

WORKBOOK

COPING SKILLS of the Month

This workbook belongs to:



Name: _____

MY COPING SKILLS

Circle your favorite coping skills.



Count to 10



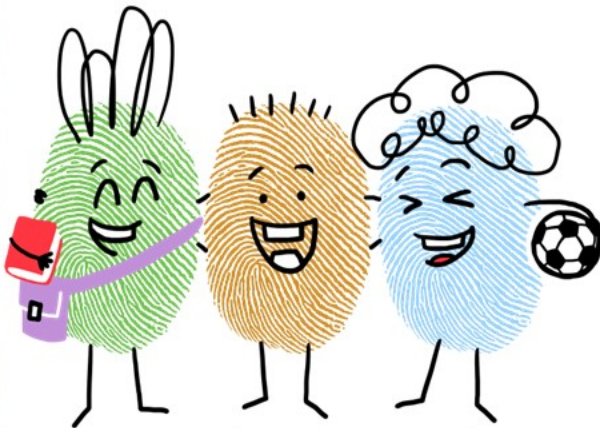
Breathe



Use tools



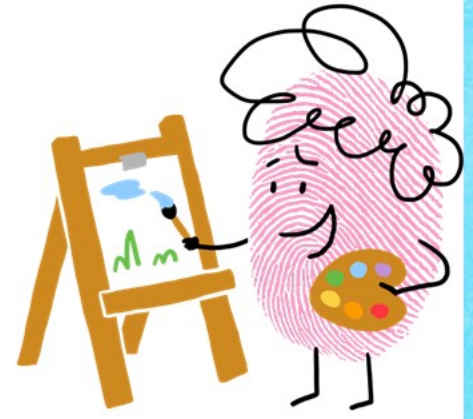
Be mindful



Find a friend



Hug a plushie



Draw or paint



Take a break



Listen to music



Take a walk

COUNT TO 10

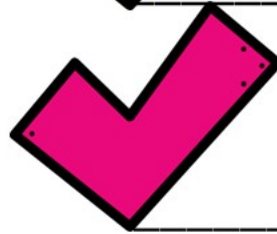
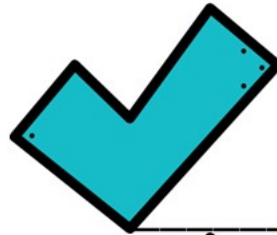
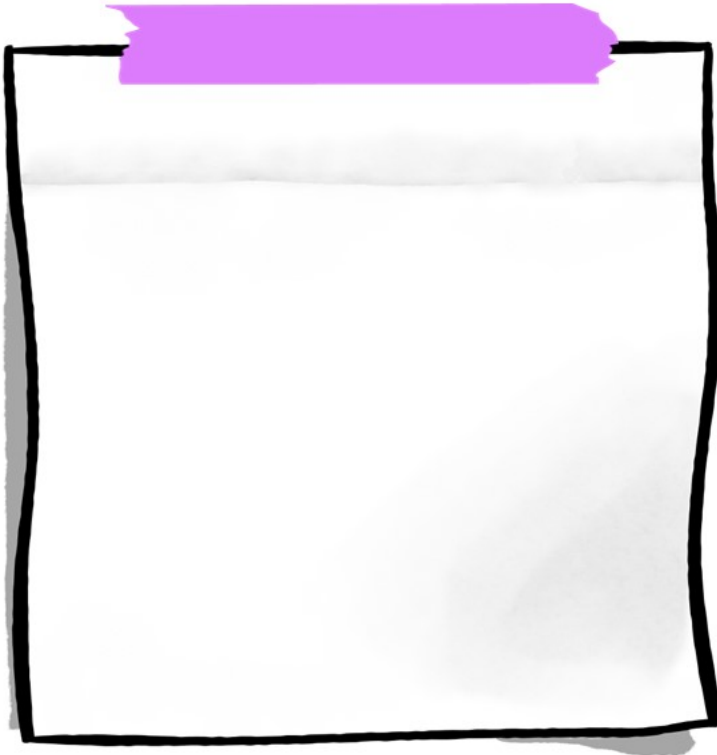


Name: _____

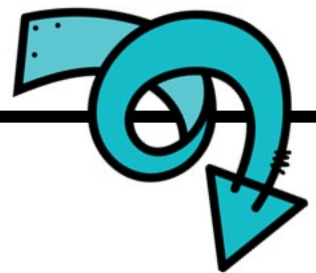
COUNT TO 10

Counting to 10
looks like:

3 ways counting
helps me:



I use counting when:



A large empty rectangular box for writing.

BREATHE



Name: _____

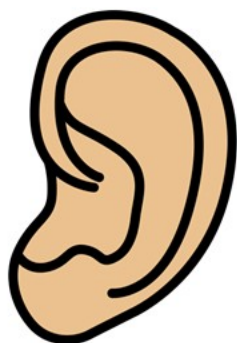
DEEP BREATHING

LOOKS LIKE



..

SOUNDS LIKE



..

FEELS LIKE



..

TAKE A BREAK



Name: _____

TAKE A BREAK

Circle your favorite ways to take a break.



