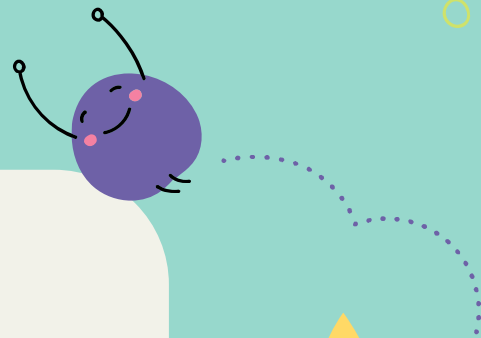
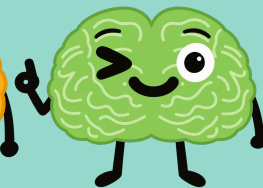
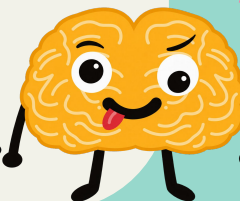
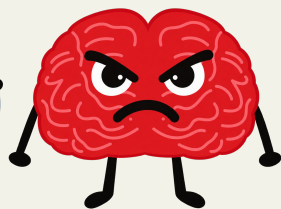
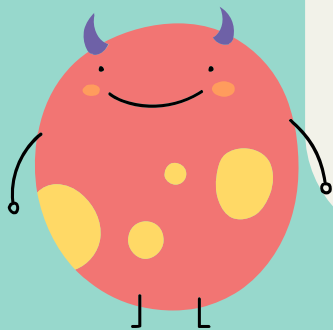


Using Coping Skills: For Each Zone

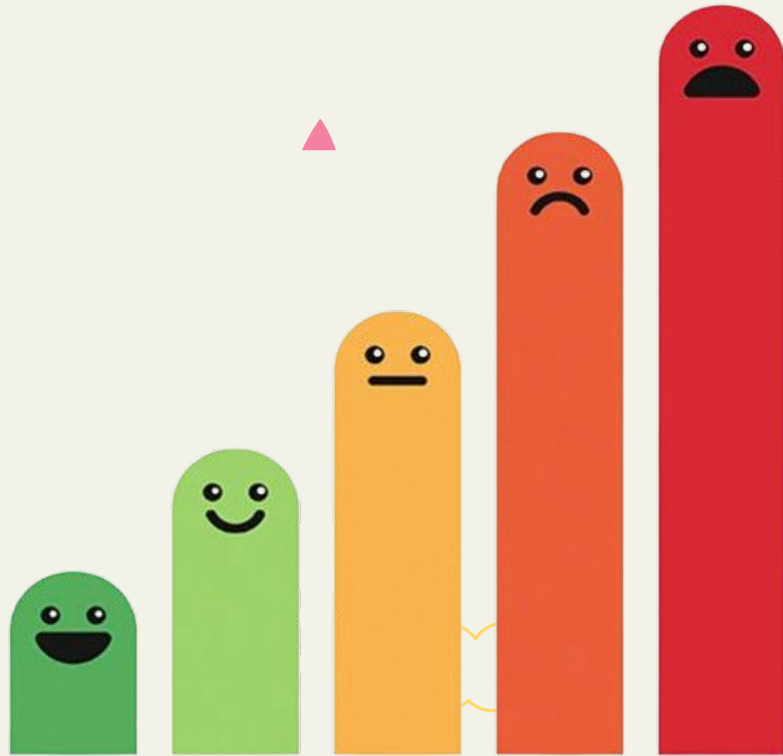
1st Grade
Unit 2.3 – Regulation
Lesson 7



