

4TH GRADE

Picking coping skills based on your emotion, place, and situation

Unit 2.3 Regulation
SEL Lesson 7



Class **Connect**

What calms you when you are upset?



Why is today's lesson important?

picking coping skills based on emotions & situations



Regulation

"I can recognize and manage my emotions."



Adaptability

"I can manage transitions and adjust to changing situations and responsibilities."



Perseverance

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



Connection

"I can network with others through social awareness and cultural sensitivity."



Collaboration

"I can work well with others in a team."

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

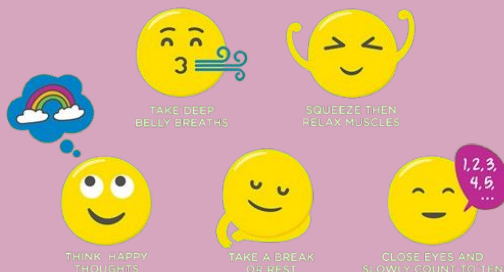
- asking for help
- positive self-talk
- Find: 5 things you see
4 things you can feel
3 things you hear
2 things you smell,
1 thing you taste
(or 1 positive self-talk)

questions

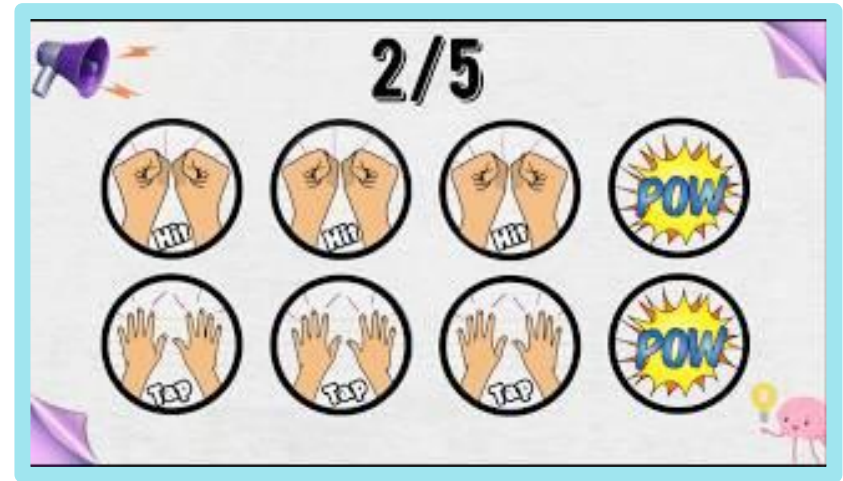
- What is a healthy **cop·ing skill** you can use when you are angry and tense?
- What about when you are worried?

(unhealthy) non-examples

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



Class Connect





5 categories of coping skills ✨

- Calming Skills (Slow Your Body Down) ✨
- Express Feelings (Get it Out) ✨
- Movement Skills (Release Energy) ✨
- Creative Coping (Use Your Imagination) ✨
- Thinking Skills (Change Your Thoughts) ✨

Movement

Coping Skills Charades!



Calming Skills - *Slow your body down.*

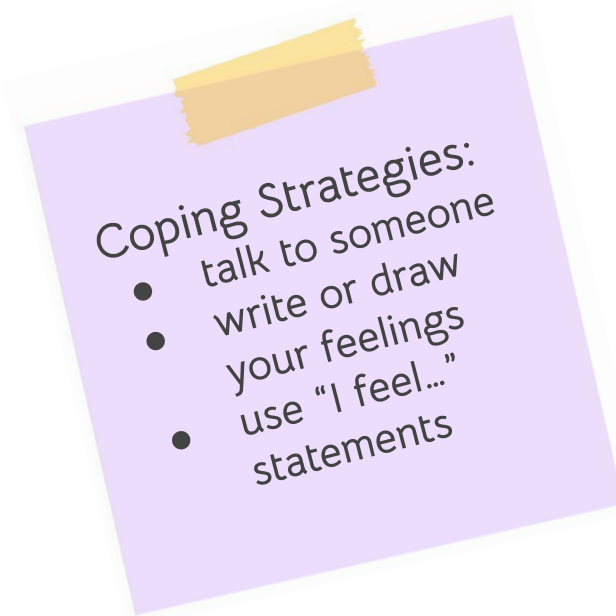
Use when feelings are BIG (angry, nervous, overwhelmed)