Relax



Listen to music



Draw or paint



Take a walk



Talk to a friend



Take a nap



Be mindful



Go to the Calm Corner



Play

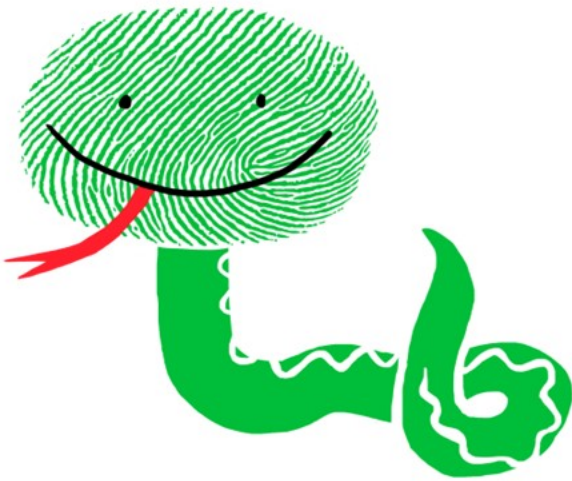
BE MINDFUL



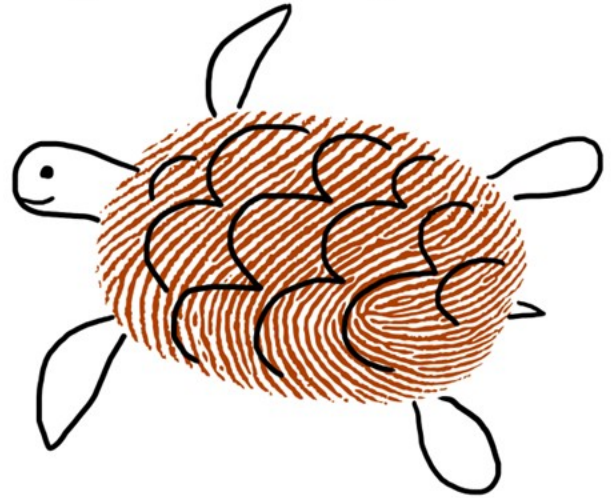
Name: _____

MINDFULNESS TECHNIQUES

Try these breathing strategies.



Pretend you are a snake. Take a deep breath in and hold it for 5 seconds. Then, as you breathe out slowly, make a hissing sound.



Identify your feelings. Go into your "shell." Take deep breaths. "Come out" of your shell when you feel calm.



Stand up. Take a deep breath in and hop forward like a bunny. Then, take a deep breath out and hop again. Keep hopping!



Trace the jellyfish's legs with your finger. As you trace one leg, breathe in. As you trace the next leg, breathe out.

USE TOOLS



Name: _____

MY COPING TOOLS

Circle your favorite coping tools.



