. All rights reserved.

I FEEL HURT.



I CAN FORGIVE.

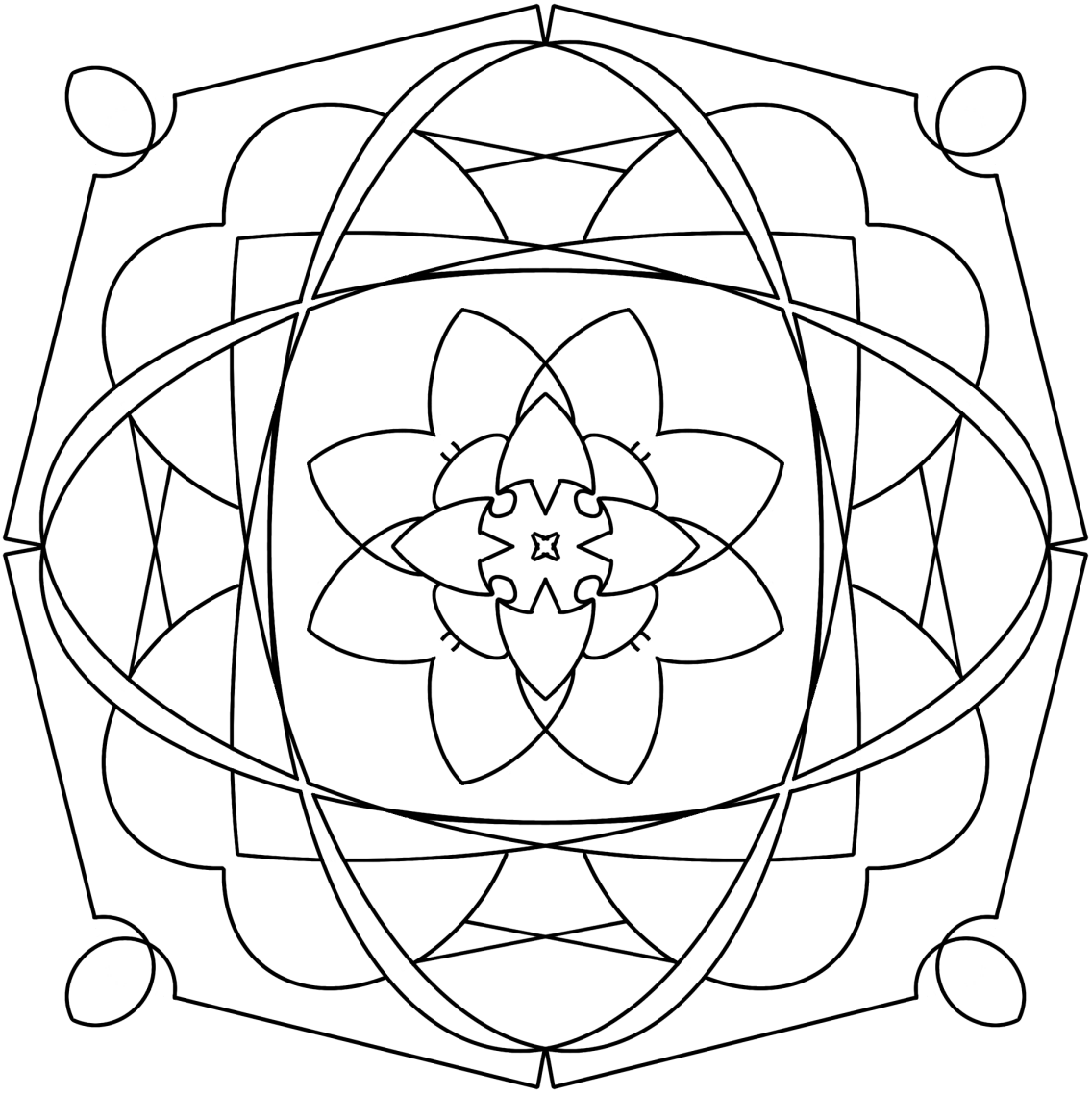
© Jessica Sinarski, 2024. All rights reserved.

I CAN USE MY WHOLE, WISE BRAIN.



© Jessica Sinarski, 2024. All rights reserved.

