

MY COPING STRATEGIES

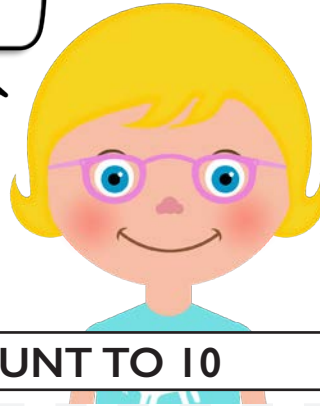
Name: _____





BREATHE DEEPLY

1, 2, 3,
4, 5, 6, 7,
8, 9, 10



COUNT TO 10

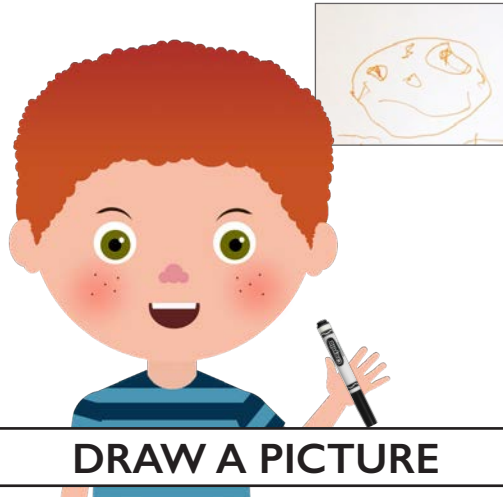
♪ La, la la,
la, la ♪



SING A SONG



TALK TO SOMEONE



DRAW A PICTURE

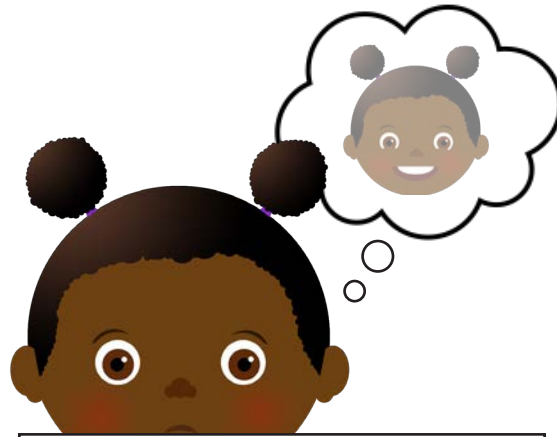


**THINK ABOUT YOUR
FAVORITE PLACE**





GO TO A SAFE PLACE



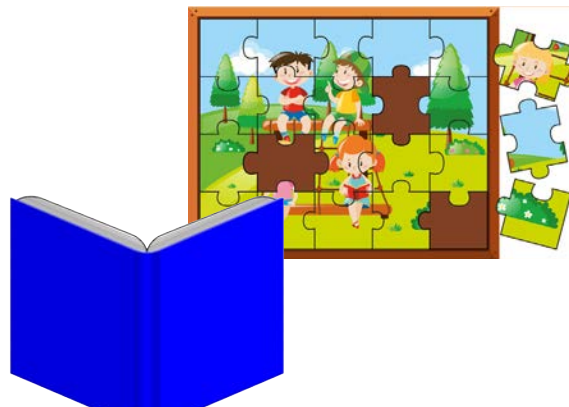
SMILE AND THINK OF SOMETHING HAPPY



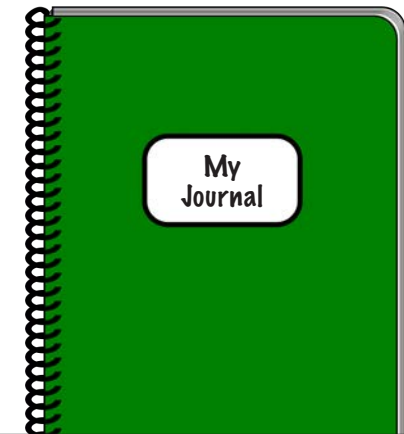
JOG IN PLACE



LISTEN TO MUSIC



DO A QUIET ACTIVITY



WRITE IN A JOURNAL





BUILD SOMETHING



BLOW BUBBLES



DRINK COLD WATER



HUG A STUFFED ANIMAL



**THINK OF SOMEONE
YOU LOVE**



**PLAY WITH A
FIDGET TOY**



MY COPING STRATEGIES DIRECTIONS

Teaching children about a variety of feelings is an important part of Social Emotional development. Teach children how to handle strong feelings in an appropriate way, such as when they feel frustrated, disappointed or angry.

1. Give each child a board with 4 blank squares and ask them to write their name on the top. Cut out the coping strategies pictures or ask children to cut them out.
2. Discuss ways that we can calm down when we have strong feelings and review the different pictures with the children to explain what they mean.
3. Have children choose two ways they would like to calm down and place them on their board.
4. Have children draw pictures in the other squares of what it looks like when they are using the strategy.

ADAPTATIONS:

1. Place cards on a ring if needed so they are portable to use in multiple locations, such as outside.
 2. Show children only a few cards to choose from if too many choices is too overwhelming.
 3. Children can choose 4 cards to place on their board or draw pictures of all of their choices if they prefer.
 4. Use Velcro so children are able to change their choices if they would like.
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