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Ashley

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I WANT FREEBIES

LET'S TALK ABOUT COPING SKILLS

Game Objective:

*Be the first to get rid of all the cards in your hand. Answer all the discussion questions on your cards.

Materials:

*Print card deck either double sided, or laminate them so they are back to back with one side of the card being "Let's Talk about Coping Skills" and the other side being a discussion question. I recommend laminating either way so the deck lasts longer.

Game Instructions:

- *Play this game as you would play UNO, except students must answer the discussion question on their card to play the card.
- *Choose a dealer and shuffle the cards. Deal 7 cards to each player. Place the remaining cards face down in the center of the table. This is the draw pile. Flip over the top card on the draw pile, place it face up to form the discard pile. (If this card is an action card, ignore it and flip over to the next card). The player to the left of the dealer goes first and proceed clockwise.
- *On your turn, you try to get rid of your cards by playing one card onto the discard pile.
 - ****If you have a matching card in your hand***, you may play it on the discard pile. (You can only play a card if it matched at least one attribute of the top card on the discard pile: its color, number, or symbol. If the card you played is an action card, it does something special (see action cards below). You must answer to question on the card that you play.
 - ****If you do NOT have a matching card***, draw one card from the draw pile. (If your new card can be played, then you play it now. You may choose to draw a card instead of playing one, even if you have a playable card in your hand.
- *The moment you have only one card in your hand, you must yell UNO to alert the other players you are about to win. If someone beats you to it and calls UNO before you, then you must draw two cards.
- *When a player plays their final card, they WIN!
- *Action cards:
 - *Draw Two card: When played, the next player must draw two cards and lose their turn.
 - *Skip card: When played, the next player loses their turn.
 - *Reverse card: When played, the direction of play is reversed.
 - *Wild card: This card matches anything so you can play it no matter what card is on the discard pile. When you play a Wild card, you also get to choose the color that continues play.
 - *Wild Draw Four card: This card matches anything so you can play it no matter what card is on the discard pile. The next player draws four cards and loses their turn. You also get to choose the color that continues play.

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Self-Management Skills: Effective coping skills (B-SMS 7)

SEL Competencies:

*Self-Management: Stress Management, self-discipline.

*Self-Awareness: Identifying emotions.

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WHAT DO YOU DO WHEN YOU FEEL UPSET?

... **COPING SKILLS** ...

2



HOW DO YOU CALM YOURSELF DOWN WHEN YOU'RE ANGRY?

... **COPING SKILLS** ...

3



WHAT MAKES YOU FEEL BETTER WHEN YOU'RE SAD?

... **COPING SKILLS** ...

4



CAN YOU THINK OF A TIME WHEN DEEP BREATHING HELPED YOU FEEL CALM?

... **COPING SKILLS** ...

5



WHAT ARE SOME ACTIVITIES THAT HELP YOU RELAX?

... **COPING SKILLS** ...

6



HOW DO YOU HANDLE IT WHEN SOMEONE SAYS SOMETHING MEAN TO YOU?

... **COPING SKILLS** ...

7



WHAT IS ONE THING YOU CAN DO IF YOU FEEL OVERWHELMED?

... **COPING SKILLS** ...

8



WHO IS SOMEONE YOU CAN TALK TO WHEN YOU'RE FEELING STRESSED?

... **COPING SKILLS** ...

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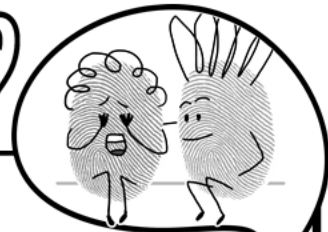
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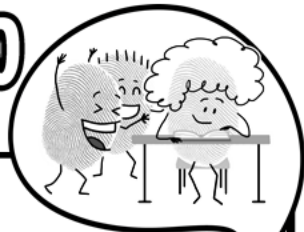
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HOW DO YOU
FEEL AFTER
TALKING TO
SOMEONE ABOUT
YOUR WORRIES?

... COPING SKILLS ...

10



WHAT HELPS
YOU FOCUS
WHEN YOU'RE
FEELING
DISTRACTED?

... COPING SKILLS ...

Draw Two



HOW DO YOU
EXPRESS YOUR
FEELINGS IN A
HEALTHY WAY?

