

What are coping skills?

Kindergarten
Unit 2.2 - Regulation
SEL Lesson 7



Photo Credit:
Counselor Keri

Class Connect



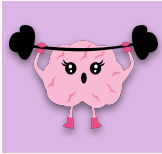
Why is today's lesson important?

What are coping skills?



Regulation

"I can recognize and manage my emotions."



Perseverance

"I can demonstrate endurance and capacity to complete tasks."



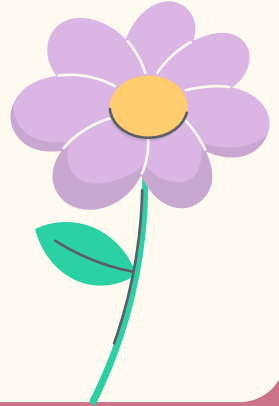
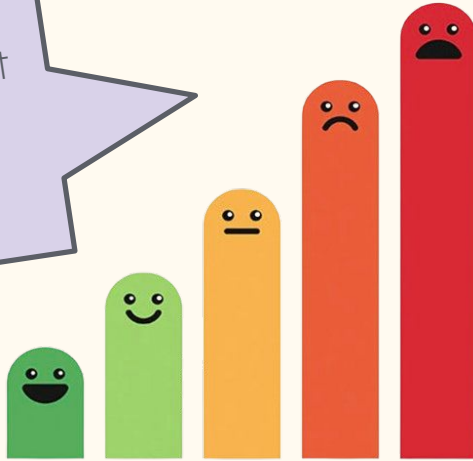
Review

size of a problem

size • of • a • prob•lem 🍌

synonym- level of impact

antonym- harmless



definition

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

coping skill



cop·ing skill

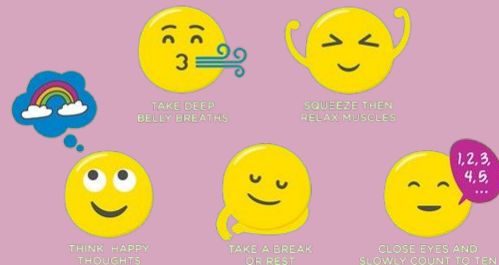


synonym- calming tool

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 help us feel better.



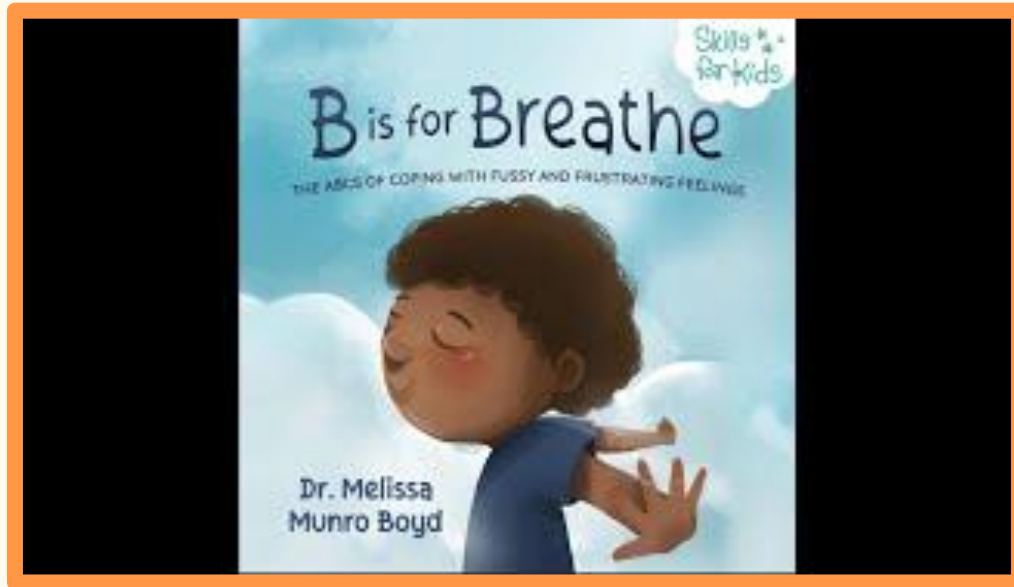
Movement



- **Different coping skills**
- **work better for different**
- **people.**



Let's practice using breathing as a coping skill!

