

Coping Skills:

Practice, Personalize, Problem Solve

3rd Grade
Unit 2.3 Regulation
Lesson 7



Class Connect



What helps you calm down
when you are upset?



Review



size of a problem

👏 size • of • a • prob•lem 👏

synonym- level of impact

antonym- harmless

TODAY'S
LESSON

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Why are we learning this?

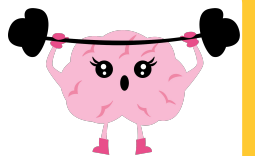
Regulation



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





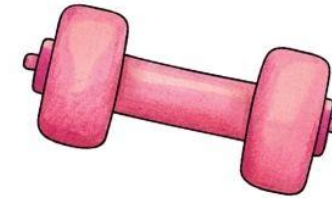
HOW TO CONTROL BIG EMOTIONS FOR KIDS



Coping Skills Examples



Deep Breathing



Exercise



Check-in with Feelings



Read



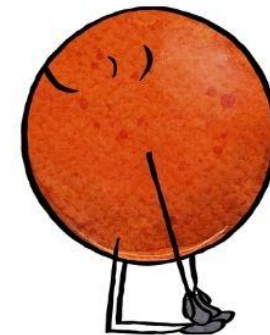
Color or Draw



Write a Compliment List



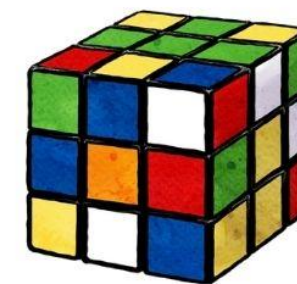
Talk with Someone



Practice Yoga



Write in a Journal



Do a Puzzle



Read Positive Affirmations



Look at (or Take) Photos

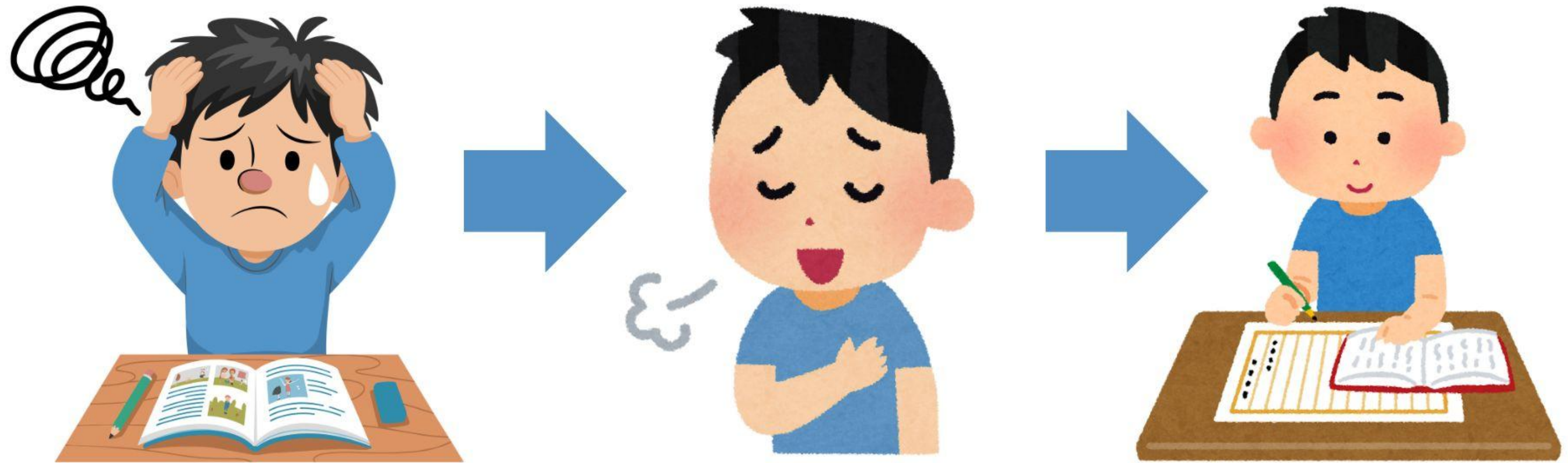
Practice, Personalize, Problem Solve



keep practicing