Play Dough



Pop-It



Squishy Ball



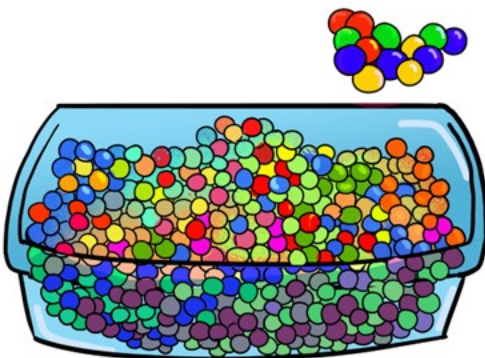
Kinetic Sand



Bubbles



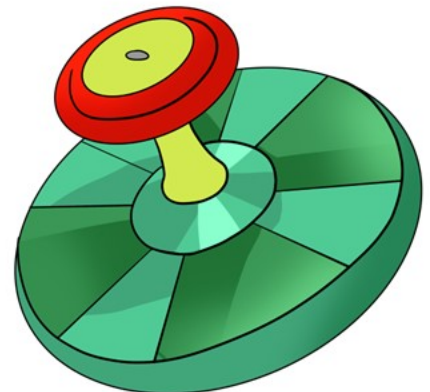
Glitter Bottle



Water Beads



Stress Ball



Sit and Spin

DRAW OR PAINT



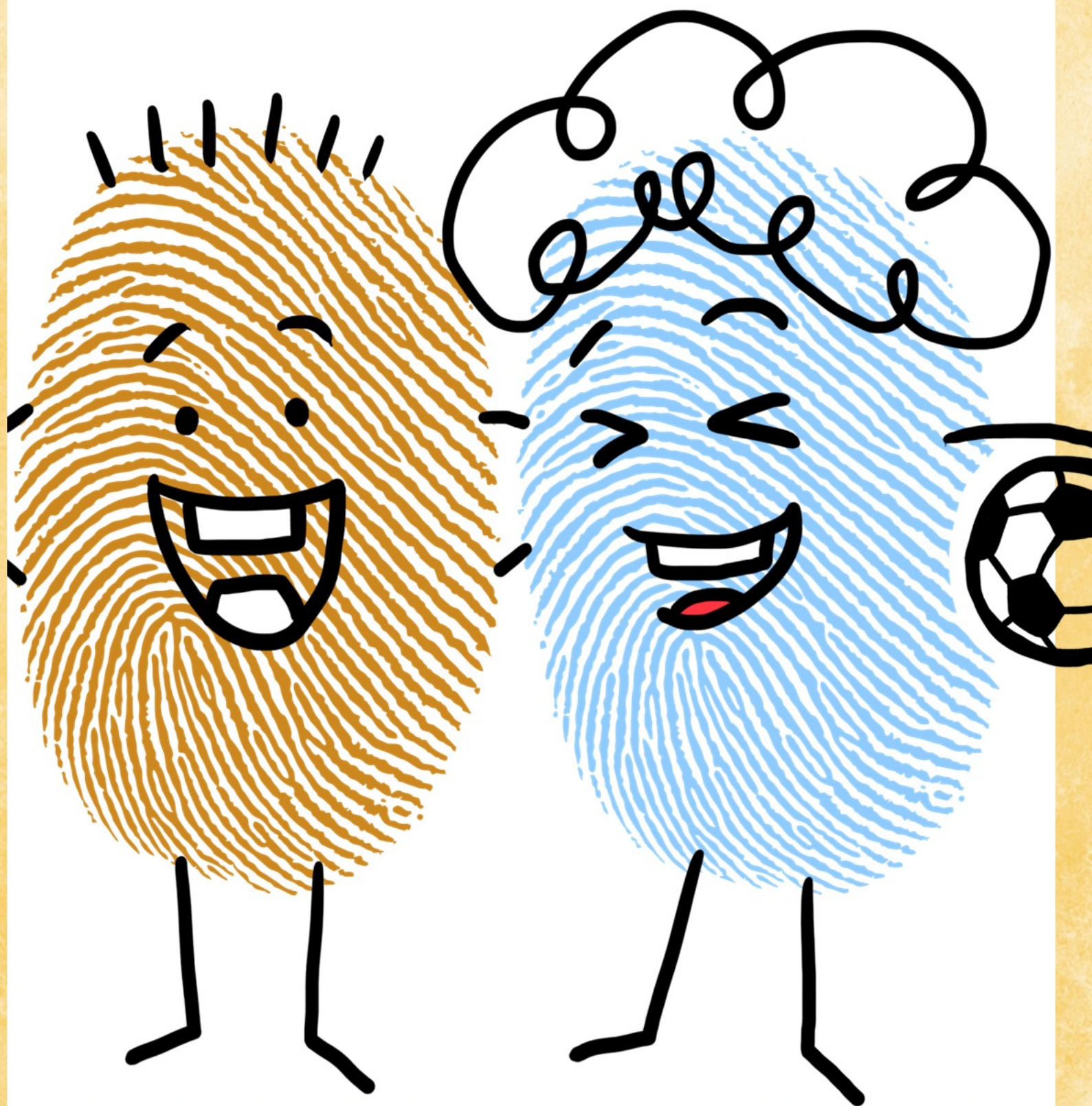
Name: _____

DRAW ABOUT IT

Draw a picture of how you are feeling today.



FIND A FRIEND



Name: _____

MY SUPPORT SYSTEM

Who can support you at these places?



