

Coping Skills



TAKE DEEP
BELLY BREATHS



SQUEEZE THEN
RELAX MUSCLES



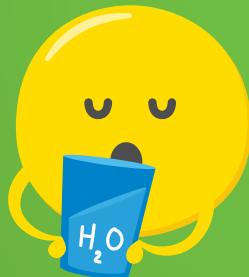
THINK HAPPY
THOUGHTS



TAKE A BREAK
OR REST



CLOSE EYES AND
SLOWLY COUNT TO TEN



DRINK WATER



USE A
STRESS BALL



ASK FOR HELP



LISTEN TO
MUSIC



DRAW OR
COLOR

STRONG⁴LIFE



Children's
Healthcare of Atlanta

Introducing coping skills

Coping skills are strategies we use to manage feelings and handle stress. Coping is not something we are born knowing how to do; it's something we learn how to do with practice. It's never too early or too late to start developing healthy coping skills, and teaching kids healthy coping strategies will help them become more resilient (better able to handle life's ups and downs).

The coping skills listed on the front of this handout are meant to give kids some initial ideas for healthy ways to cope, but the options are limitless.

Tips to get started:

- **Define coping skills for kids.** Explain that a coping skill is something anyone can do to make themselves feel better and manage stress.
- **Introduce new skills when everyone is calm.** It is difficult to learn something new when we are anxious, tired, distracted or upset, so teach new coping skills when everyone is calm.
- **Try lots of different options.** What works one day (or in one situation) may not work the next, so it's helpful to have options to choose from.
- **Practice regularly.** Help kids become familiar with different coping skills so they feel comfortable using them when needed.
- **Be a positive role model.** Kids watch and learn how to cope from the adults around them. If they see you coping in healthy ways, they are more likely to do the same.

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