... COPING SKILLS ...

Reverse



WHAT DO YOU
DO WHEN
YOU'RE
SCARED?

... COPING SKILLS ...

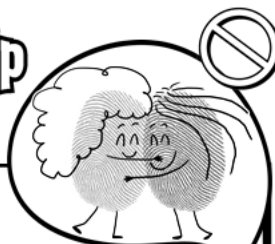
Skip



HOW DO YOU
HANDLE
DISAPPOINTMENT
WHEN THINGS DON'T
GO YOUR WAY?

... COPING SKILLS ...

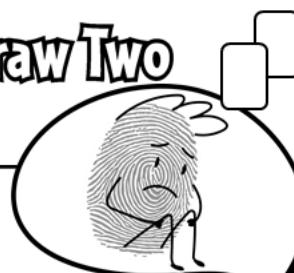
Skip



HOW DO YOU
CHEER YOURSELF
UP WHEN
YOU'RE HAVING
A BAD DAY?

... COPING SKILLS ...

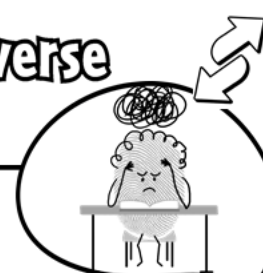
Draw Two



WHAT ARE
WAYS YOU CAN
COPE WITH
FEELING LONELY?

... COPING SKILLS ...

Reverse



CAN YOU SHARE A
TIME WHEN YOU
WERE FRUSTRATED
AND HOW YOU
DEALT WITH IT?

... COPING SKILLS ...

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**WHAT'S
SOMETHING YOU
DO TO STAY CALM
WHEN YOU'RE
NERVOUS?**

... **COPING SKILLS** ...

2



**HOW DO YOU
HELP A FRIEND
WHO IS FEELING
SAD?**

... **COPING SKILLS** ...

3



**WHAT DO YOU
DO WHEN YOU
FEEL
EMBARRASSED?**

... **COPING SKILLS** ...

4



**HOW DO YOU
BOUNCE BACK
WHEN YOU MAKE
A MISTAKE?**

... **COPING SKILLS** ...

5



**HOW CAN
EXERCISING OR
PLAYING SPORTS
HELP YOU FEEL
BETTER?**

... **COPING SKILLS** ...

6



**DO YOU HAVE A
FAVORITE WAY TO
MOVE YOUR BODY
WHEN YOU'RE
FEELING STRESSED?**

... **COPING SKILLS** ...

7



**HOW DOES
GETTING ENOUGH
SLEEP HELP YOU
COPE WITH
PROBLEMS?**

... **COPING SKILLS** ...

8



**HOW DO YOU
FEEL AFTER
SPENDING
TIME OUTSIDE?**

... **COPING SKILLS** ...

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**WHAT ARE SOME
PHYSICAL
ACTIVITIES YOU
ENJOY WHEN YOU
NEED TO TAKE A
BREAK?**

... **COPING SKILLS** ...

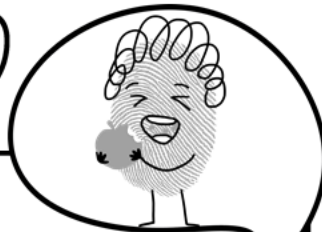
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**HOW DOES
STRETCHING OR
YOGA HELP YOU
RELAX?**

... **COPING SKILLS** ...

9



**WHY IS IT
IMPORTANT TO TAKE
CARE OF YOUR
BODY WHEN YOU'RE
FEELING STRESSED?**

... **COPING SKILLS** ...

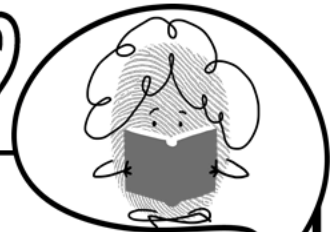
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**HOW DOES
DRINKING WATER OR
EATING HEALTHY
FOOD HELP WHEN
YOU FEEL STRESSED?**

... **COPING SKILLS** ...

9



**WHAT'S
SOMETHING YOU DO
TO CALM DOWN
BEFORE BED IF YOU'RE
HAVING TROUBLE
SLEEPING?**

... **COPING SKILLS** ...

