

Coping Skills & Resources

RISE ACADEMY
April 2020

(Please look for the * at the bottom of each page for suggestions of which grade level each activity/sheet might be most appropriate for)

COPING SKILLS ASSESSMENT

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



ALWAYS

SOMETIMES

NEVER

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



EMOTION REGULATION ACTIVITY: CALM DOWN TOOLS

Directions: Cut out the calm down strategies on the next page. Read each strategy. If you think it's a good strategy for calming down, glue it into the "SMART" box. If you don't think it is a good strategy for calming down, glue it into the "NOT SMART" box.

SMART	NOT SMART

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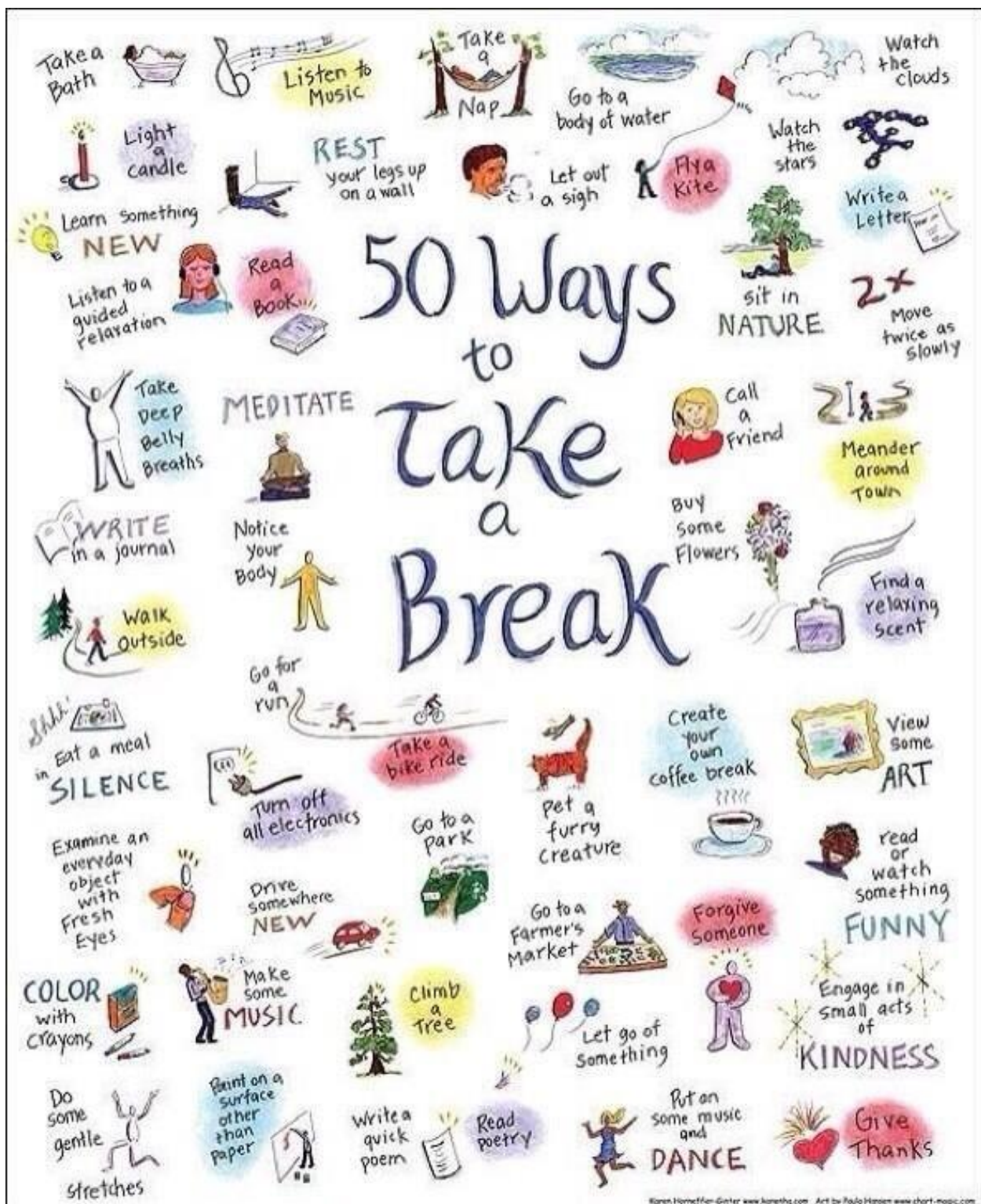
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Suggested for grades K-5

