



# Teach kids coping skills!

These printables are designed to help you teach kids how to cope with difficult and overwhelming feelings, like anxiety, anger and stress.

Included in this set of printables:

- **Coping Skills Checklist** - a great starting point to figure out what coping skills a child already has, and which ones to try so they can be added to their list of regular coping skills
- **Skills to Try** - perfect for writing down the coping skills a child would like to try
- **My Coping Skills** - A place to keep a running list of all the coping skills that work for a child
- **Feelings Rules** - basic rules that are helpful for kids to be reminded of when they are experiencing big feelings
- **Blank Coping Skills Cue Cards** - make your own reminder cards for each coping skill
- **How do I feel?** - Help kids identify what they are feeling and how big those feelings are before they use a coping skill, then after they've tried using a skill

# Coping Skills Checklist

- Check off the ones that you do now
- Circle the ones you want to try
- Cross off the ones that don't work

## Calming Skills

- Deep breathing using a pinwheel
- Deep breathing with bubbles
- Deep breathing with a stuffed animal
- Deep breathing using a feather
- Take a mindful walk
- Yoga
- Imagine your favorite place
- Think of your favorite things
- Picture the people you care about
- Say the alphabet slowly
- Remember the words to a song you love
- Run water over your hands
- Carry a small object
- Touch things around you
- Move
- Make a fist then release It
- Positive Self-Talk
- Take a shower or bath
- Take a drink of water
- Counting
- Block out noises
- Take a break
- Calming Jar
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## Distraction Skills

- Write a story
- Crossword/Sudoku Puzzles
- Bake or Cook
- Volunteer/Community Service
- Random Acts of Kindness
- Read
- Clean
- Play with a pet
- Play a board game
- Play video games
- Screen time
- Play with a friend
- Start a garden
- Creative Thinking
- Make up your own game
- Plan a fun event
- Start a new hobby
- Do a crafting project
- Your favorite things
- Be silly and laugh
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# Coping Skills Checklist

Check off the ones that you do now, circle the ones you want to try,  
cross off the ones that don't work

## Physical Skills

- Squeeze something
- Use a stress balls
- Shred paper
- Bubble wrap
- Use a sand tray
- Jacob's Ladder
- Hold a small stone
- Shuffle cards
- Make something
- Use a fidget
- Walk
- Exercise
- Dance
- Punch a safe surface
- Play at the Park
- Make an obstacle course
- Swing on a swing
- Jump on a trampoline
- Jump rope
- Scooter
- Go swimming
- Stretches
- Tumbling/Gymnastics
- Yoga
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## Processing Skills

- Write in a journal
- Write songs
- Write poetry
- Write music
- Draw
- Talk to someone you trust
- Create a playlist
- Write what's bothering you and throw it away
- Write a letter to someone
- Use "I statements"
- Make a worry box
- Color
- Doodle
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# Skills to Try

# My Coping Skills

# It's okay to feel

**MAD**

WORRIED

SAD

ANXIOUS

FRUSTRATED

**but...**

Don't hurt yourself

Don't hurt others

Don't destroy property

# Coping Skills Cue Cards

Kids benefit from having visual cues to figure out what to do when they are angry, anxious or sad. Here is a printable you can use with kids to make their own personalized coping skills cue cards.

1. Identify which feeling(s) to focus on. Are they angry? Are they sad? Are there several feelings they need to work on learning to handle in healthy ways?
2. Print off the next page of this document as many times as you need to make as many cue cards as you need. Cut out the cards.
3. When kids are in a calm state, ask them what helps them relax, calm down or feel good. Do they like to draw? Listen to music? Play with putty? Read a book? If they are having a hard time coming up with ideas, suggest activities that they enjoy. These activities that calm and relax them are their coping skills.
4. Once you figure out their coping skills, make a card for each one. Fill in the feeling you are focused on helping them manage and one strategy on each card.
5. Make it visual! There are several ways to do this:
  - \*write the coping skill
  - \*take a picture of the item that the child can use
  - \*take a picture of the child using their coping skill
  - \*have your child draw a picture of their coping skill
  - \*Pick whichever one works best for you and your child.
6. Hole punch the cards, and place them on a key ring. Have the kids put the cards in an easy to access place, like a central location at home or in their room. The next time they are feeling upset, direct them to pick a coping skill from their cue cards.

As you discover new coping skills, you can always add in more cue cards. If certain skills are no longer effective, remove them from the ring.

HINT: To make more durable cards, use card stock instead of regular paper and laminate them

**When I feel \_\_\_\_\_,  
I can...**

**When I feel \_\_\_\_\_,  
I can...**

**When I feel \_\_\_\_\_,  
I can...**

**When I feel \_\_\_\_\_,  
I can...**



before

How do I feel?

frustrated

sad

upset

?

angry

anxious

worried

?

How big are my feelings?

big

medium

small

USE A COPING SKILL

after

How do I feel?

happy

anxious

sad

upset

angry

frustrated

worried

?

How big are my feelings?

big

medium

small