10



**HOW DOES
TAKING A WALK
HELP YOU FEEL
BETTER WHEN
YOU'RE UPSET?**

... **COPING SKILLS** ...

9



**HOW DO YOUR
FRIENDS HELP
YOU WHEN YOU
FEEL DOWN?**

... **COPING SKILLS** ...

10



**WHAT DO YOU
SAY TO A FRIEND
WHO IS HAVING
A TOUGH TIME?**

... **COPING SKILLS** ...

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WHAT ARE SOME
EXAMPLES OF HOW
SOMEONE MIGHT TRY
TO "RUN AWAY" FROM
THEIR FEELINGS?

... **COPING SKILLS** ...

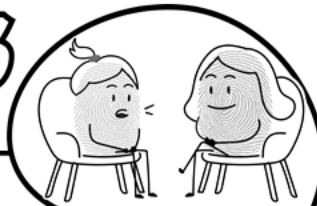
2



HOW DOES BEING
KIND TO OTHERS
MAKE YOU FEEL
BETTER?

... **COPING SKILLS** ...

3



WHO IS SOMEONE
YOU TRUST TO
TALK TO WHEN
YOU NEED HELP?

... **COPING SKILLS** ...

4



WHAT'S ONE
THING YOU CAN
DO TO HELP
SOMEONE ELSE
FEEL BETTER?

... **COPING SKILLS** ...

5



WHAT DO YOU
DO WHEN YOU
AND A FRIEND
HAVE AN
ARGUMENT?

... **COPING SKILLS** ...

6



HOW DO YOU
ASK FOR HELP
WHEN YOU'RE
STRUGGLING?

... **COPING SKILLS** ...

7



WHY IS IT
IMPORTANT TO
LISTEN TO
OTHERS WHEN
THEY'RE UPSET?

... **COPING SKILLS** ...

8



HOW DOES
HELPING
OTHERS MAKE
YOU FEEL?

... **COPING SKILLS** ...

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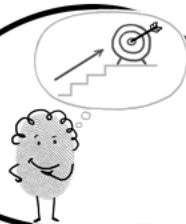
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**WHAT DO YOU
DO IF A
PROBLEM FEELS
TOO BIG TO
SOLVE?**

... **COPING SKILLS** ...

2



**HOW DO YOU
HANDLE IT WHEN
YOU CAN'T
CONTROL A
SITUATION?**

... **COPING SKILLS** ...

3



**WHAT'S THE FIRST
STEP YOU TAKE
WHEN YOU HAVE A
TOUGH PROBLEM?**

... **COPING SKILLS** ...

4



**HOW DO YOU COME
UP WITH SOLUTIONS
WHEN YOU'RE
FEELING STUCK?**

... **COPING SKILLS** ...

5



**CAN YOU THINK
OF A TIME WHEN
YOU SOLVED A
PROBLEM BY
TALKING IT OUT?**

... **COPING SKILLS** ...

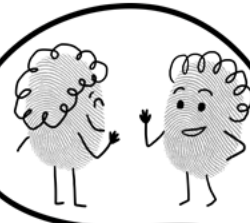
6



**HOW DO YOU
FEEL AFTER
WORKING
THROUGH A
PROBLEM WITH A
FRIEND?**

... **COPING SKILLS** ...

7



**WHAT'S ONE WAY TO
ASK FOR HELP WHEN
YOU'RE FACING A
DIFFICULT
SITUATION?**

... **COPING SKILLS** ...

8



**HOW DO YOU
STAY CALM WHEN
YOU'RE WORKING
ON A TOUGH
PROBLEM?**

... **COPING SKILLS** ...

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HOW CAN MAKING
A TO-DO LIST HELP
YOU COPE WHEN
YOU FEEL
OVERWHELMED?

... COPING SKILLS ...

10



HOW DOES
BREAKING A
PROBLEM INTO
SMALL STEPS
HELP YOU COPE?

... COPING SKILLS ...

Draw Two



WHAT DO YOU
DO WHEN YOU
NEED TO SLOW
DOWN AND
RELAX?

... COPING SKILLS ...

Reverse



HOW CAN CLOSING
YOUR EYES AND
IMAGINING A
PEACEFUL PLACE HELP
YOU FEEL CALM?

... COPING SKILLS ...