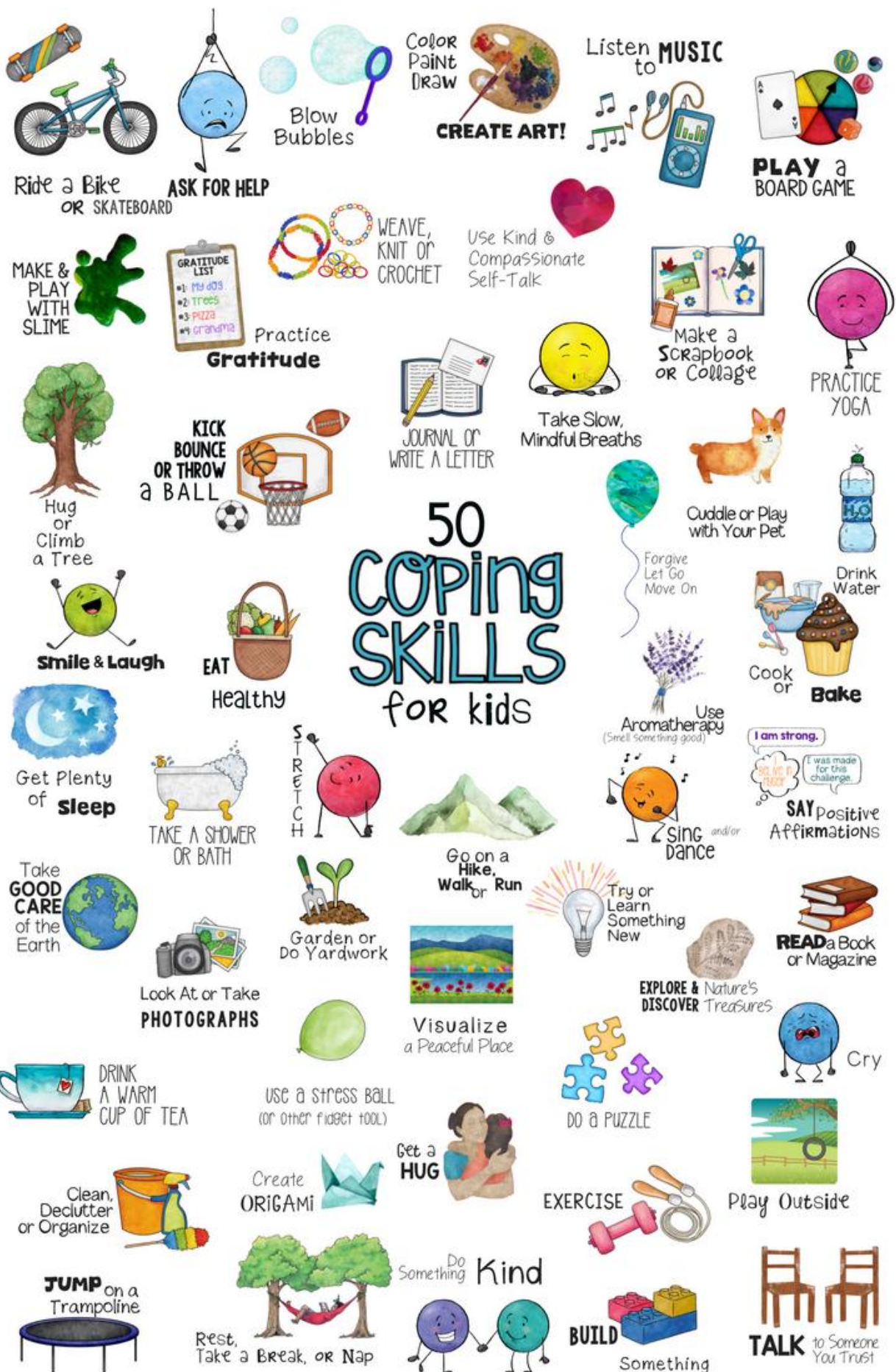
A TO Z OF COPING SKILLS

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	

Suggested for grades K-5



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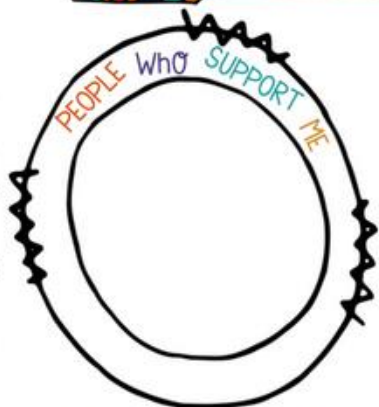
Suggested for grades K-5

COPING TOOLS: What Helps Me

- | | |
|---|---|
| <input type="checkbox"/> Read A Book or Magazine  | <input checked="" type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input checked="" 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 checked="" type="checkbox"/> Make a Collage or Scrapbook  | <input checked="" 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 checked="" 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 checked="" 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 checked="" type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input checked="" 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 checked="" type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

My Coping Survival Strategies Guide

...to remind yourself you are not alone



Best Listener and/or Hug-Giver



HUGS = Oxytocin Release, helping us to feel connected & loved

Best Ways to Get MOVING!

