

CCI Special

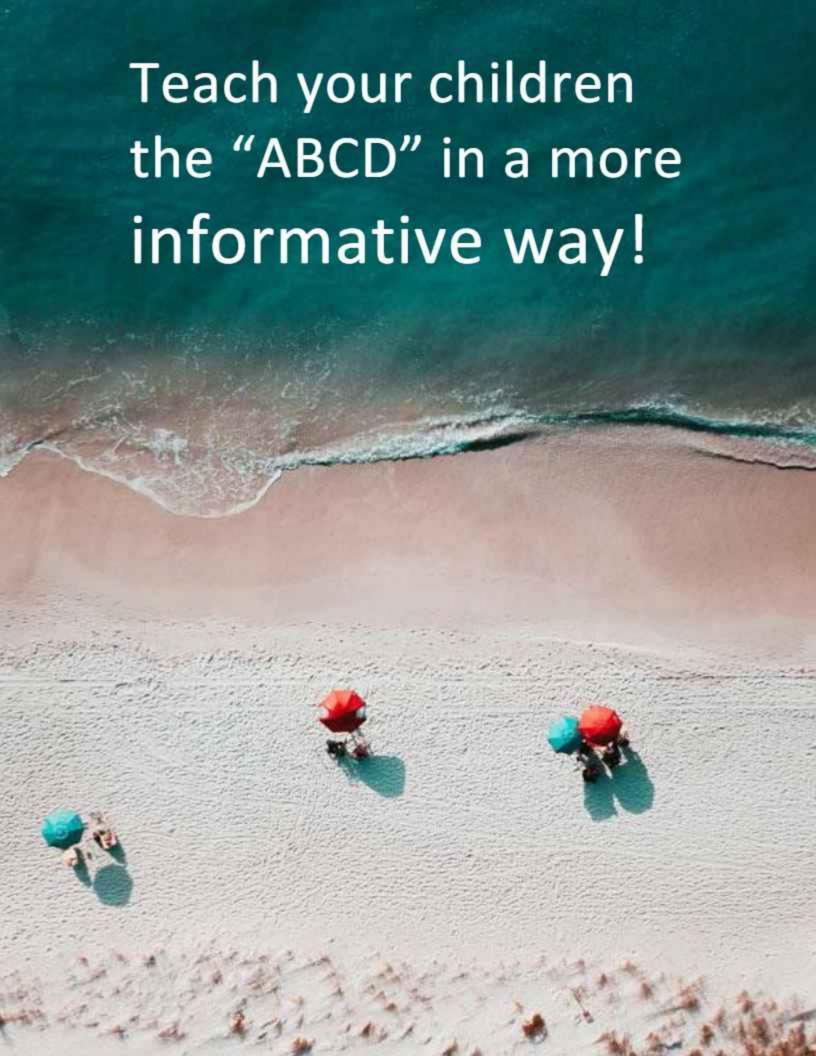
The attention & environment you provide shapes your child's brain development for life

#3 ENGAGE ^{Series} Coping strategies are various techniques used by people to cope with stress and stress full situations of life. Every individual has different kind of coping strategies, there is no standard technique that works for all. Therefore, it's important for us and our children to know and be aware about the various coping strategies and techniques so that they can use them as a helping aid to overcome the difficult situations without losing hope.

DB YaR Forum recommends you the following tools to introduce your children to these methods and techniques.

Note: - The following are basic tools. For severity of the issues don't hesitate to consult an expert.

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A TO Z OF COPING SKILLS

ASK for help	BREATHE deeply and slowly	C COUNT forwards or backwards	DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	FIND a safe place	G GO to your happy place	HUG a friend or family member
IGNORE people who are annoying you	J JOKES to help you laugh	KIND hands. Keep them to yourself	LISTEN to calming music
MEDITATE use yoga or mindfulness	NAME the emotion you are feeling	OBSERVE Use mindfulness techniques	PAINT your feelings
Q QUESTION your thoughts	RUN as fast as you can	SEPARATE yourself from the situation	THOUGHTS negative to positive
U USE your safe place	VOICE your concerns	WRITE down your feelings	EXHALE breathe out your feelings
els Routhart	YELL as loud as you can into a pillow	ZONE out and relax yourself	

Make your child understand that it's "OK" to admit if he / she is unable to cope.

Teach them the various ways to cope in difficult situations.

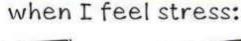




COPING Skills for Kids



WHAT CAN HELP...















When I feel blah or BORed:











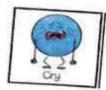














WHEN I FEEL ANGRY:

Clean Declutter or Organize









when I feel worried:









Try finding out if your child is using temper tantrums, abusive language and aggression just because he/she is unable to say that "it's difficult for him/her" to cope with the situations of life.



COPING SKILLS ASSESSMENT

Color in how often you use each of these positive or negative coping skills to cope with your feelings!