School

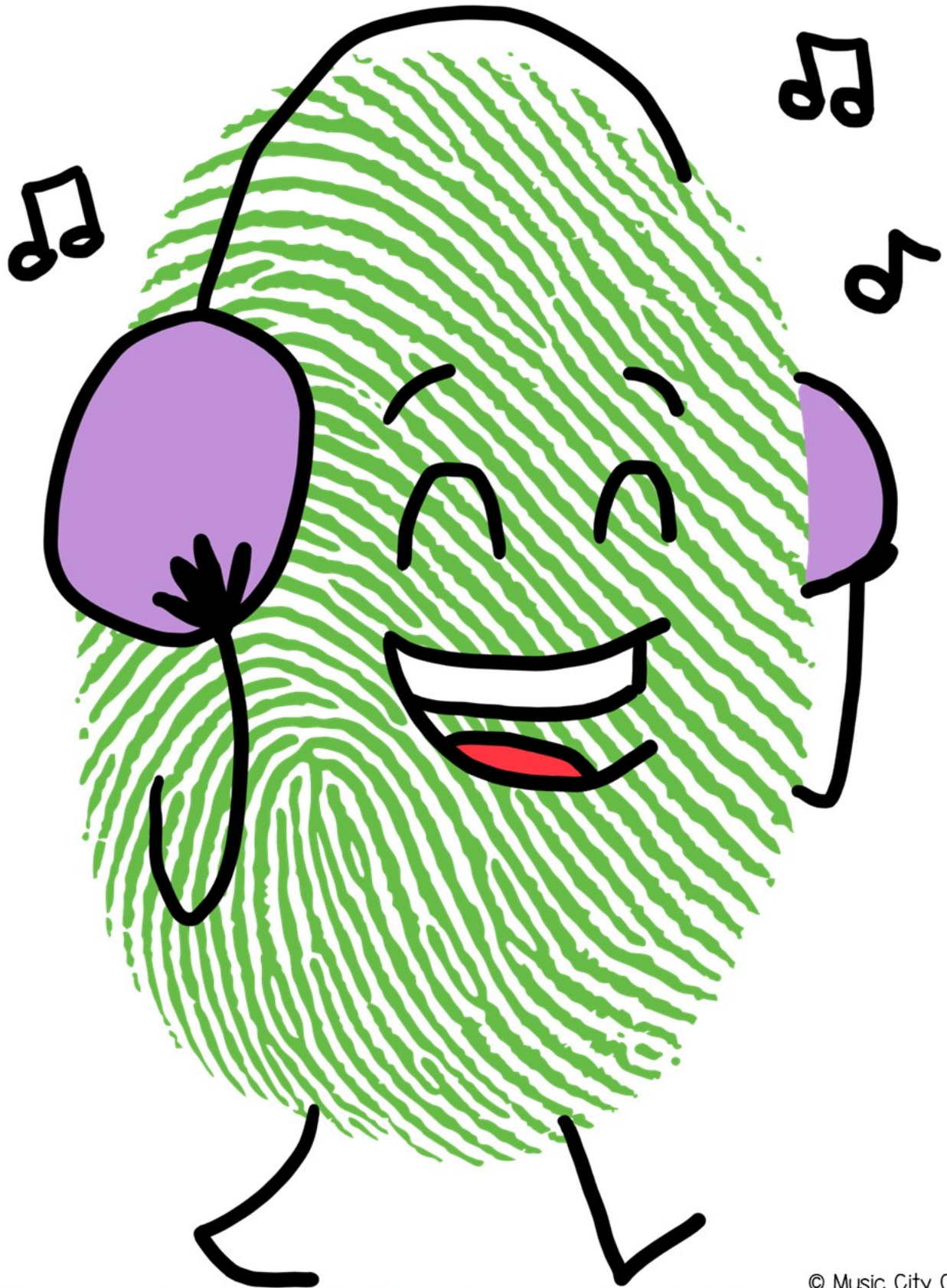


Home



Community

LISTEN TO MUSIC




Name: _____

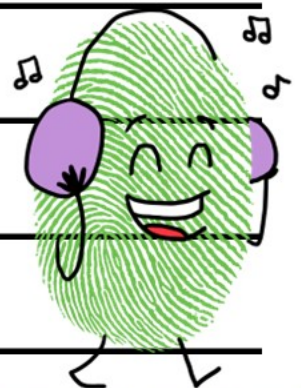
MY HAPPY SONGS

My favorite song:

Music makes me feel:



Write a few verses of your own happy song.



TAKE A WALK



Name: _____

MY HAPPY PLACE

Imagine you could take a walk through any place in the world. What would it look like, smell like, and feel like? Write and draw about it.



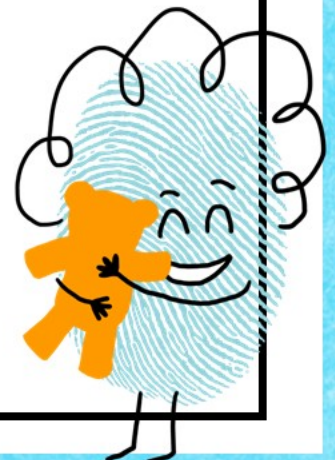
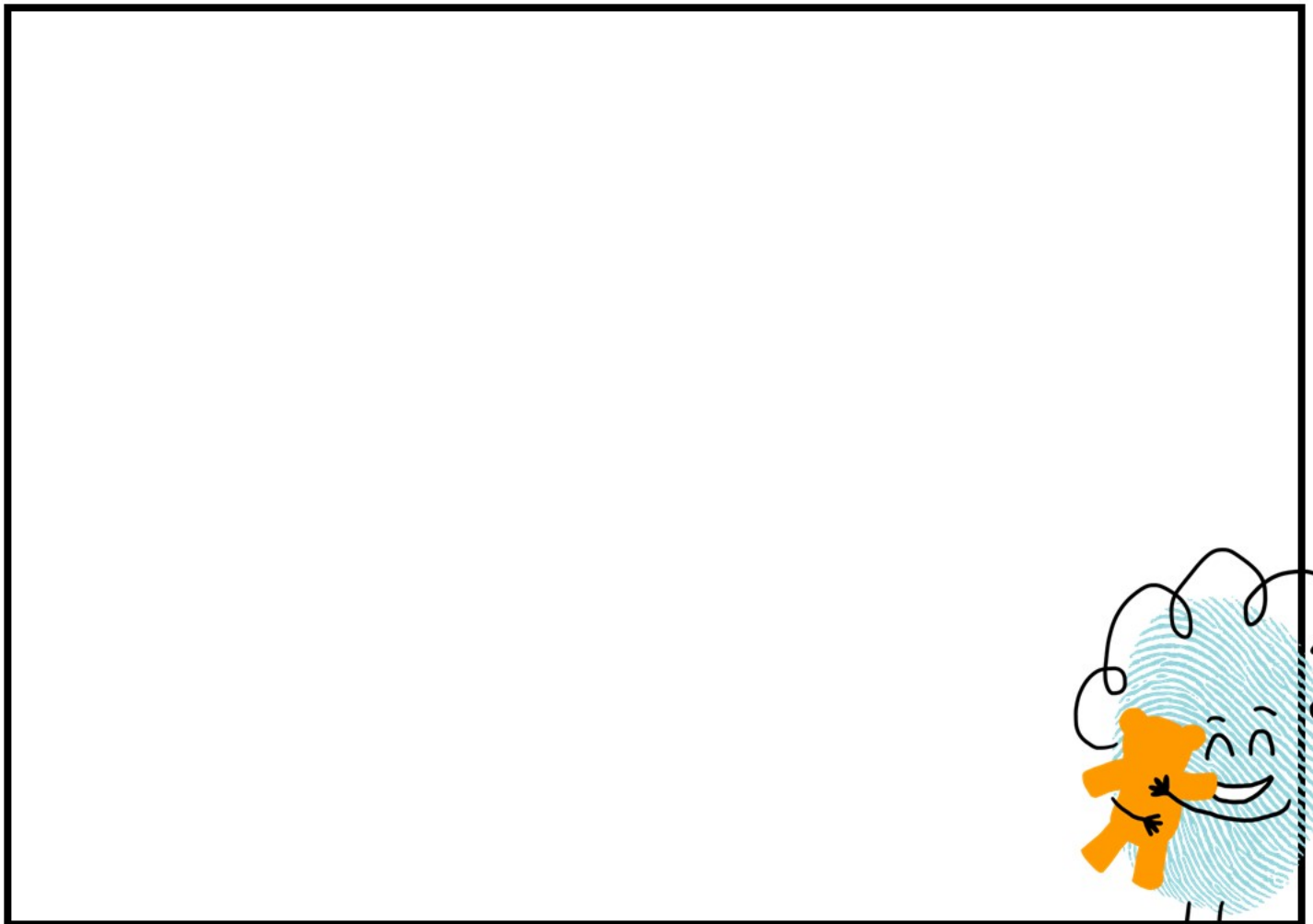
HUG A PLUSHIE