...to turn-off stress hormones & pump-in feel-good endorphins

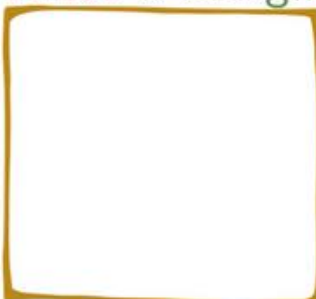


BEST POSITIVE AFFIRMATION

Something Kind I Can Say to Myself When Life Gets Tough



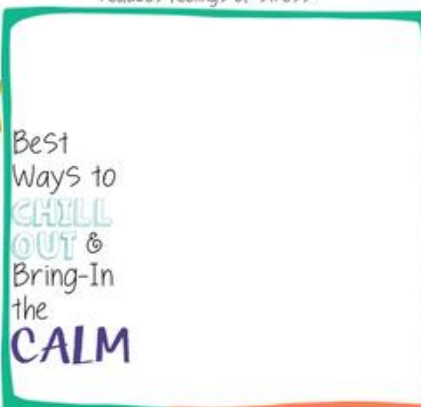
What Makes Me **Smile & Laugh**



...humor is a natural stress reducer

Just Breathe

...mindful breathing sends a message of peace to our minds, slows down our heart rate & reduces feelings of stress



Best Ways to CHILL OUT & Bring-In the CALM

What I Can Make Create, Play or Build



MY TOP 3 COPING TOOLS

#1



#2



#3



MINECRAFT

Incredible 5 Point Scale

Help kids get thier frustration under control

	What does it feel like	What does it look like
 5	Out of Control Feels like you're a creeper and you're going to explode	<ul style="list-style-type: none"> * Screaming * Yelling * Crying * Throwing Things * Kicking Things * Breaking Things * Hitting Things
 4	Starting to Lose It Getting angry like a Zombie	<ul style="list-style-type: none"> * Head feels like it's overheating * Start to say mean or hurtful things * Call people names * Take things away from people * Kicking Furniture * Little Kid Brain tells you to do things that will get you in trouble
 3	Anxious/Worried/Excited Feels like an Enderman and you want to get away or jump right out of your skin	<u>Anxious/Worried</u> <ul style="list-style-type: none"> * Don't want to talk about it * A little scared * Tummy starts to hurt * Upset about something * Repeating Words <u>Over Excited</u> <ul style="list-style-type: none"> * Jumping up and Down * Flapping hands * Pulling on Things or People * Repeating Words * Can't stay in seat
 2	I Think I Can Handle It Fells like Steve who has to work hard to survive	<u>Might be hard for me but</u> <ul style="list-style-type: none"> * I will try to do it * I will Cooperate * I will listen * When I'm done it will make me feel good about myself for working so hard
 1	Just Right Like Notch	<ul style="list-style-type: none"> * Happy * Calm * Peaceful * Nothing bothers you * Interested in something