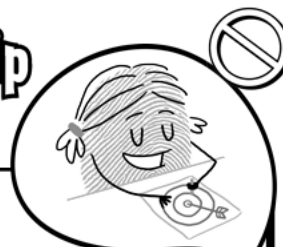
Skip



WHAT'S YOUR
FAVORITE WAY TO
PRACTICE DEEP
BREATHING?

... COPING SKILLS ...

Skip



HOW DOES FOCUSING
ON ONE THING AT A
TIME HELP YOU WHEN
YOU'RE FEELING
OVERWHELMED?

... COPING SKILLS ...

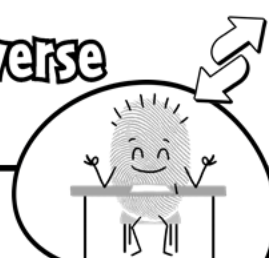
Draw Two



WHAT ARE SOME
THINGS YOU CAN
NOTICE WITH YOUR
SENSES (SIGHT,
SMELL, TOUCH) TO
HELP YOU RELAX?

... COPING SKILLS ...

Reverse



HOW DOES
TAKING A BREAK
HELP YOU FEEL
BETTER WHEN
YOU'RE UPSET?

... COPING SKILLS ...

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**CAN YOU THINK
OF A TIME WHEN
YOU USED POSITIVE
THINKING TO COPE
WITH STRESS?**

... **COPING SKILLS** ...

2



**HOW DOES
COLORING OR
DRAWING HELP
YOU RELAX?**

... **COPING SKILLS** ...

3



**WHAT DOES IT MEAN
TO BE PRESENT IN THE
MOMENT, AND HOW
DOES IT HELP YOU
COPE??**

... **COPING SKILLS** ...

4



**HOW DOES
LISTENING TO
MUSIC HELP YOU
WHEN YOU FEEL
STRESSED?**

... **COPING SKILLS** ...

5



**HOW DO YOU
FEEL WHEN
SOMETHING IN
YOUR LIFE
CHANGES?**

... **COPING SKILLS** ...

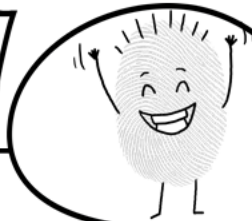
6



**HOW DO YOU THINK
EATING TOO MUCH OR
TOO LITTLE CAN AFFECT
HOW SOMEONE FEELS
WHEN THEY ARE
STRESSED?**

... **COPING SKILLS** ...

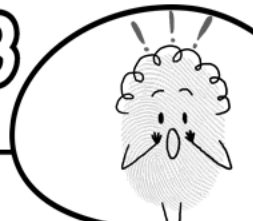
7



**WHY IS IT IMPORTANT
TO FIND BETTER WAYS
TO DEAL WITH
PROBLEMS THAN USING
HARMFUL BEHAVIORS?**

... **COPING SKILLS** ...

8



**HOW DO YOU
HANDLE IT WHEN
SOMETHING
UNEXPECTED
HAPPENS?**

... **COPING SKILLS** ...

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**CAN YOU
SHARE A TIME
WHEN YOU HAD
TO ADJUST TO A
BIG CHANGE?**

... **COPING SKILLS** ...

2



**CAN GETTING
REALLY ANGRY
AND YELLING AT
SOMEONE HELP
SOLVE A PROBLEM?**

... **COPING SKILLS** ...

3



**WHAT HELPS YOU
COPE WHEN YOU
FEEL NERVOUS
ABOUT TRYING
SOMETHING NEW?**

... **COPING SKILLS** ...

4



**HOW DO YOU
COPE WITH FEELING
UNCERTAIN ABOUT
THE FUTURE?**

... **COPING SKILLS** ...

5



**HOW CAN DOING
SOMETHING
CREATIVE HELP
YOU COPE?**

... **COPING SKILLS** ...

6



**HOW CAN
WRITING IN A
JOURNAL OR
DIARY HELP YOU
COPE?**

... **COPING SKILLS** ...

7



**HOW CAN
PRACTICING
GRATITUDE HELP
YOU COPE WITH
DIFFICULT
EMOTIONS?**

... **COPING SKILLS** ...

8



**HOW DOES
LISTENING TO MUSIC
HELP YOU WHEN
YOU'RE FEELING
OVERWHELMED?**

... **COPING SKILLS** ...