Class Connect



Review



size of a problem

size • of • a • prob•lem

synonym- level of impact

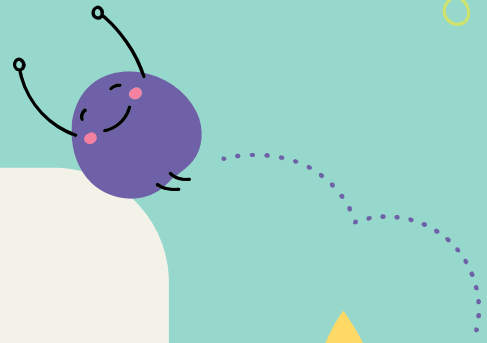
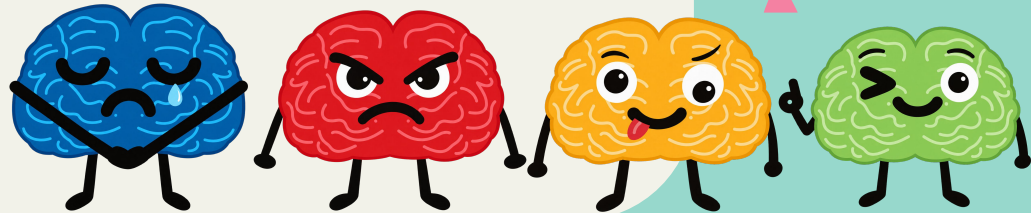
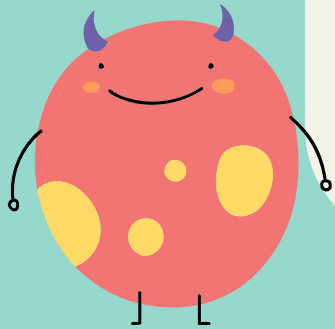
antonym- harmless



**TODAY'S
LESSON**

Using Coping Skills: For Each Zone

1st Grade
Unit 2.3 – Regulation
Lesson 7



Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- a tool to help you regulate/calm when you are experiencing a big feeling or upsetting situation

cop·ing skill



cop·ing skill

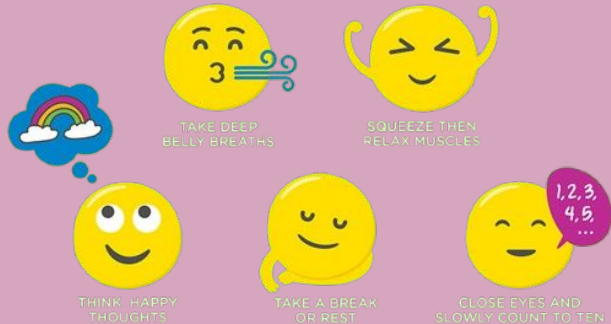


synonym- calming tool

antonyms- trigger, irritant

(healthy) examples

- asking for help
- positive self-talk
- Find: 5 things you see
4 things you can feel
3 things you hear
2 things you smell,
1 thing you taste
(or 1 positive self-talk)



questions

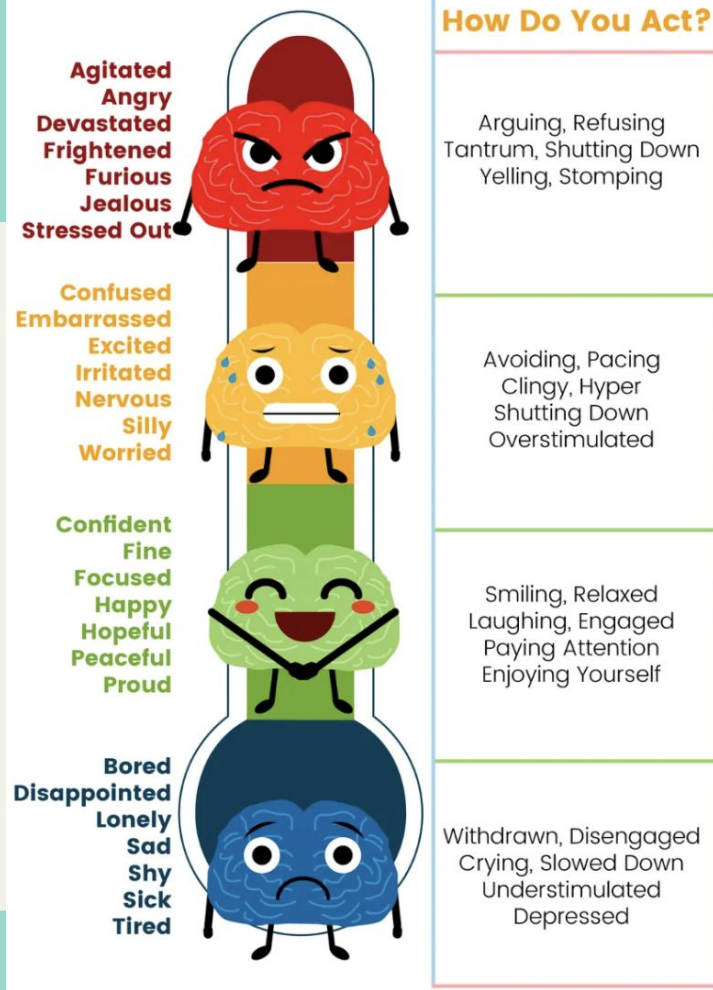
- What is a healthy ***cop·ing skill*** you can use when you are angry and tense?
- What about when you are worried?