Coping Strategies:

- breathing techniques
 - counting
 - 5, 4, 3, 2, 1 grounding
 - listen to music
 - read
 - work on a puzzle
 - watch TV
- before a big test at school
 - when you feel really mad during group work
 - at a sporting game when you're nervous before your turn
 - when your sibling is bothering you at home
 - when you get in trouble and feel upset
 - lying in bed but your brain won't slow down

Express Feelings - *Get it out.*

Use when you need to share what's inside.



Coping Strategies:

- talk to someone
- write or draw your feelings
- use "I feel..." statements

- a friend hurts your feelings at recess
- you feel left out in a group
- you're frustrated with schoolwork
- after an argument with a sibling at home
- something exciting or upsetting happens and you want to talk about it
- you feel misunderstood

Movement Skills - *Release energy.*

Use when your body feels wiggly, restless, or full of energy.

Coping Strategies:

- go for a walk
- stretch
- jumping jacks
- play outside
- sports
- ride your bike

- during independent work when you can't sit still
- when you feel angry and need to "get it out" safely
- before a game or practice to release nervous energy
- after school when you've had a long day
- when you feel bored or distracted

Creative Skills - *Use your imagination.*

Use when you want a fun, quiet way to process feelings.



Coping Strategies:

- draw or color
- build something
- craft
- use your imagination

- during free time at school
- after a hard day to relax
- when you feel sad but don't want to talk yet
- on a rainy day stuck inside
- when you're feeling worried and need a distraction
- during indoor recess or choice time

Thinking Skills - *Change your thoughts.*

Use when your thoughts are making things feel worse

Coping Strategies:

- tell yourself: "I can do this"
- look for the good
- ask: "Will this matter later?"

- you think "I can't do this" during schoolwork
- after making a mistake on a test or assignment
- you lose a game or don't win
- something doesn't go your way
- you feel nervous about trying something new
- you're assuming the worst ("nobody likes me")

Activity

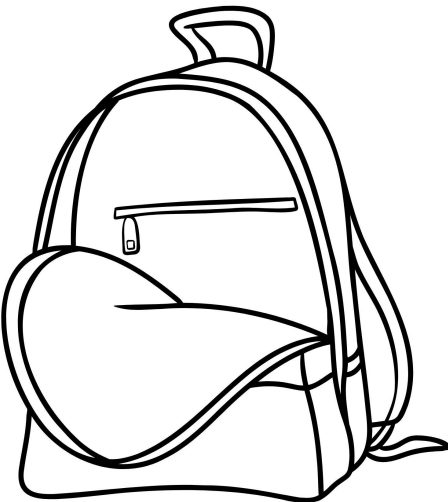
Coping Skills Sort



Optional Additional Activity

COPING SKILLS BACKPACK

Directions: Imagine you have a special backpack filled with coping tools that you can use when you're not all the way calm yet. Choose three different tools that you think will help you stay in control, keep going, or get through tough moments.



Peace Out



Guardian Extension



Teacher Extension





THANKS



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COPING SKILLS QUICK CHECK

Try your best!

4th Grade Coping Skills Quick Check

1. What is a coping skill?
 - a. Something you use to help you win every game you play.
 - b. A tool to help you calm down when you are experiencing a big feeling or upsetting situation
 - c. A special way of thinking that makes all your problems disappear instantly
 - d. A strategy you use to change how other people feel instead of managing your own feelings.
2. When would you do something creative (like drawing, coloring, or building) to help you feel better?
3. When would you share your feelings by talking, writing, or telling someone how you feel?
4. When would you use your brain to think in a positive or helpful way to solve a problem or feel better?
5. When would you move your body (like walking, stretching, or playing) to help yourself feel better?
6. When would you do something to calm your body, like deep breathing or sitting quietly?