USE MY WORDS TO HURT OTHER PEOPLE'S FEELINGS

TAKE A "TIME-OUT" FROM THE SITUATION

USE MY BODY TO HURT OTHERS (HIT, BITE, KICK, PUSH)

YELL AND SCREAM

DO DEEP BREATHING OR COUNT TO TEN

MAKE THREATS OR LOOK THREATENING

TALK TO A FRIEND OR SIBLING ABOUT MY FEELINGS

TALK TO AN ADULT ABOUT MY FEELINGS

NAME-CALL OR INSULT OTHERS

HURT MYSELF

EXPRESS MY FEELINGS IN A POSITIVE WAY

FIND SOMETHING TO DISTRACT ME

THROW OBJECTS

CRY

USE BAD WORDS OR SWEAR/CUSS



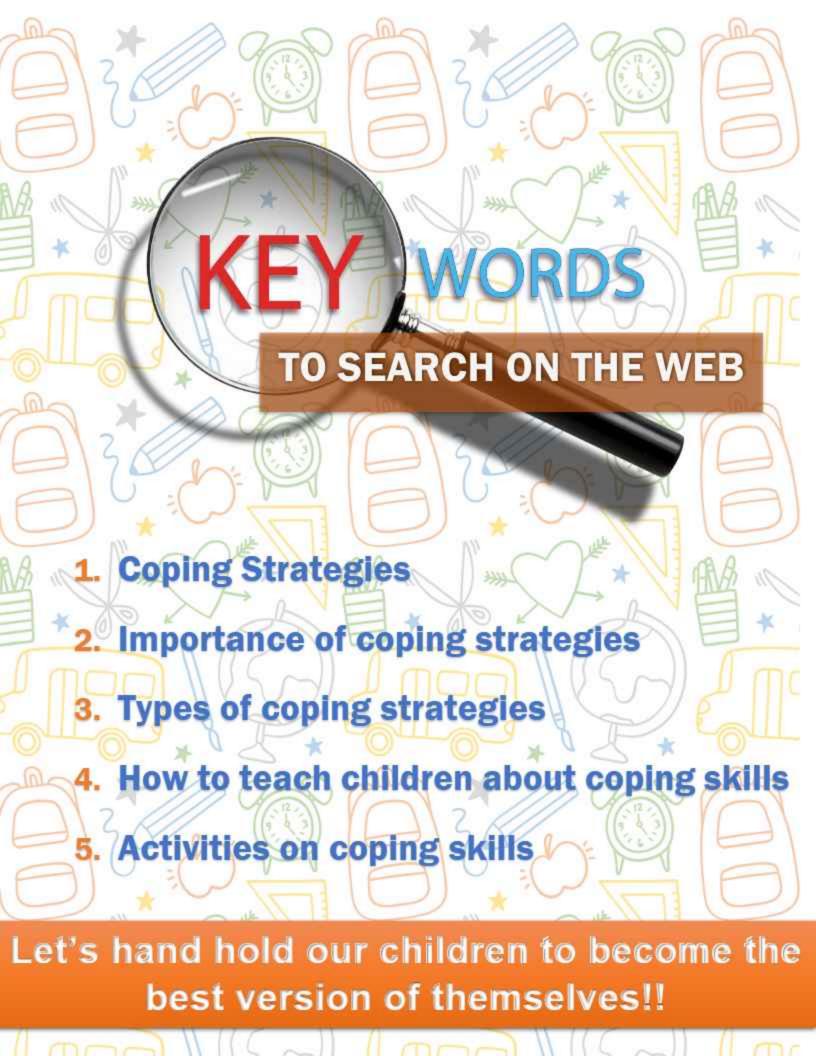


If your child is using more of negative coping strategies, then try incorporating some simple positive techniques in his/her routine and help them find out what suits them best!



COPING TOOLS: What Helps Me

(2)	
Read A Book or Magazine Hug or Climb a Tree Journal or Write a Letter Use Kind & Compassionate Self-Talk Make a Collage or Scrapbook Rest, Nap or Take a Break Go on a Hike, Walk or Run Take Good Care of the Earth Drink Water Play a Board Game Do Something Kind Make and Play with Slime Make and Play with Slime Take a Shower or Bath Exercise Drink a Warm Cup of Tea Forgive, Let Go, Move On	Ride a Bike or Skateboard Create Origami Cook or Bake Ask for Help Talk to Someone You Trust Weave, Knit or Crochet Build Something Get a Hug Visualize a Peaceful Place Stretch Make Art Use Positive Affirmations Take Slow, Mindful Breaths Clean, Declutter or Organize Use Aromatherapy Try or Learn Something New
Forgive, Let Go, Move On Practice Yoga Garden or Do Yardwork Ump on a Trampoline Cuddle or Play with Your Pet Practice Gratitude Do a Puzzle Blow Bubbles Smile and Laugh	Try or Learn Something New Listen to Music Use a Stress Ball or Other Fidget Get Plenty of Sleep Kick, Bounce or Throw a Ball Take or Look at Photographs Eat Healthy Play Outside Sing and/or Dance





Everything and everyone is won by the sweetness of our words and works

- Don Bosco



Don Bosco National Forum for the Young at Risk

New Dehi





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