Calm enough to move forward —————→

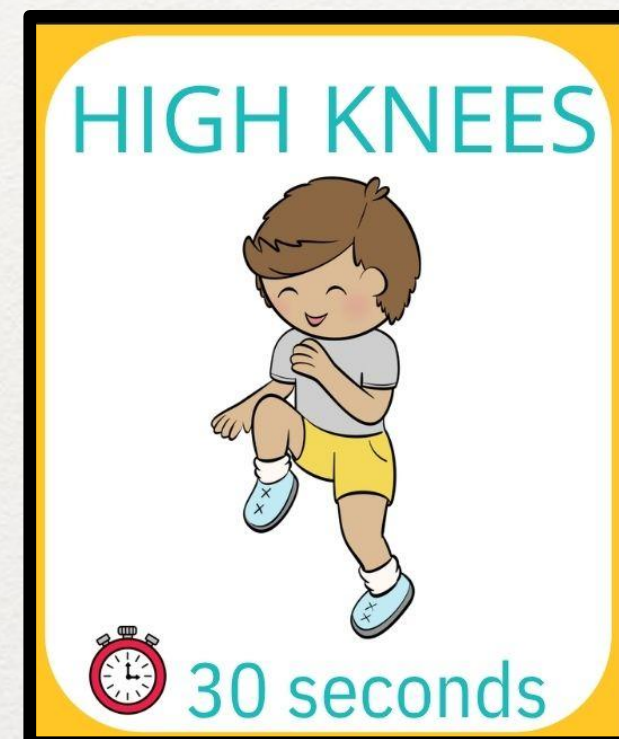
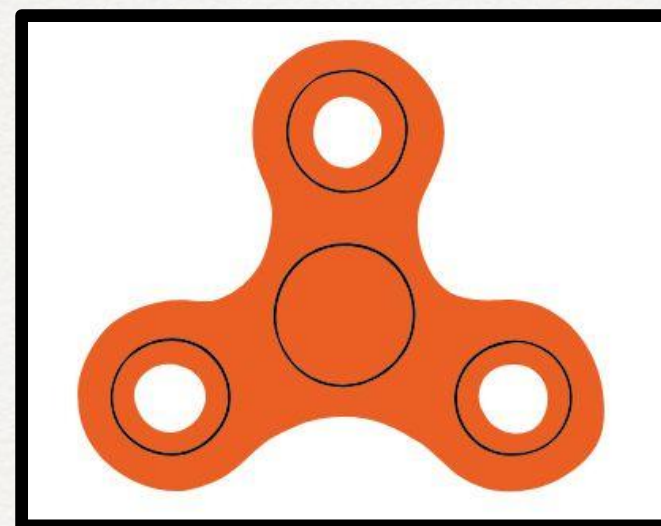


Movement Break



Activity Time

Coping Skills Stations



Optional

Coping Skills Quick Check

3rd Grade Coping Skills Quick Check

1. What is the definition of 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. Do you have to be 100% calm to move forward?
 - Yes
 - No
3. If a coping skill does not work right away does that mean it is a bad tool?
 - Yes
 - No
4. Do you need to practice coping skills?
 - Yes
 - No
5. What is one coping skill that you can use to calm yourself down?

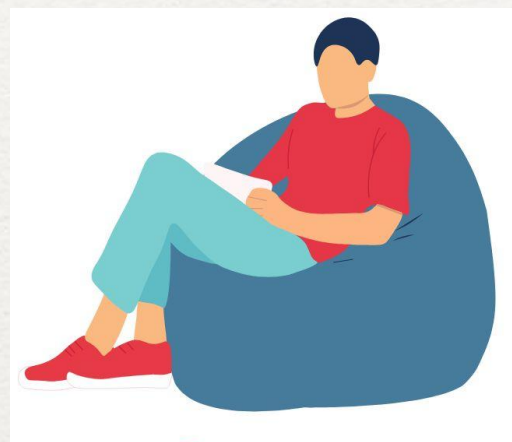
Peace Out



Guardian Extension



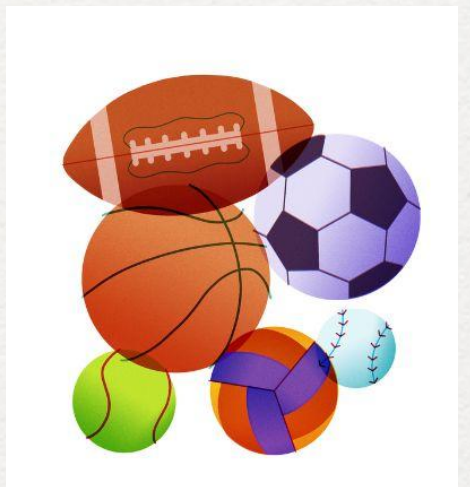
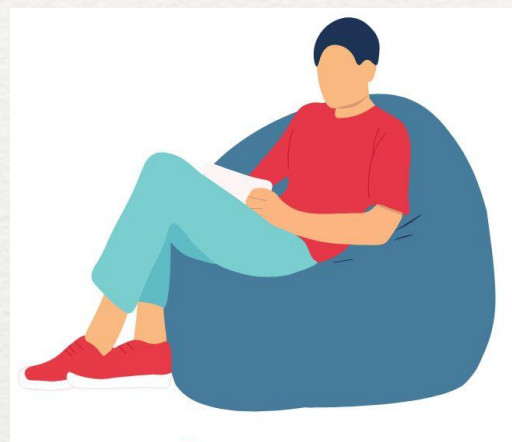
Help your student practice and personalize
some coping strategies at home!



Teacher Extension



Help your student practice and personalize some coping strategies in the classroom!



Credits

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