

# Coping Strategies Cards

It's essential for students to learn effective ways to cope with challenging emotions.

Your students will identify strategies that they feel work to help them calm down and make a personalized deck to reinforce the important skills you're teaching.

→ Empower kids to practice coping with big emotions on their own.



Mikayla's  
Coping  
Strategies

Count to 10



Listen to me



Breathe  
and trace



Hug a toy



Stretch



→ As essential resource for your calm down corner.





# 18 Coping Strategies

Simple wording and images are easy for younger children to understand.

→ An important resource for social and emotional growth.

Jump



Breathe in

Be kind



Count to



Talk to an adult



Draw or color



Breathe and trace



Rub your head



Listen to music



Shake like jelly



Shake a calm jar



Breathe out



Breathe in

Shake like jelly

Shake a

→ Portable & easy to use.





## Color and Outlines

Use the outlined version to print on colored paper or have students color them in to make a personal deck.

Jump



Breathe in

Read a book



Count to 10



Shake a  
calm jar



Breathe  
and trace



Squeeze a squish



Flap like a  
butterfly



Shake like jelly



Listen to music



Shake like jelly



Hug a toy



Jump



→ Thread on a  
ring or pop in a  
task card box.

→ Easy calming  
strategies to  
take anywhere.





→ Use larger cards in group settings or your calming corner.

## Two Size Options

Larger cards (4 to a page) and a smaller option (6 to a page) so they're easy to use in different settings.

→ Thread smaller cards onto a ring for personal decks.

Jump



Squeeze a squishy



Talk to an adult



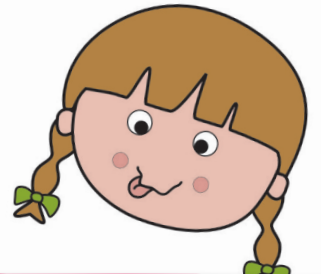
Breathe and trace



Squeeze a squishy



Make a silly face



Stretch



Stretch



Rub your head



Listen to music



Flap like a butterfly



Be kind



Talk to an adult



Breathe out



Jump



Count to 10



Read a book



Push your palms together





→ Make a second personal deck for students to take home.

# Deck Covers

Options for your classroom deck and personalized student decks.

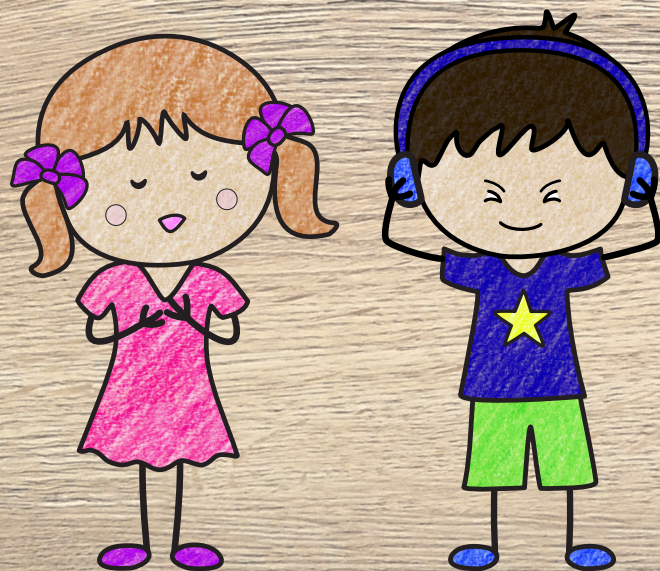
→ Empower students with coping skills they'll use for a lifetime.





# Includes

- ➔ 6 to a page (great for personal decks)
  - Color & black outlines for students to color or to print on colored paper
  - Different cover options
  - Separate decks for boys and girls
- ➔ 4 to a page (ideal for class deck)
  - Color & black outlines for students to color or to print on colored paper
  - Different cover options
  - Separate decks for boys and girls
- ➔ Teacher notes with facts about and how to teach coping strategies.



## Why it's Important to Teach Coping Strategies

Coping skills are sometimes seen as band-aid solutions. I totally understand how kids might feel that way as they are not real solutions for the problems of overwhelming emotions or bad behavior.

But coping skills give children strategies that help kids to stay in control of doing or saying something they may regret later. Overreacting when upset can lead to further problems later which in turn can cause more distress.

When a child is able to soothe themselves, they become aware that they are in control over the way they feel. When they are calm, they are more likely to identify the cause of their distress which is the first step in fixing the problem. Coping strategies for students also makes children feel empowered with their confidence.

### Some other

- Students who are making it easier
- Kids who are
- Coping strategies
- Having strategies for the going
- People who
- Kids who are
- Research on depression
- Teaching coping strategies

## How to Teach Your Students Coping Strategies

There are many different ways to help your students to learn healthy coping strategies. Here are some you might like to try in your classroom.

### Practice and demonstrate

We know that kids are always watching so it's important to show them the strategies you use to stay in control. Use a real-life situation in your classroom to demonstrate how you use coping skills. Point out the strategies that help you stay calm so kids can see them in action and tell them that these are skills that everyone can use throughout their life.