Name: _____

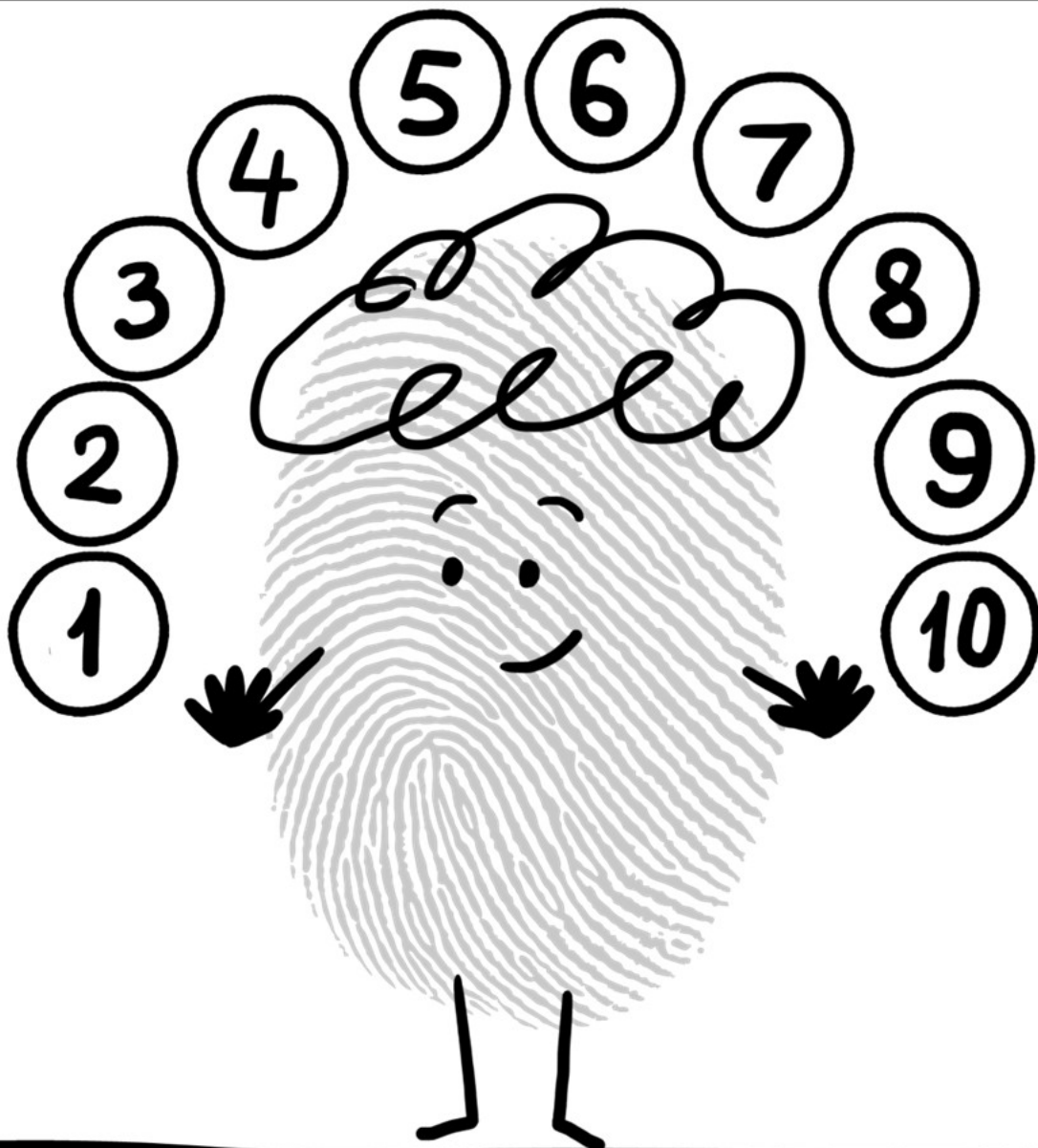
WHAT COMFORTS ME

Draw and write about a special stuffed animal, blanket, or toy that comforts you.



COPING SKILLS of the Month

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Color your favorite coping skills.