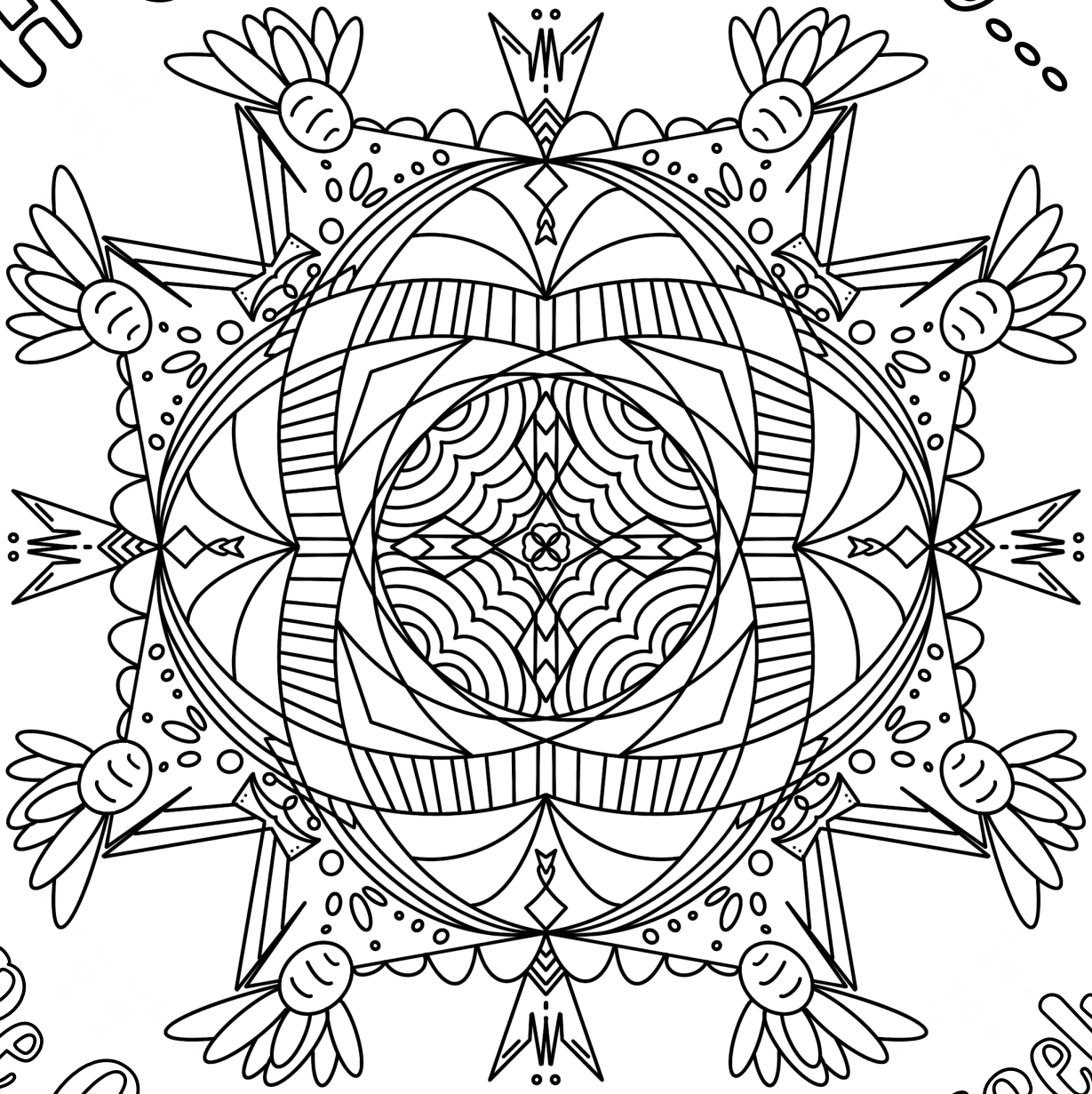
I WILL BE KIND...



TO MYSELF AND TO OTHERS.

© Jessica Sinarski, 2024. All rights reserved.