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HOW DO YOU FEEL
AFTER TAKING A
DEEP BREATH OR
DOING SOME
STRETCHING?

... **COPING SKILLS** ...

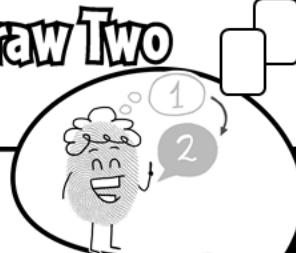
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WHAT DO YOU
THINK ABOUT TO
FEEL PEACEFUL
WHEN YOU'RE
UPSET?

... **COPING SKILLS** ...

Draw Two



WHAT IS SOMETHING
THAT HELPS YOU
STOP AND THINK
BEFORE REACTING
WHEN YOU'RE MAD?

... **COPING SKILLS** ...

Reverse



WHAT CAN YOU DO
IF YOU FEEL LIKE YOU
MIGHT SAY
SOMETHING HURTFUL
OUT OF
FRUSTRATION?

... **COPING SKILLS** ...

Skip



WHAT'S ONE THING
YOU CAN DO IF
YOU'RE
FRUSTRATED WITH
A DIFFICULT TASK?

... **COPING SKILLS** ...

Skip



HOW DO YOU
CALM YOURSELF
DOWN WHEN
YOU'RE ANGRY?

... **COPING SKILLS** ...

Draw Two



WHAT HELPS YOU
RELAX WHEN
YOU'RE FEELING
ANXIOUS?

... **COPING SKILLS** ...

Reverse



CAN YOU THINK
OF A TIME WHEN
PLAYING HELPED
YOU FEEL BETTER?

... **COPING SKILLS** ...

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**LET'S TALK
ABOUT
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1



WHAT IS ONE THING
YOU CAN DO TO
HELP YOURSELF
STAY CALM DURING
A TEST OR QUIZ?

... **COPING SKILLS** ...

2



HOW DO YOU HANDLE
DISAPPOINTMENT
WHEN YOU DON'T GET
SOMETHING YOU
REALLY WANTED?

... **COPING SKILLS** ...

3



WHAT IS A GOOD WAY
TO TAKE A BREAK
WHEN YOU'RE FEELING
FRUSTRATED WITH
YOUR HOMEWORK?

... **COPING SKILLS** ...

4



HOW DO YOU
KNOW WHEN YOU
NEED TO USE A
COPING SKILL TO
HELP YOURSELF FEEL
BETTER?

... **COPING SKILLS** ...

5



CAN YOU THINK
OF A TIME WHEN
COUNTING TO 10
HELPED YOU CALM
DOWN?

... **COPING SKILLS** ...

6



WHAT DO YOU DO
TO FEEL BETTER
WHEN YOU ARE
MISSING SOMEONE?

... **COPING SKILLS** ...

7



HOW DOES BEING
OUTSIDE IN NATURE
HELP YOU FEEL
MORE RELAXED OR
HAPPY?

... **COPING SKILLS** ...

8



WHAT'S A FUN
ACTIVITY THAT HELPS
YOU FORGET ABOUT
YOUR WORRIES FOR A
WHILE?

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HOW CAN HELPING
SOMEONE ELSE
MAKE YOU FEEL
BETTER WHEN
YOU'RE UPSET?

... **COPING SKILLS** ...

2



WHAT ARE SOME
THINGS YOU CAN DO
WHEN YOU FEEL
NERVOUS ABOUT
MEETING NEW
PEOPLE?

... **COPING SKILLS** ...

3



HOW DO YOU CALM
YOURSELF DOWN
WHEN YOU FEEL LIKE
YOU'RE GOING TO
CRY?

... **COPING SKILLS** ...

4



WHAT CAN YOU
DO IF YOUR FRIEND
IS UPSET WITH
YOU?

... **COPING SKILLS** ...

5



WHAT'S YOUR
FAVORITE WAY TO
RELAX AFTER A
TOUGH DAY AT
SCHOOL?

... **COPING SKILLS** ...

