

COPING STRATEGIES

Created by Mrs. Mason

EXPECTATIONS:
BE SAFE
BE RESPECTFUL
BE RESPONSIBLE
SO WE CAN HAVE FUN

STAND UP AND
STRETCH



DEEP BREATHS AND
WISH WELL
(WHO'S ABSENT TODAY?)



SEESAW JOURNAL QUESTION



Counselor: Journal Question

On a scale of 0 to 10, with 0 being the worst day, 5 being an okay day and 10 being the best day (you can be the numbers in between too), how are you feeling

Students will edit this template

Counselor: Journal
Question

Rebecca Mason [Assign...](#)

Student Instructions

Counselor: JOURNAL

1. Click **Add response**.
2. Read the journal question and answer.
On a scale of 0 to 10, with 0 being the worst day, 5 being an okay day and 10 being the best day (you can be the numbers in between too), how are you feeling today? And why?
3. Click to save and add to your journal.

3rd & 4th

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

WHEN YOU'RE WORRIED OR STRESSED

Self care is really important. That's the first AND last steps of us coping when we are worried or stressed.



1. Calm

Get the helpful part of your brain working again (prefrontal lobe), so you can do something to help yourself.

2. Talk to someone

3. Make a plan







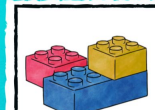
4. Give yourself a break by doing something you enjoy

COPING STRATEGIES

Coping Strategies, or *Coping Skills* are what we do to help ourselves calm down and feel better when we are upset or mad.

WHOLEHEARTED SCHOOL COUNSELING PRESENTS:

COPING SKILLS BINGO!

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  <p>Weave, Knit or Crochet</p> |  <p>Make Art</p> |  <p>Get Plenty of Sleep</p> |
|  <p>Visualize a Calm Peaceful Place</p> |  <p>Take Slow, Mindful Breaths</p> |  <p>Play Sports</p> |
|  <p>Make & Play with Slime or Clay</p> |  <p>Play Board Games or Do a Puzzle</p> |  <p>Build Something</p> |