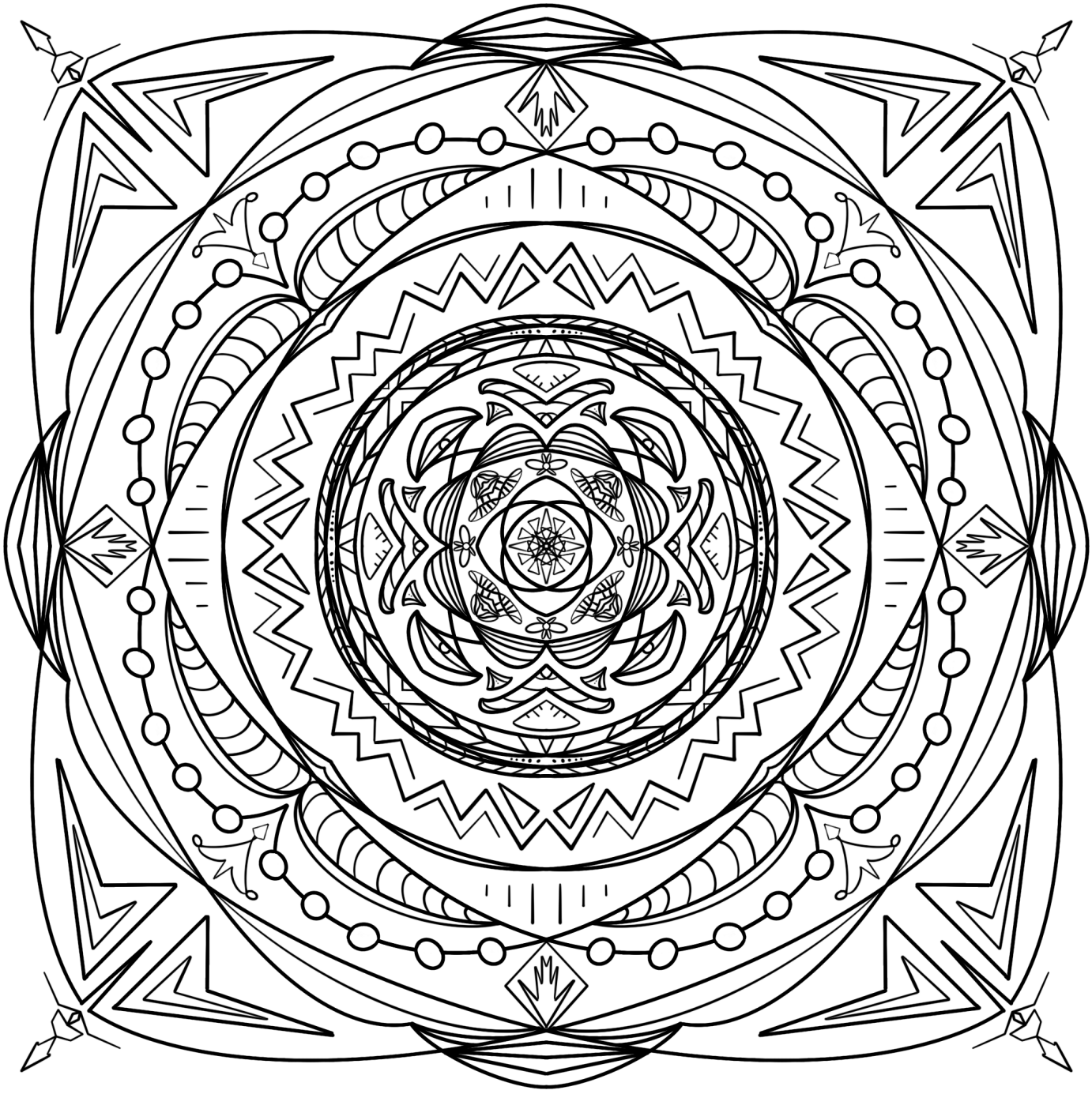
A Quick Pause...