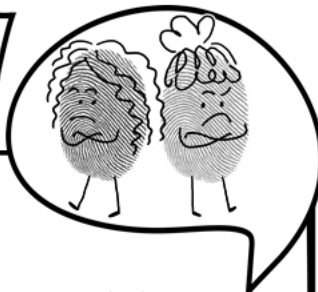
6



WHAT DO YOU DO
WHEN YOU FEEL
LEFT OUT OR
LONELY?

... **COPING SKILLS** ...

7



WHAT'S ONE WAY
YOU CAN STAY
CALM WHEN
YOU'RE ANGRY AT
A FRIEND?

... **COPING SKILLS** ...

8



HOW DO YOU
HANDLE IT WHEN
YOU FEEL LIKE
GIVING UP ON
SOMETHING
DIFFICULT?

... **COPING SKILLS** ...

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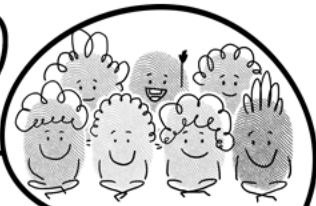
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9



WHAT DO YOU DO
TO STAY CALM
DURING A SCHOOL
ASSEMBLY OR
OTHER LARGE
EVENT?

... COPING SKILLS ...

10



WHAT IS A FUN
GAME OR ACTIVITY
THAT HELPS YOU
CHEER UP WHEN
YOU'RE FEELING
SAD?

... COPING SKILLS ...

Draw Two



WHAT ARE SOME
WAYS TECHNOLOGY
CAN HELP YOU
RELAX WHEN YOU'RE
FEELING STRESSED?

... COPING SKILLS ...

Reverse



WHEN IS IT A GOOD
TIME TO TAKE A BREAK
FROM USING SCREENS
WHEN YOU'RE FEELING
OVERWHELMED?

... COPING SKILLS ...

Skip



CAN SOCIAL MEDIA
HELP YOU COPE
WITH FEELINGS, OR
CAN IT SOMETIMES
MAKE THINGS
HARDER?

... COPING SKILLS ...

Skip



HOW CAN YOU USE
TECHNOLOGY TO STAY
CONNECTED WITH
FRIENDS OR FAMILY
WHEN YOU'RE FEELING
LONELY?

... COPING SKILLS ...

Draw Two



HOW CAN YOU
USE A TIMER ON
YOUR DEVICE TO
MANAGE YOUR
SCREEN TIME AND
FEEL BALANCED?

... COPING SKILLS ...

Reverse



WHAT ARE SOME
WAYS PEOPLE TRY
TO IGNORE THEIR
PROBLEMS INSTEAD
OF SOLVING THEM?

... COPING SKILLS ...

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Wild



WHAT IS
SOMETHING THAT
HAPPENS THAT
CAUSES YOU TO
NEED TO USE
COPING SKILLS?

... **COPING SKILLS** ...

Wild



WHAT IS ONE
COPING SKILL THAT
YOU HAVE USED
AND IT HELPED?

... **COPING SKILLS** ...

Draw Four



DESCRIBE
FOUR COPING
SKILLS YOU SEE
YOURSELF USING.

... **COPING SKILLS** ...

Draw Four



WHAT ARE
FOUR POSITIVE
COPING SKILLS?

... **COPING SKILLS** ...

Wild



WHAT SHOULD
YOU DO IF YOUR
COPING SKILLS
ARE NOT
WORKING?

... **COPING SKILLS** ...

Wild



HOW DO COPING
SKILLS HELP US
IN LIFE?

... **COPING SKILLS** ...

Draw Four



DESCRIBE FOUR
COPING SKILLS
YOU DON'T SEE
WORKING FOR
YOU.

... **COPING SKILLS** ...

