

Bridge to Better Behavior



Lawndale Elementary School District

Coping Strategies

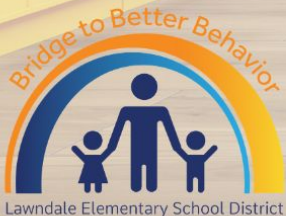
Presented by

[Ms. Stella Day](#), School Psychologist

[Ms. Martika Tucker](#), School Social Worker

From Mark Twain Elementary School

Thelma Gonzalez, School Principal



What are coping strategies?

Strategies or tools that an individual can use to manage their thoughts, feelings, and actions in moments of distress

Why are the benefits of coping strategies?

It is important to develop coping strategies as adults and children to manage difficult situations. Teaching these strategies to children allows them to effectively control their thoughts, emotions, and behaviors in a positive way.



How do we teach coping strategies?

Step 1: Choose a strategy to teach to your child

Step 2: Teach the strategy during moments of calm

Step 3: Practice the strategy during moments of calm

Step 4: When familiar with the strategy, prompt the child to use
it during moments of stress



Examples



Resources

Books:

- [B is for Breathe](#)
- [Little Spot of Calm](#)
- [Coping Skills for Kids Workbook](#)
- [Start with a Word Journal](#)

Website:

- [Coping Skills for Kids](#)
- [A to Z Coping](#) (middle school)

Mindfulness App:

- [Insight Timer](#)
- [Dreamy Kid](#)
- [Cosmic Kid](#)
- [Breathe, Think, Do](#)
- [Smiling Mind](#)

Podcast:

- [Imagine Neighborhood](#)

Mindfulness Playlist:

- [GoZen](#)
- [Mind Yeti: English](#)
- [Mind Yeti: Spanish](#)



COPIING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



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Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



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