

Coping Skills for Different Emotions



2nd Grade
Unit 2.3 Regulation
Lesson 7

Class Connect

Feelings Check-In



Review

size of a problem

👉 size • of • a • prob • lem 👈

synonym- level of impact

antonym- harmless



**Today's
Lesson**

Coping Skills for Different Emotions



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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

coping skill



cop·ing skill



synonym- calming tool

antonyms- trigger, irritant

(healthy) examples

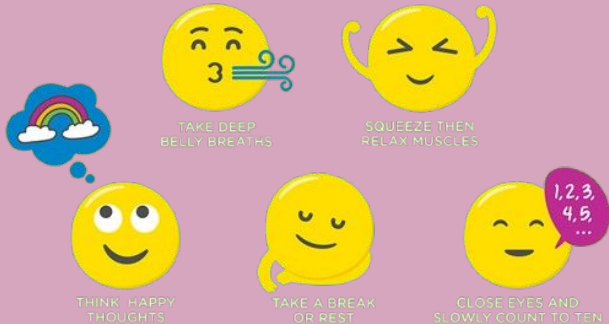
- asking for help
- positive self-talk
- Find: 5 things you see
4 things you can feel
3 things you hear
2 things you smell,
1 thing you taste
(or 1 positive self-talk)

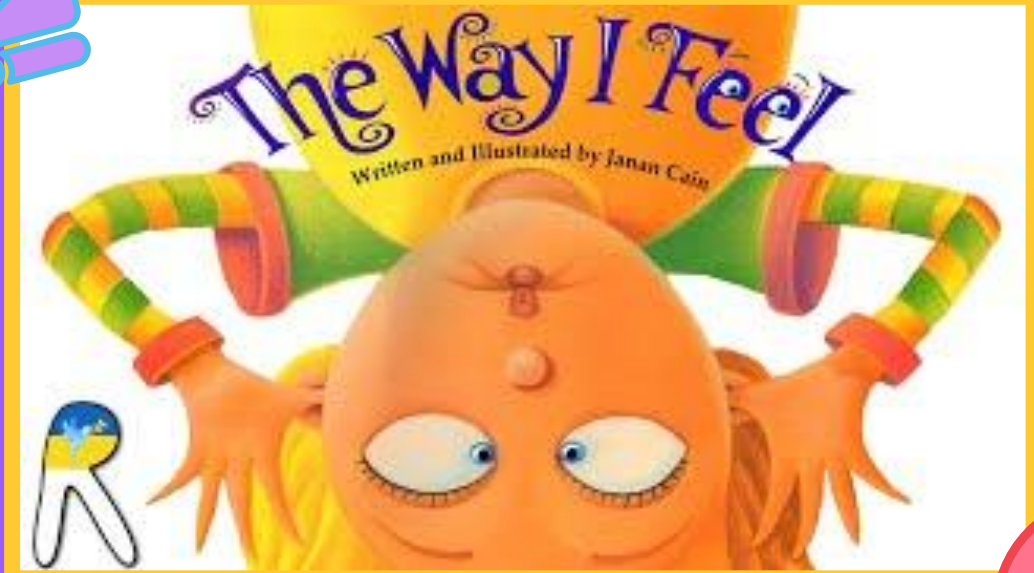
questions

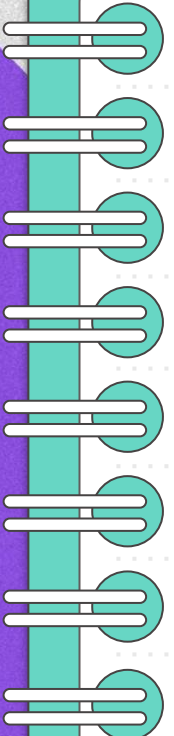
- What is a healthy **cop**ing skill you can use when you are angry and tense?
- What about when you are worried?

(unhealthy) non-examples

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







FEELING



COPING

SKILL

Angry → Take deep breaths, squeeze a stress ball or your fists then release, Draw a picture of how you feel

Sad → Talk to someone, Take a break, Think of 3 things that make you smile

Scared → Take deep breaths, say "I can do this," Picture a "brave moment" you've had before

Excited → Take a breath to stay in control, Do a quick "freeze" and hold your body still

Frustrated → Do a quick reset (look away, stretch, come back), Ask for help

Turn & Talk



Turn to a partner and finish this sentence:

'If I feel ____, I can ____.'

Brain Break

Let's practice a strategy!



1. Feel it



2. Name it

angry sad frustrated excited scared

3. Choose a
tool



Activity Time



Create a coping skills toolbox for yourself.
Come up with coping skills that help for each of the specific emotions

Draw a picture of a coping skill that you could use for each emotion!

Coping Skills Tool Box

Angry

Sad

Frustrated

Excited

Scared

The diagram shows a toolbox with a handle at the top. Inside the toolbox, there are five circles arranged in two rows. The top row has three circles labeled 'Angry', 'Sad', and 'Frustrated'. The bottom row has two circles labeled 'Excited' and 'Scared'. The circles are empty, intended for drawing coping skills.

Peace Out



Guardian Extension

“When I feel ____, I can ____.”

Have students:

- Draw a feeling
- Write or dictate a coping skill



Teacher Extension

Calm Down Corner Review

Remind your students of the calm down corner and review calm down corner expectations.