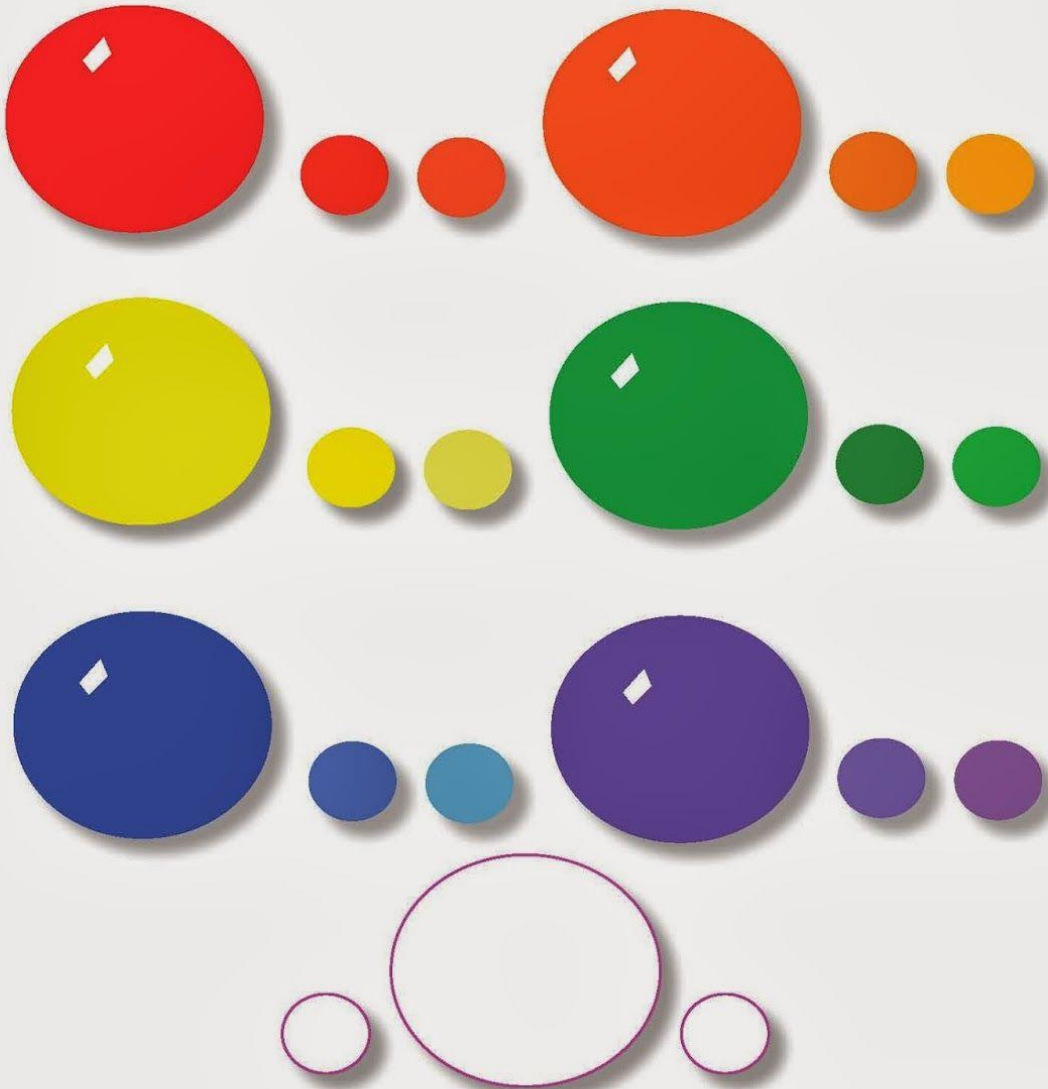
Suggested for grades 3-5

Breathing Practice



Rainbow Bubble Breathing

Read the bubbles like a story but instead of speaking words give one BIG breath for the BIG bubble and a SMALL regular breath for the SMALL bubble.