(unhealthy) non-examples

- throwing your pencil and paper when a math problem is hard
- punching a wall

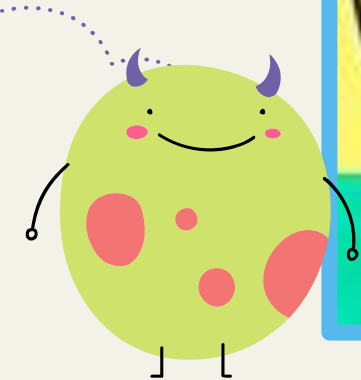
Coping Skills

- breathing techniques
 - deep/ star/rollercoaster/belly/ bunny/ cookie/box....
- coping tools
 - fidgets/stress balls/pop-its
- drink water
- take a walk
- talk to someone
- drawing
- happy thoughts





▲ Movement Break





RED ZONE- OUT OF CONTROL



Devastated



Frightened



Jealous



Agitated



Angry



Stressed Out



Furious

TO SUPPORT
MYSELF I CAN ...



Count to
10 or 100



Tell an
adult



Stop, and
walk away



Take
deep
breaths



Move your
body or
exercise



Take a
nap



Practice
grounding
techniques

YELLOW ZONE- NEED TO GO SLOW



Worried



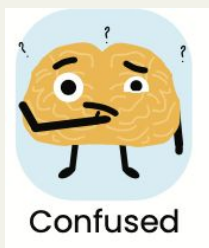
Excited



Nervous



Embarrassed



Confused



Silly

TO SUPPORT MYSELF I CAN ...



Take deep breaths



Take a break



Pause, and ask for help



Use positive self-talk



Relax and try again



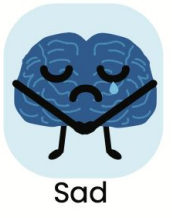
Tense and relax your muscles



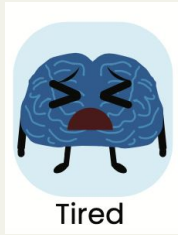
Think of a peaceful place



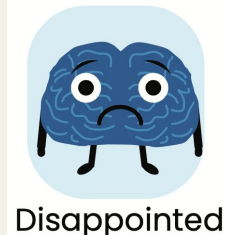
BLUE ZONE- FEELING LOW



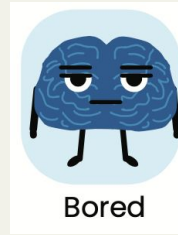
Sad



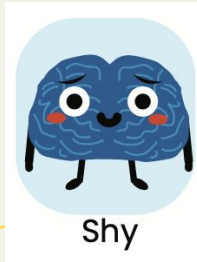
Tired



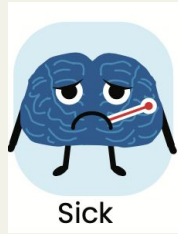
Disappointed



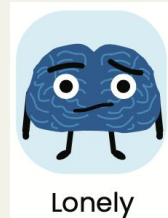
Bored



Shy



Sick



Lonely

TO SUPPORT MYSELF I CAN ...



Get or give a hug



Talk to friends or family



Get some fresh air



Stretch



Listen to music



Move your body or exercise



Do a hobby you enjoy



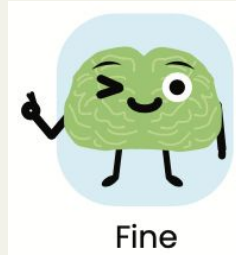
GREEN ZONE- READY TO GO



Confident



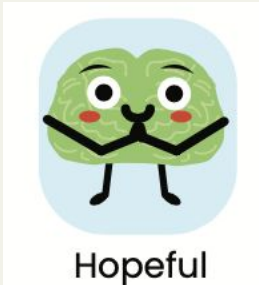
Peaceful



Fine



Happy



Hopeful



Proud



Focused

TO SUPPORT MYSELF I CAN ...



Smile & practice gratitude



Help someone else



Use kind & positive word



Take steps toward your goals



Exercise



Keep listening



Write about your successes

Option 1

Activity Time

Come up with
Coping Skills for
home and school
for each Zone

	
	
	
	
school	home

Option 2

Activity Time

Coping Skills
Stations



Peace Out



Guardian Extension



Calm Down Space/ Plan for home!