Draw Four

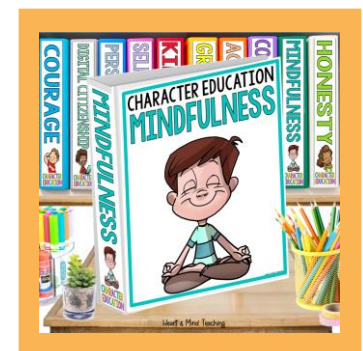
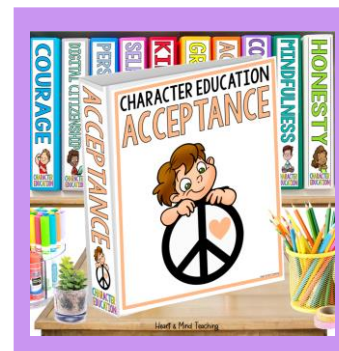
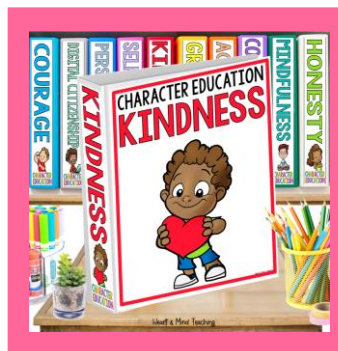
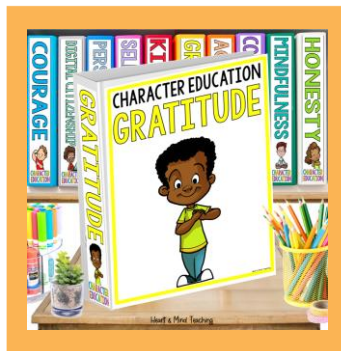
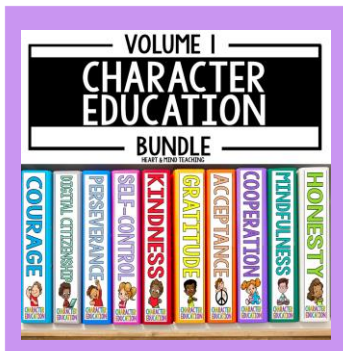
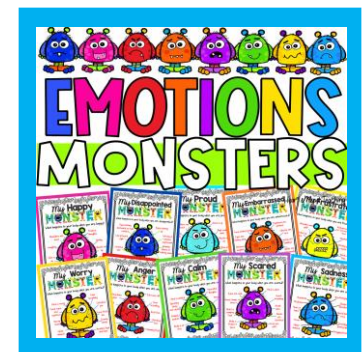
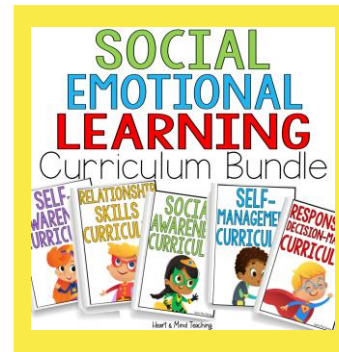
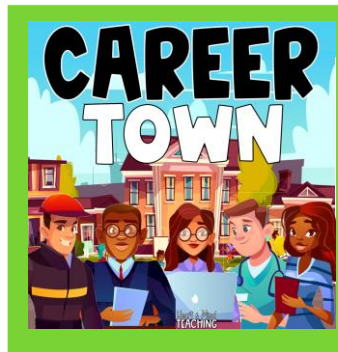
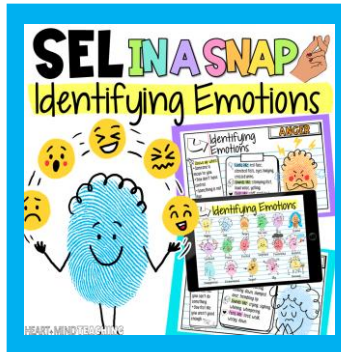
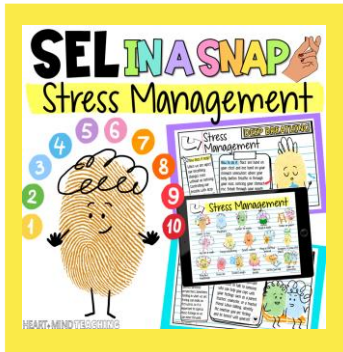


WHAT ARE
FOUR NEGATIVE
COPING SKILLS?

... **COPING SKILLS** ...

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



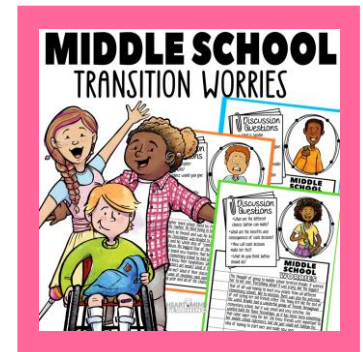
COUNSELOR Collab
with Laura & Ashley

Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

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- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.





THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Ashley

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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