Count to 10



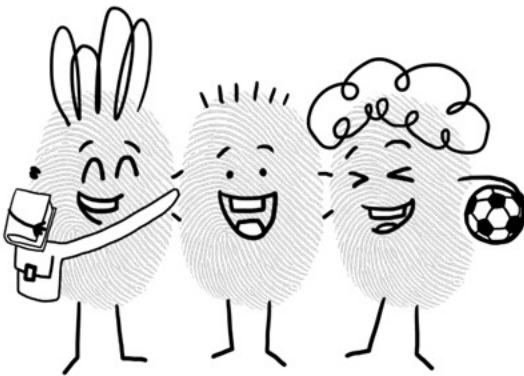
Breathe



Use tools



Be mindful



Find a friend



Hug a plushie



Draw or paint



Take a break

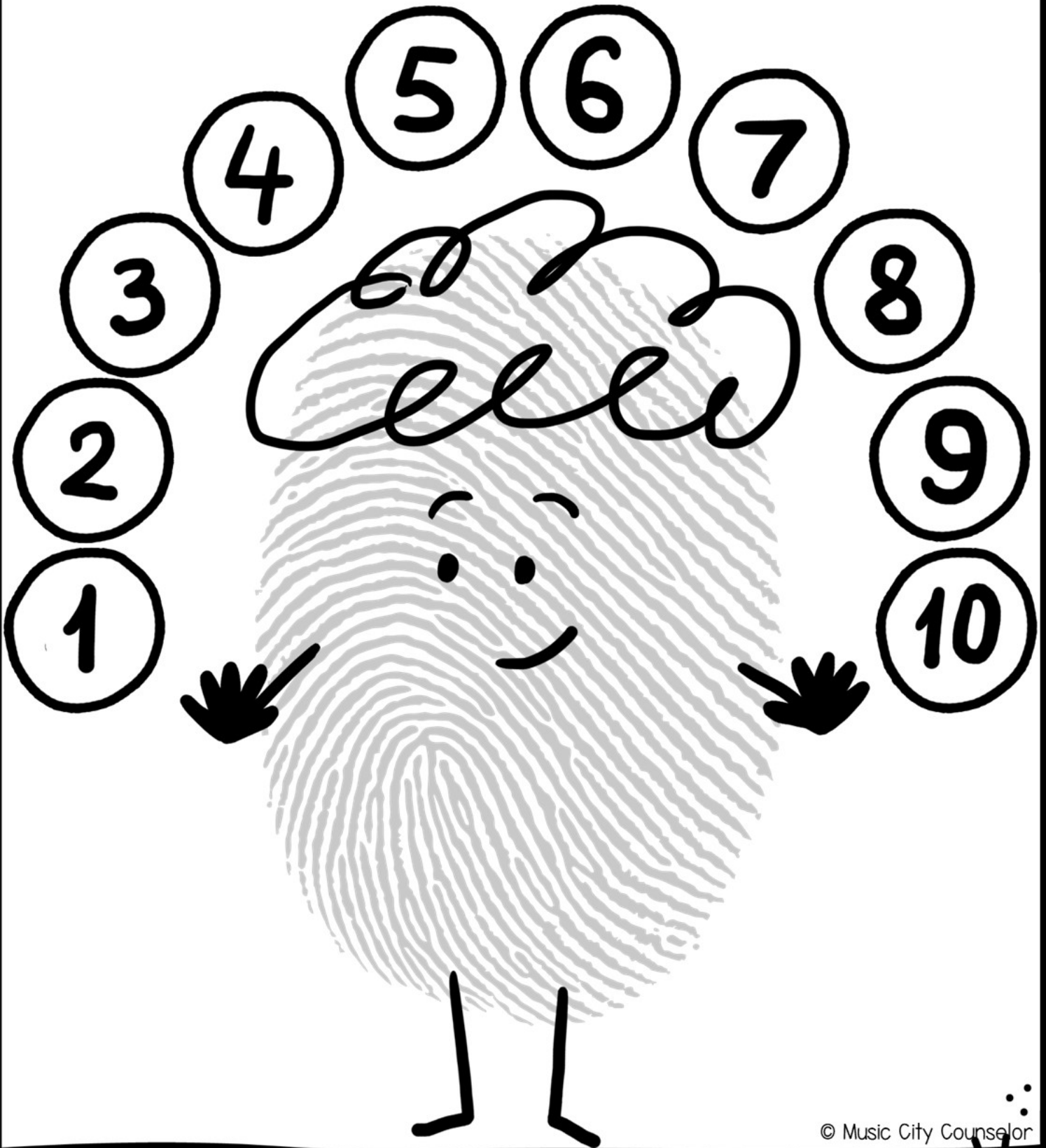


Listen to music



Take a walk

COUNT TO 10

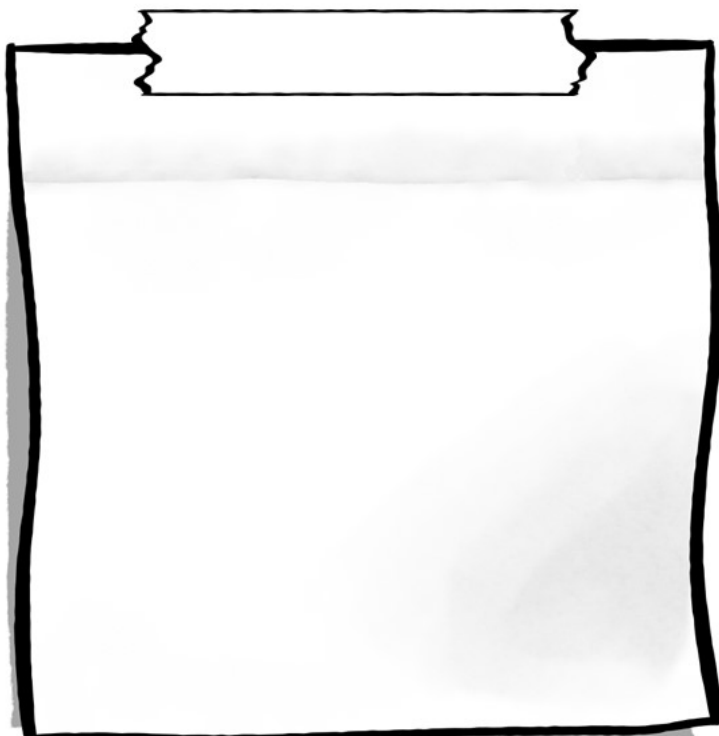


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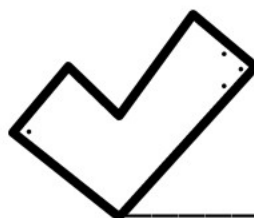
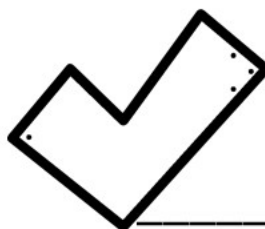
© Music City Counselor

COUNT TO 10

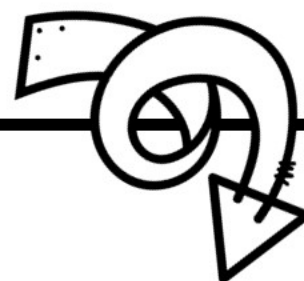
Counting to 10
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3 ways counting
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I use counting when:



BREATHE



xx

Name: _____

© Music City Counselor

DEEP BREATHING

LOOKS LIKE



..

SOUNDS LIKE



..

FEELS LIKE



..

xx

TAKE A BREAK



Name: _____

TAKE A BREAK

Color your favorite ways to take a break.



Relax



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Be mindful



Go to the Calm Corner



Play

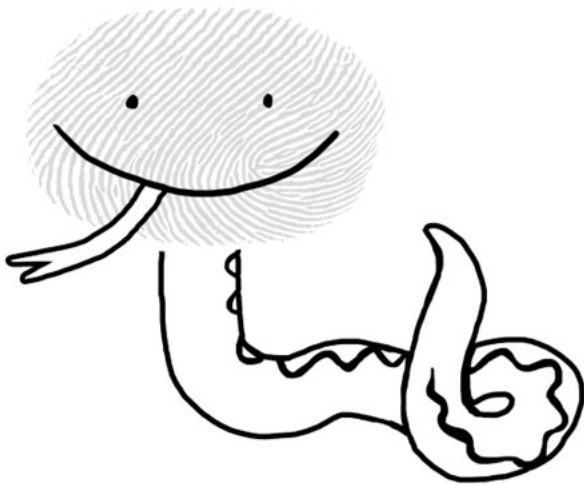
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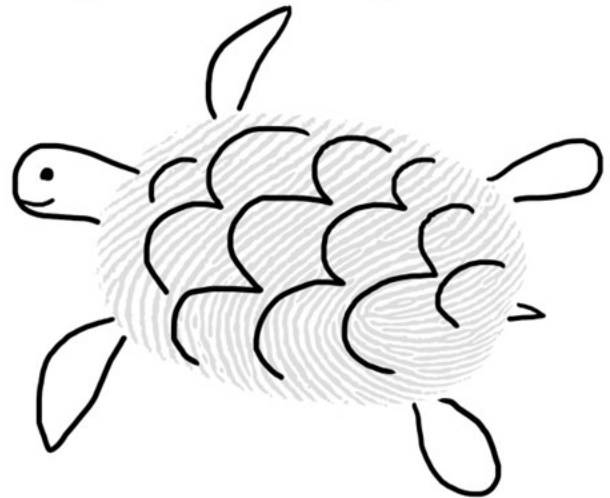
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USE TOOLS



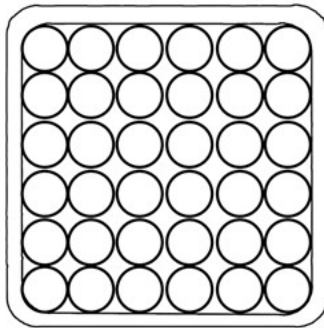
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MY COPING TOOLS

Color your favorite coping tools.