### Point it out

Highlight situations in your classroom where coping skills may be affected, why it's upsetting and then brainstorm.

### Ask what they're feeling

One of the most important things to do is to name the feelings they're having and feel what is going on for them. Ask them what they are feeling and how they're feeling about it.

### Teach when they're calm

It's not easy to teach coping skills when a student is upset. It's better to teach when they are calm.

## Why Kids Need Personal Strategies

Did you know that 65% of people find visual learning more effective? Using the strategy cards can help students to remember the skills better than just talking about them. Everyone having their own personalized set of cards can help to normalize feelings and let students know that they're not alone in their struggles. Being able to quickly see strategies they have chosen for themselves when they're feeling overwhelmed or upset can prompt students to practice and use techniques that will help to calm them down.

When students have their own cards, it creates an environment that supports emotional regulation to help students feel safe and secure. This can lead to improved academic outcomes, as students are better able to learn and engage in class.

➔ An effective must-have tool for classroom management!

### Small groups

When you're working in small groups, you can have students practice skills together. Teach them how to breathe or use a calm jar.

### Conversation starters

During individual meetings or group work, use the coping strategies cards as a starting point for discussions. Talk about scenarios kids may face at home or school and ask them what they think would help them most and to demonstrate how to use it.

When you're feeling angry?"

What could you use when you're anxious about something?"

What could help someone else calm down when they're upset?"

Because it's too noisy in class, how could you stay calm?"

Examples of behavior that has happened in your classroom to date overwhelming feelings.

### Calm corner

to pop in your calm down corner but I urge you to make sure to use each of the strategies before you expect them to use the cards.

### Use cards

A good idea to make a second set of personalized cards for students to take home so they can continue to practice their strategies outside of school. Great places to leave sets is in the Principal's or counsellors office.

### Using coloring pages & posters

to reinforce the coping strategies you're teaching your grade, consider creating coloring pages and posters to use in the classroom.

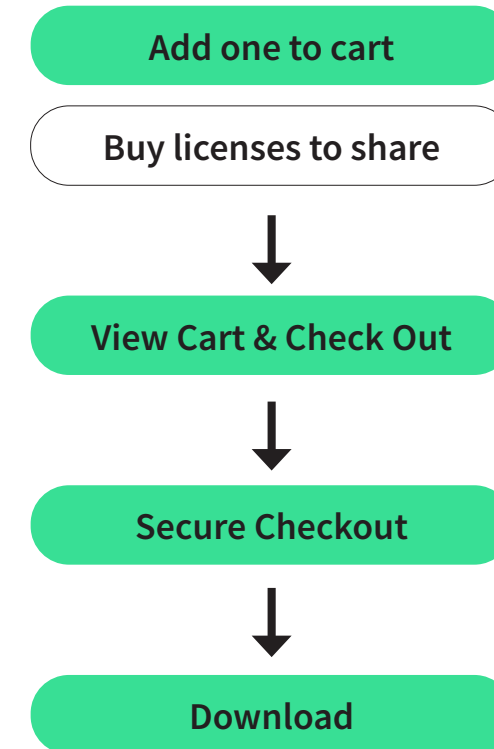




## Benefits & How to Use

- ➔ Use the class deck during your morning meetings. You can show random cards and ask students when they might use those strategies or go through them one at a time to teach and demonstrate the skill.
- ➔ Use as a starting point for discussions during individual meetings or group work. Talk about scenarios kids may face at home or school and ask which strategies they think would help them most.
- ➔ Having a personalized set of cards can help normalize feelings and lets students know they're not alone in their struggles.
- ➔ A personal card deck creates an environment that supports emotional regulation to help students feel safe to improve engagement in classroom activities.
- ➔ Pop a deck in your calm down corner and make a second set of personalized cards for students to take home to practice strategies outside of school.
- ➔ Leave a set in the Principal's or a counsellor's office.

## Get Your Copy Instantly!



**After using go to “My Purchases”  
to leave a review to earn points to  
spend on other resources.**

Leave a Review





**Coping  
Cards  
Included**

**Shake  
like jelly**

→ **Emotional  
regulation  
resources  
for PreK-2nd**



**POSTERS**

## Save with This Coping Bundle

Emotions are complex and can take hold at any time so it's important for students to have lots of opportunities to practice staying in control.

This bundle includes resources you can use in different settings. The more often students work with tools that help them learn strategies, the easier it will be to call on the when they're needed.

**See What Included!**

**BOOKMARKS**



**Comfort**



**Move**



**to an  
adult**



**Gemma 's  
Coping  
Strategies**

**BOOKLET**

**CARDS**

**Stretch**

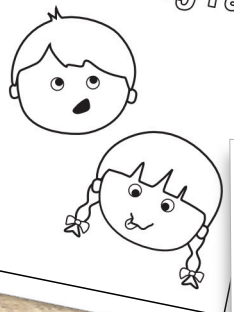


**Breathe in**



**COLORING Breathe out**

**Make a silly face**



**Be kind**



**Hug a toy**



**Count to 10**



**Listen to music**