Be Curious...Choose wisely

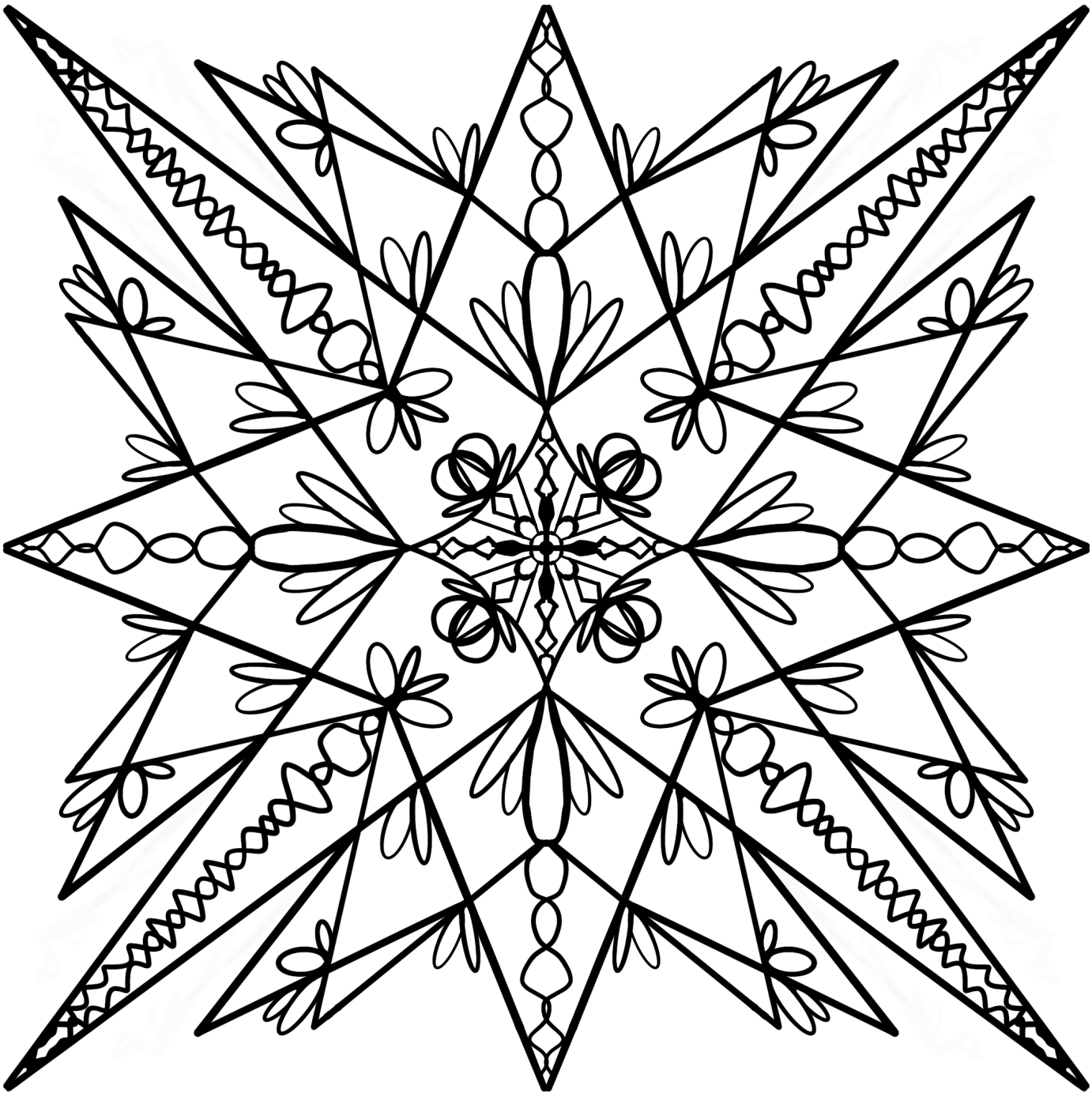
© Jessica Sinarski, 2024. All rights reserved.

Feelings come and feelings go...



© Jessica Sinarski, 2024. All rights reserved.

I GOT THIS!



© Jessica Sinarski, 2024. All rights reserved.

TERMS OF USE

1 LICENSE

This toolkit and all items therein are licensed for use exclusively by the purchasing school and its authorized staff. This license is non-transferable and non-exclusive.

2 USAGE

The toolkit may be used solely for educational purposes within the purchasing school. Any commercial use, resale, or further distribution is strictly prohibited.

3 MODIFICATION

Users may not modify, adapt, or create derivative works from the toolkit without prior written permission from the provider.

4 INTELLECTUAL PROPERTY

All content within the toolkit, including but not limited to text, graphics, and videos, remains the intellectual property of the provider and is protected by applicable copyright laws.

5 LIABILITY

The provider is not liable for any damages resulting from the use or misuse of the toolkit. Users assume all responsibility for ensuring the toolkit meets their needs and complies with applicable regulations.

6 TERMINATION

The provider reserves the right to terminate the license if the terms of use are violated. Upon termination, the user must cease all use and return or destroy all copies of the toolkit.

7 GOVERNING LAW

These terms are governed by the laws of the jurisdiction in which the purchasing school is located.