

UNLOCK WIZARD



COPING STRATEGIES

Simple ways to teach coping skills

**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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Teach your children
the “ABCD” in a more
informative way!



A TO Z OF COPING SKILLS

A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
 elsa support www.elsa-support.co.uk	Y YELL as loud as you can into a pillow	Z 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 stress:



When I feel blah or BORED:



when I feel alone:



when I feel sad or hurt:



WHEN I FEEL ANGRY:



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

ALWAYS	SOMETIMES	NEVER
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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

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



KEY WORDS

TO SEARCH ON THE WEB

- 1. Coping Strategies**
- 2. Importance of coping strategies**
- 3. Types of coping strategies**
- 4. How to teach children about coping skills**
- 5. Activities on coping skills**

Let's hand hold our children to become the best version of themselves!!



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

- Don Bosco

Don Bosco National Forum for the Young at Risk

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