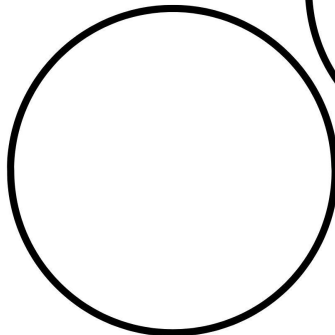
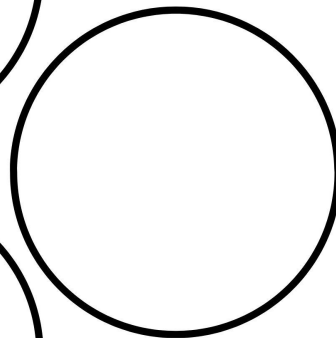
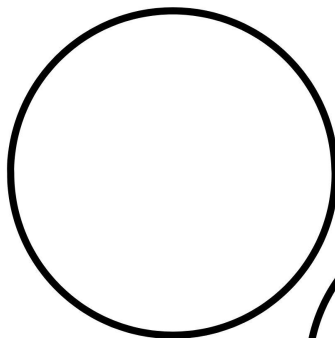


Activity



MY COPING SKILLS

Name _____



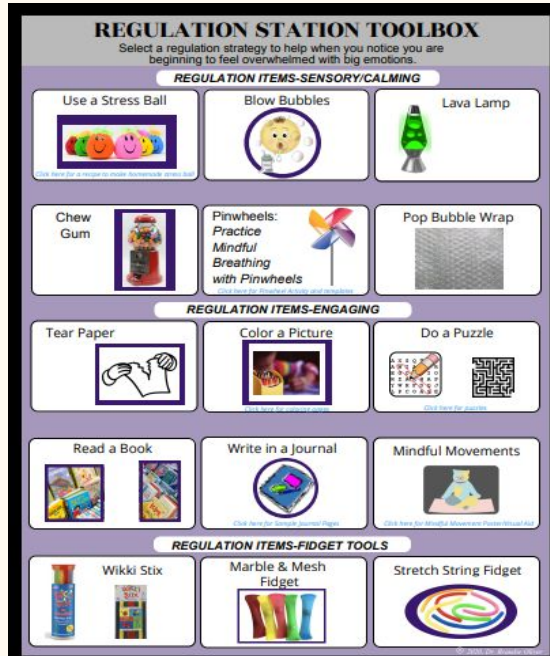
**HELP ME
GET CALM**



Peace Out

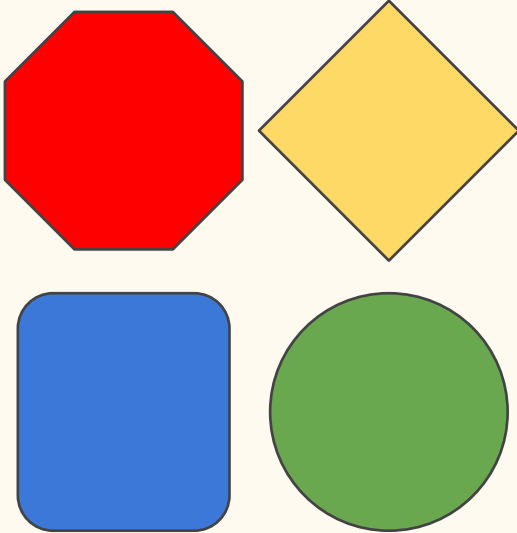


Guardian Extension



- Coping Skills help us work through emotions that we experience throughout the day. Coping strategies can help us experience a sense of calm, readiness to engage with others, and the ability to acquire additional knowledge in a learning environment.
- Talk with your child about a space at home they could go to if they need to regulate. What coping tools are there for them?

Teacher Extension



- Review with students that coping skills are the tools we use if we are in the red, yellow, or blue to help regulate.
- Remind them where your calming spot is within your classroom. Show them the tools that are there and review with them the procedure for using the calming spot correctly.



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