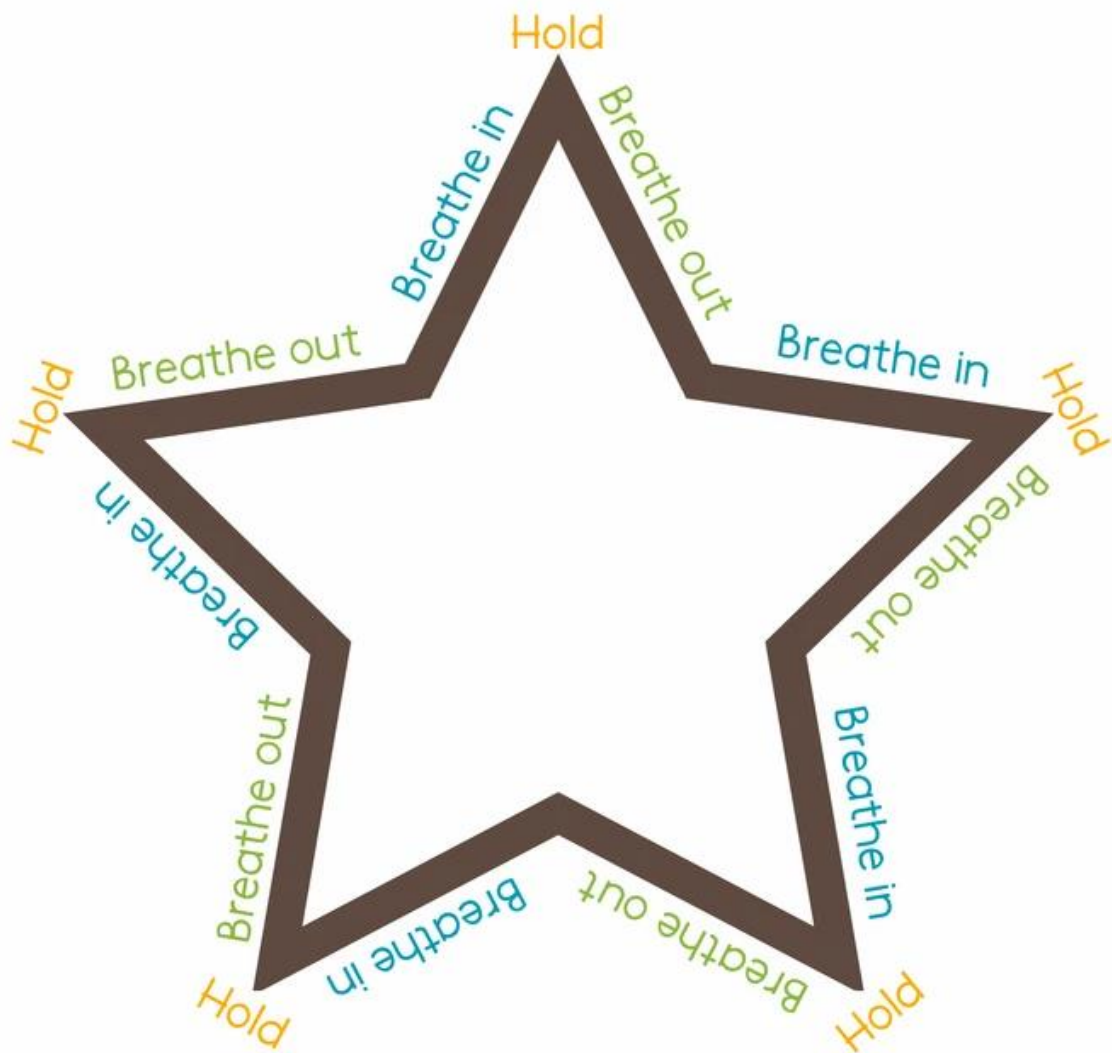


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Suggested for grades 3-5

Star Breathing

Start at any “Breathe in” side,
hold your breath at the point, then breathe out.
Keep going until you’ve gone around the whole star.

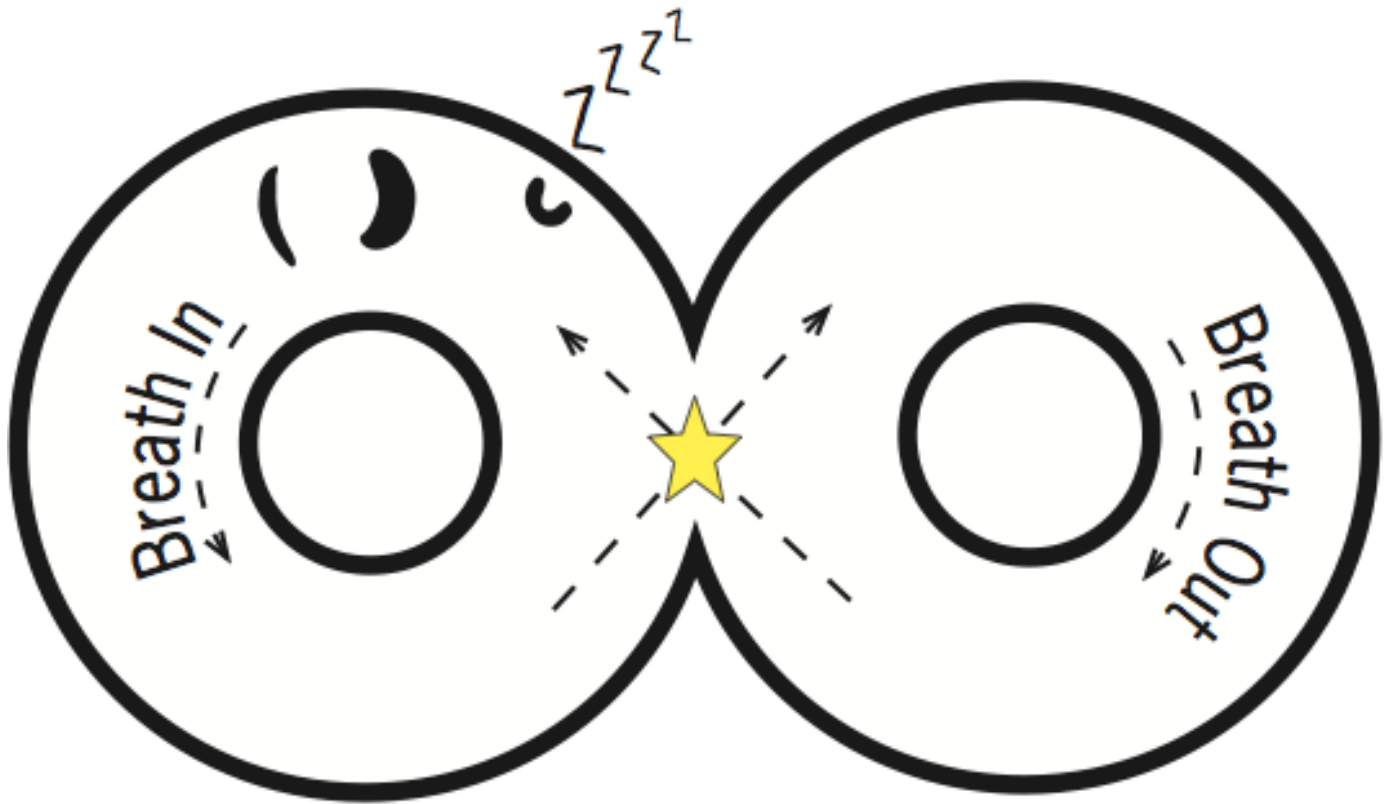


www.copingskillsforkids.com

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Suggested for grades K-5

Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

Suggested for grades K-5

BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently away from side to side as you release your balloon up into the sky.

SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

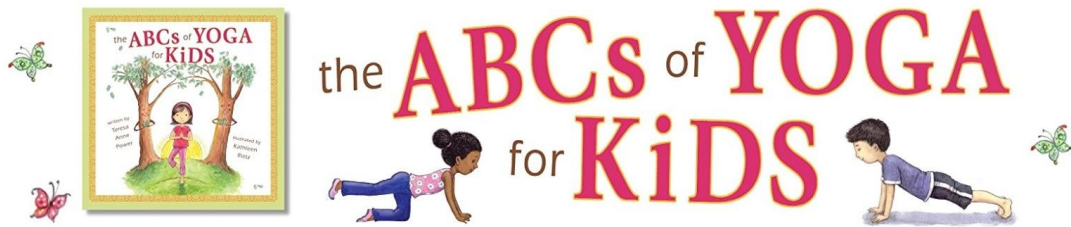
BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

Suggested for grades K-5

Yoga



				
A Airplane	B Butterfly	C Cobra	D Dog	E Easy Pose
				
F Frog	G Grasshopper	H Happy Baby	I Inhale	J Jack-in-the-Box
				
K Kite	L Lion	M Mouse	N New Pose	O Otter
				
P Peacock	Q Queen	R Rag Doll	S Swan	T Triangle
				
U Unicorn	V Volcano	W Waterfall	X Y	Z Zero

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Suggested for grades K-5

GARDEN YOGA FOR KIDS



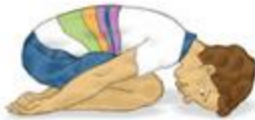
Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



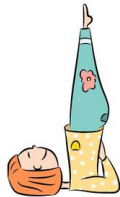
printable yoga poster

Suggested for grades K-5

KIDS YOGA



Prayer Pose



Shoulder Stand



Tree pose



Raised Hands Pose



Chair Pose



Extended Side Angle



Lunge Pose



Warrior 1 Pose



Warrior 2 Pose



Warrior 3 Pose



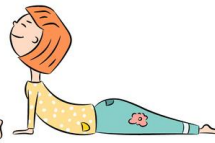
Plank Pose



Four Limbed Staff Pose



Zigzag Pose



Cobra Pose



Corp Pose



Boat Pose



Downward Facing Dog



Plow Pose



Standing Forward Bend Pose



Child Pose



Cow Pose



Cat Pose



Bow Pose



Camel Pose



Lotus Pose

Suggested for grades K-5



Camel pose



Plow pose



Boat pose



Tree pose



Triangle pose



Belly breathing



Cobra pose



Warrior pose



Down dog pose

Suggested for grades K-5

Start with 3 slow belly breaths then...

GROUNDING WITH YOUR FIVE SENSES

<i>What are</i> 5 THINGS YOU CAN SEE		<i>Ideas</i> SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