- Talk with your child(ren) about creating a designated space for them to use at home if they are having big feelings.
- Ask what tools/skills they think are helpful. Share with them any coping skills/tools you find success with.*
- Even if you don't have a "calm down corner/spot", you can talk about things at that are helpful, at home, coping skills—*hugs, pet snuggles, a favorite book/stuffed animal, playing outside, talking it out, etc.*
- Practice your plan! It's helpful to learn when we aren't having a big feeling.



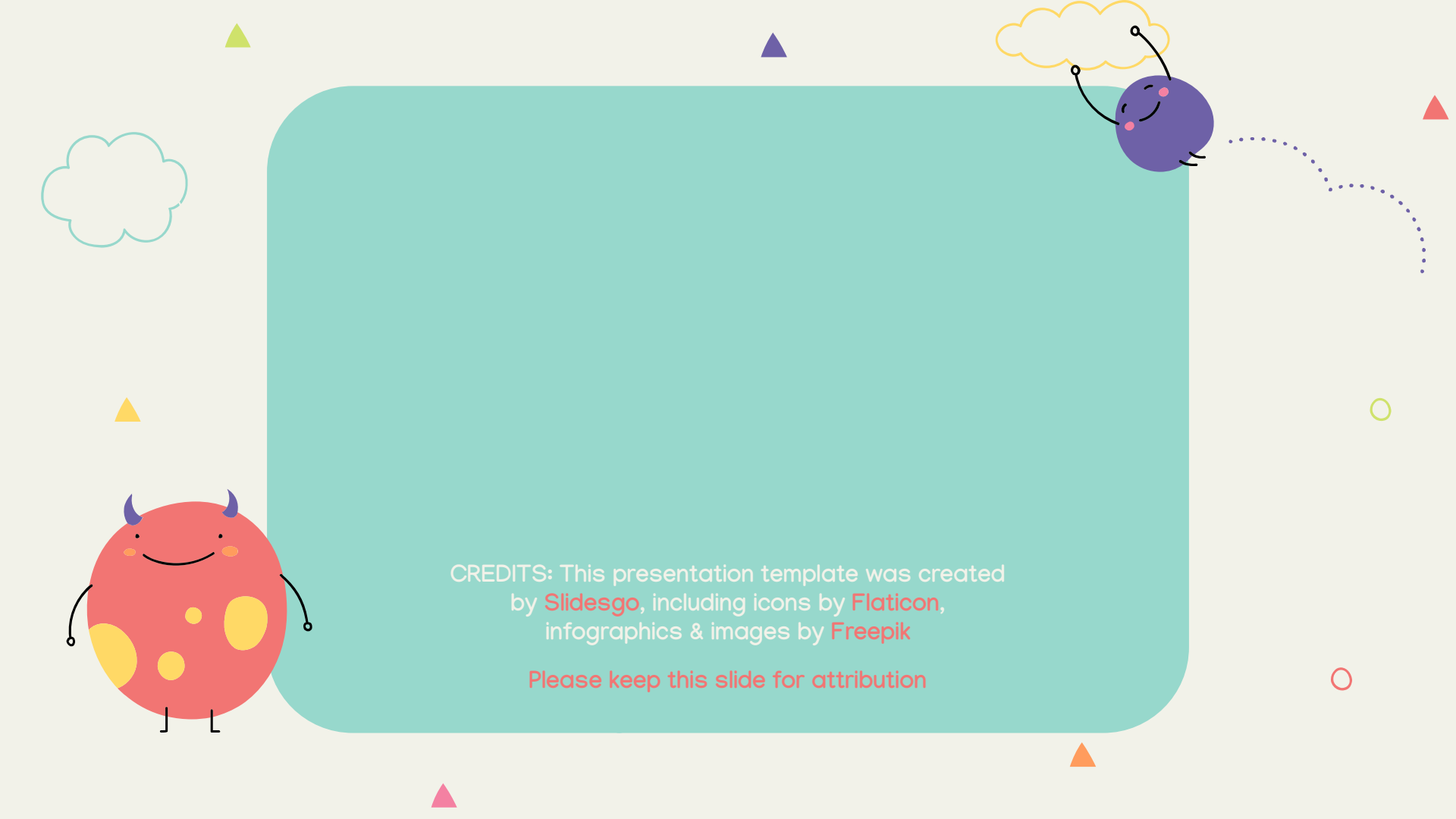
*If you'd like resources that your child(ren)'s school uses, reach out to your school social worker and we would be happy to help! This can be a great way to build connection and practice!

Teacher Extension



Discuss appropriate coping skills to use in the classroom.





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