Suggested for grades K-5

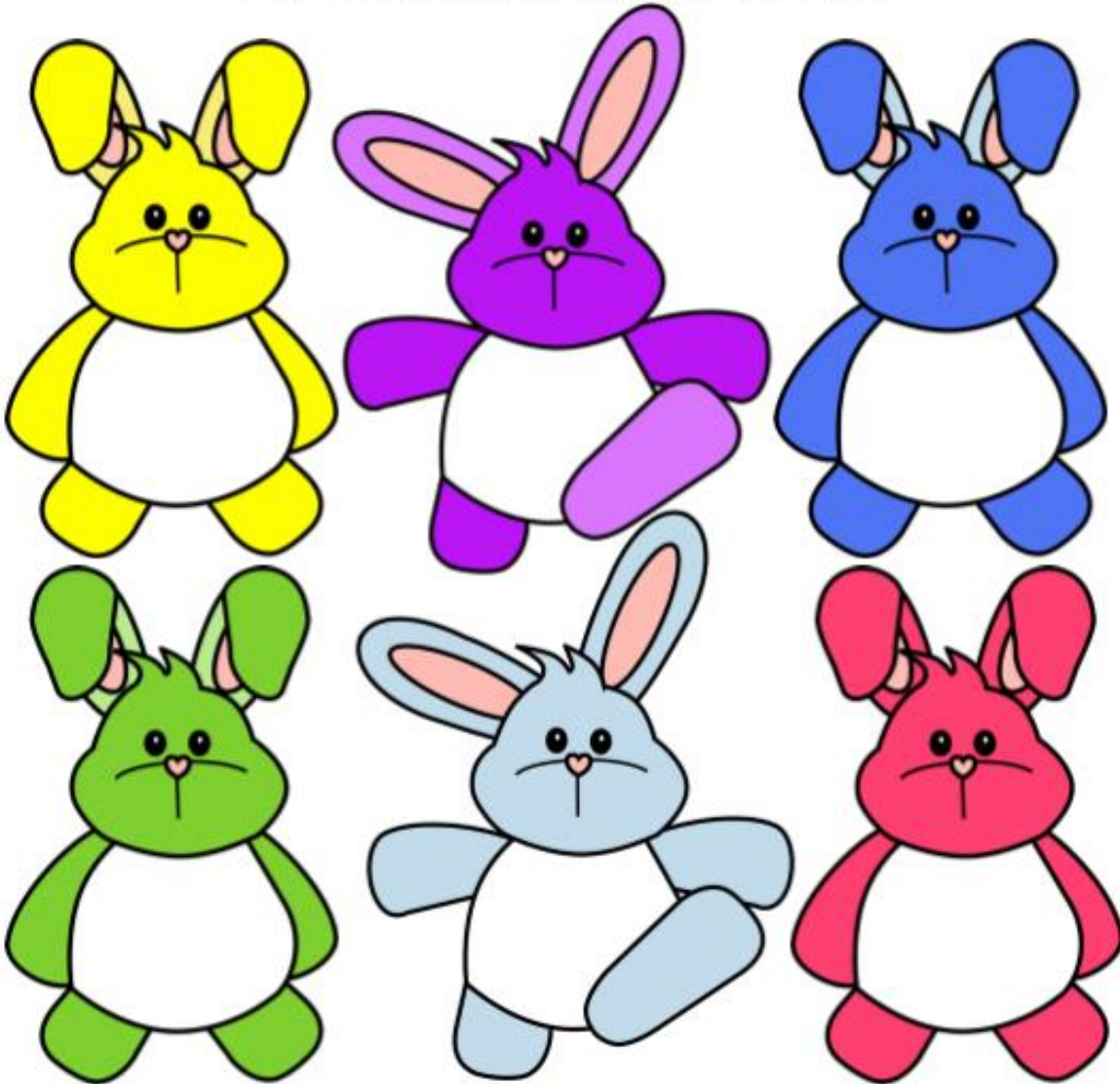


Learning to

BOUNCE BACK!

Everyone gets upset sometimes. When that happens, we can use our coping skills—healthy ways to deal with tough feelings and situations.

DIRECTIONS: On each bunny, write or draw a coping skill that can help you BOUNCE BACK when you are having a hard time.



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Suggested for grades K-5

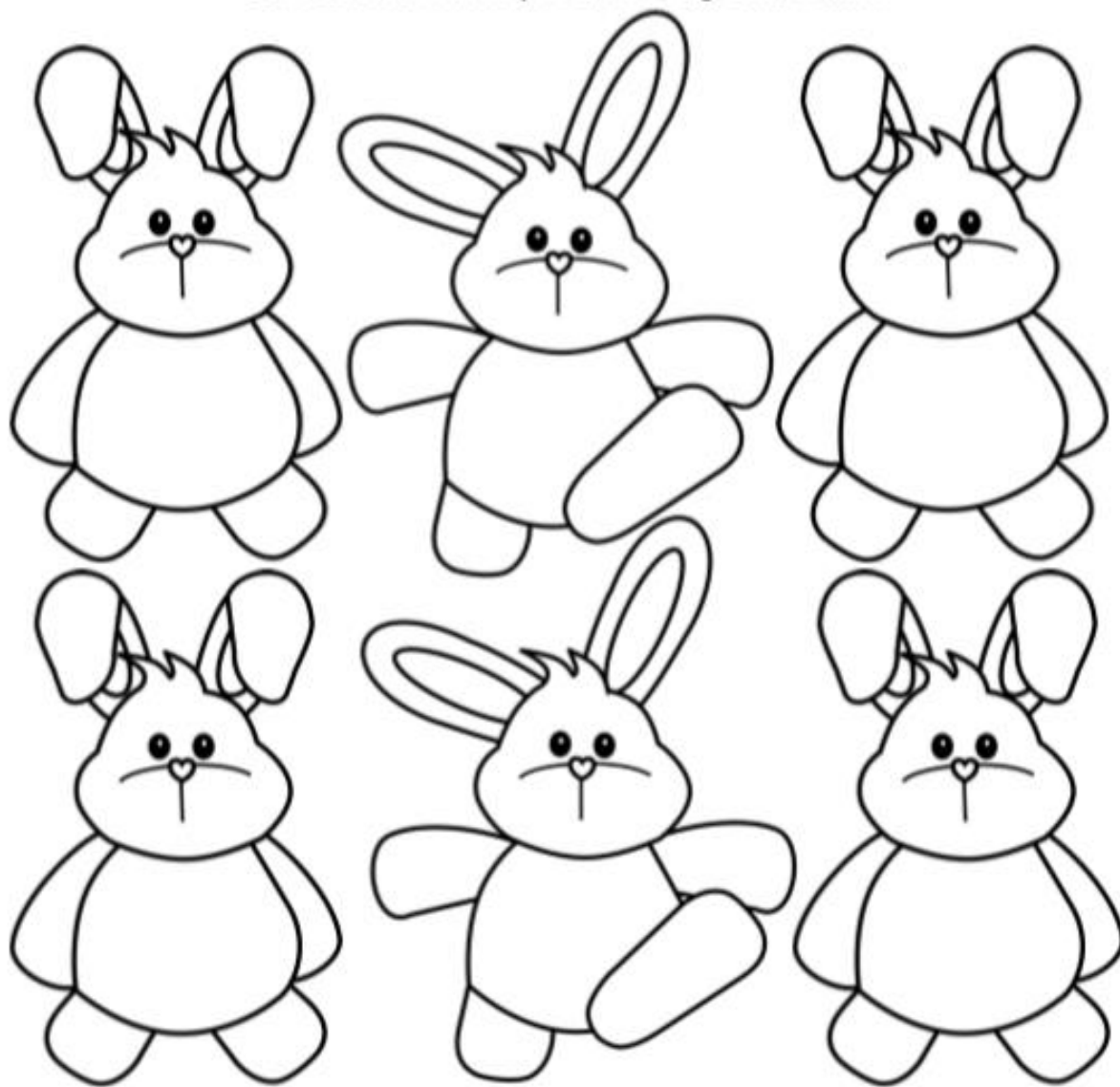


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Suggested for grades K-5

Food Pantries

American Red Cross 617.274.5200 ext. 5596
93 Kempton Street (Mill St. entrance)
Thursday 1-6pm (available 1x per month)
Photo, ID, proof of income, rent receipts, proof of address, ID for household members required

Braz/Bean Community Center 508.979.1737
360 Coggeshall Street
Monday - Thursday 9-1 (available 1x every 30 days)
ID and/or MA Health card required

Catholic Social Services 508.997.7337
238 Bonney Street (in back of O. L. of Mt. Carmel R. C. Church)
Wednesday & Thursday 10-12 (available 1x every 30 days)
Min. 18 years-old, proofs of income & residency, photo ID, MA Health ID required for all children. Bread, non-perishable foods and fresh produce

Grace Episcopal Church 508.993.0547
133 School Street
Wednesday & Friday 9:30 - 10:30 (available 1x per month / 12 x per yr.
Photo ID required and children's insurance cards

MO Food Life Pantry 508.992.5978
725 Pleasant Street
Open 3 Wednesdays per month (call first) 10-12 noon (available once every 30 days) For adults, picture ID & proof of income, ID for family members.

Seven Hills Behavioral Health 508.999.4159
1177 Acushnet Avenue
Monday & Wednesday 9:30 - 12:00, Thursday 5:00 - 7:00pm
Photo ID, proof of income and proof of address

Food Pantries

Mobile Loaves and Fishes 508.993.0614
Available at sites across the city: Monday: Salvation Army parking lot 6:00pm, Tuesday: Hungary Whale on Elm Street 6:00pm, Wednesday: Acushnet Heights near Weld Square 6:00pm, Thursday: Main Post Office 6:00pm, Friday: PAACA 6:00pm, Saturday: Salvation Army parking lot 11:30am

PACE, Inc. 508.999.9920
166 William Street
Monday-Friday (New walk-ins or received no service w/in past yr.: 9-11, all others by appointment) (Available 1x every 3 months, if PACE client, 1x per month) Referral, Picture ID & verification of dependents required

The Salvation Army 508.997.6561
619 Purchase Street
Monday-Friday 8:30-Noon & 1-3 (available 1x every 3 months)
Required: ID for household members & proof of residence for appt. 3-5 days of food / clothing vouchers for fire victims only

St. Anthony's Church 508.993.1691
Nye Street Entrance (enter church basement door)
Thursday @ 11:30am - 1:00pm (1x every other week)
Picture, ID and MA Health

St Lawrence Church 508.992.4251
110 Summer St, New Bedford, MA 02740
Every other Friday from 10:30-11:30AM
Photo, IDs for household members and proof of address in 02740 zip code required

St. Martin's Church 508.264.1520
136 Rivet Street
3rd Saturday 10-11 and last Tuesday 5-6

Food Pantries and Meals in New Bedford

MEAL SITES and TIMES

<p>Sister Rose House Soup Kitchen Mercy, Meals & More 508.728.1489 Pilgrim United Church of Christ, 636 Purchase St. Grace Episcopal Church, 133 School St. The Salvation Army, 619 Purchase St. St. Anthony's R.C. Church, Nye St. Full Blessings Church, 475 Union St.</p>							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	7:30-8:30 Grace Episcopal Church	6:35-7:30 Mercy, Meals and More	6:35-7:30 Mercy, Meals and More	6:35-7:30 Mercy, Meals and More	6:35-7:30 Mercy, Meals and More	6:35-7:30 Mercy, Meals and More	6:35-7:30 Mercy, Meals and More
Lunch	11:00 Full Blessings Church Service & Meal	11:00-1:00 Sister Rose House Soup Kitchen	11:00-1:00 Sister Rose House Soup Kitchen	11:00-1:00 Sister Rose Noon St. Anthony's	11:00-1:00 Sister Rose House Soup Kitchen	11:00-1:00 Sister Rose House Soup Kitchen	
Dinner	5:15 Salvation Army			4:30 Salvation Army	4:00 Sister Rose <u>Every 4th Thru of the month</u>		