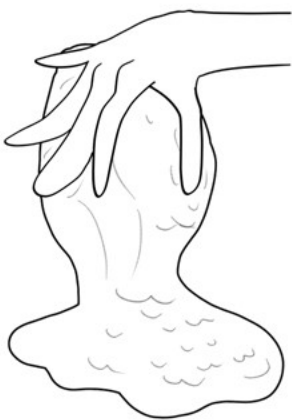
Play Dough



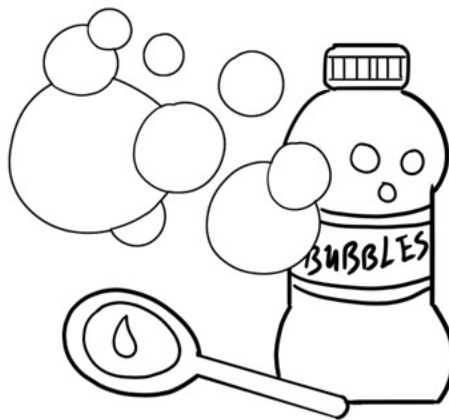
Pop-It



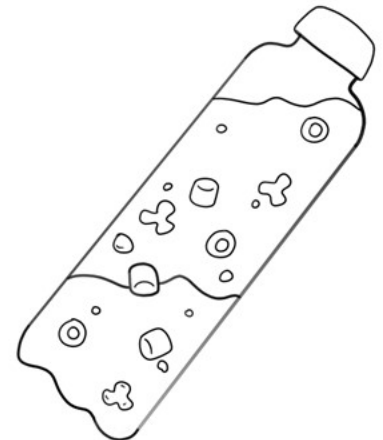
Squishy Ball



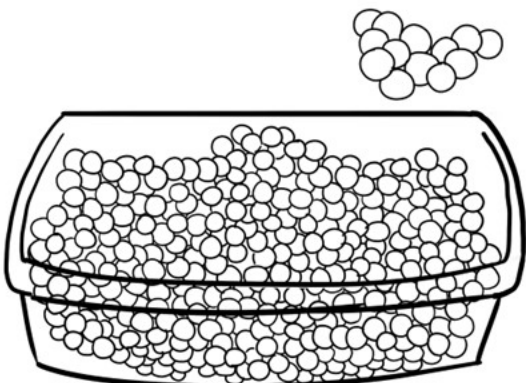
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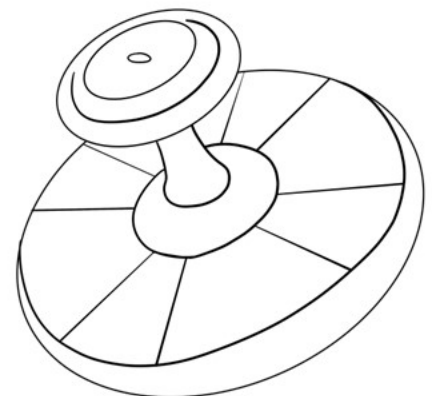
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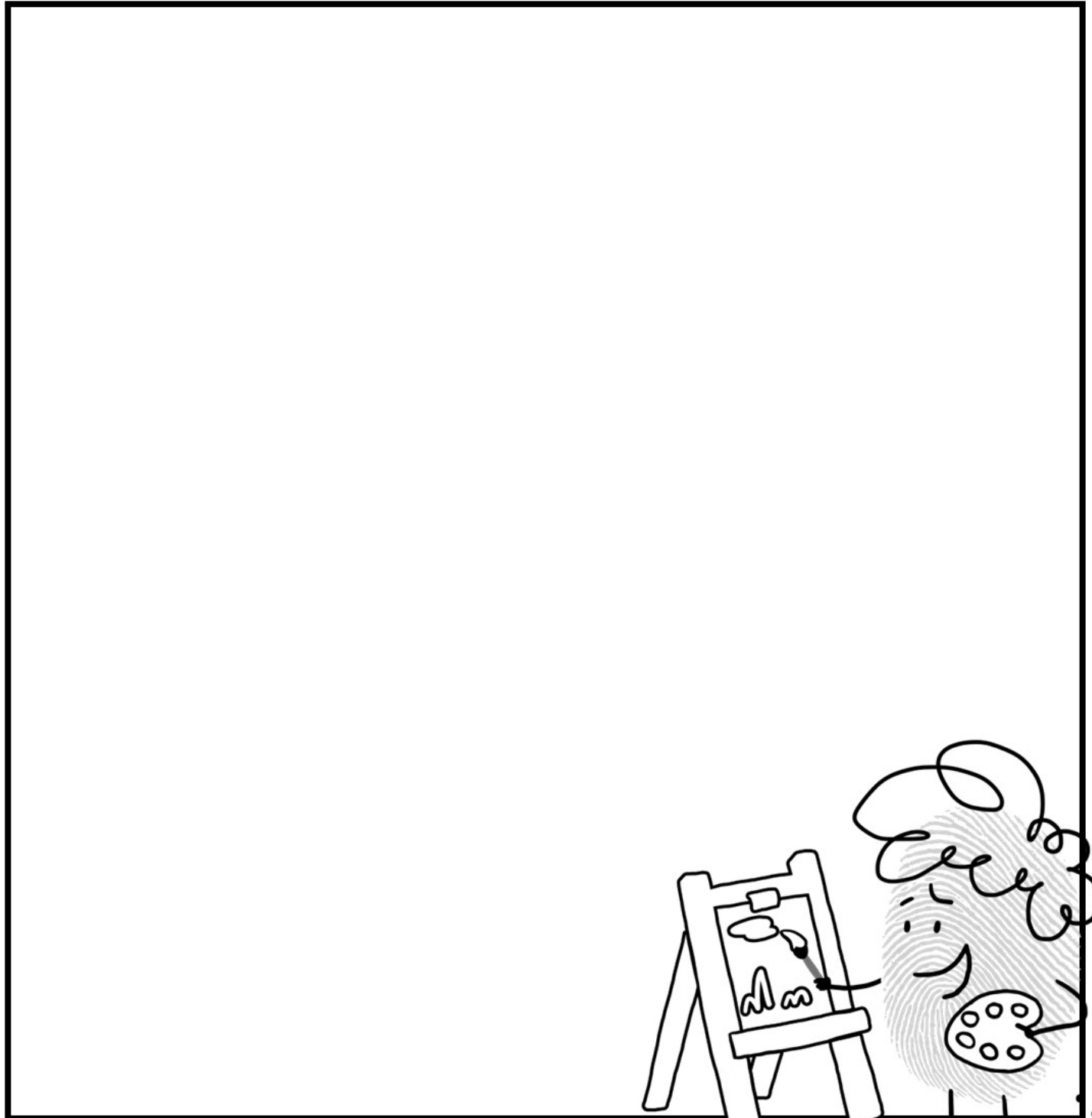
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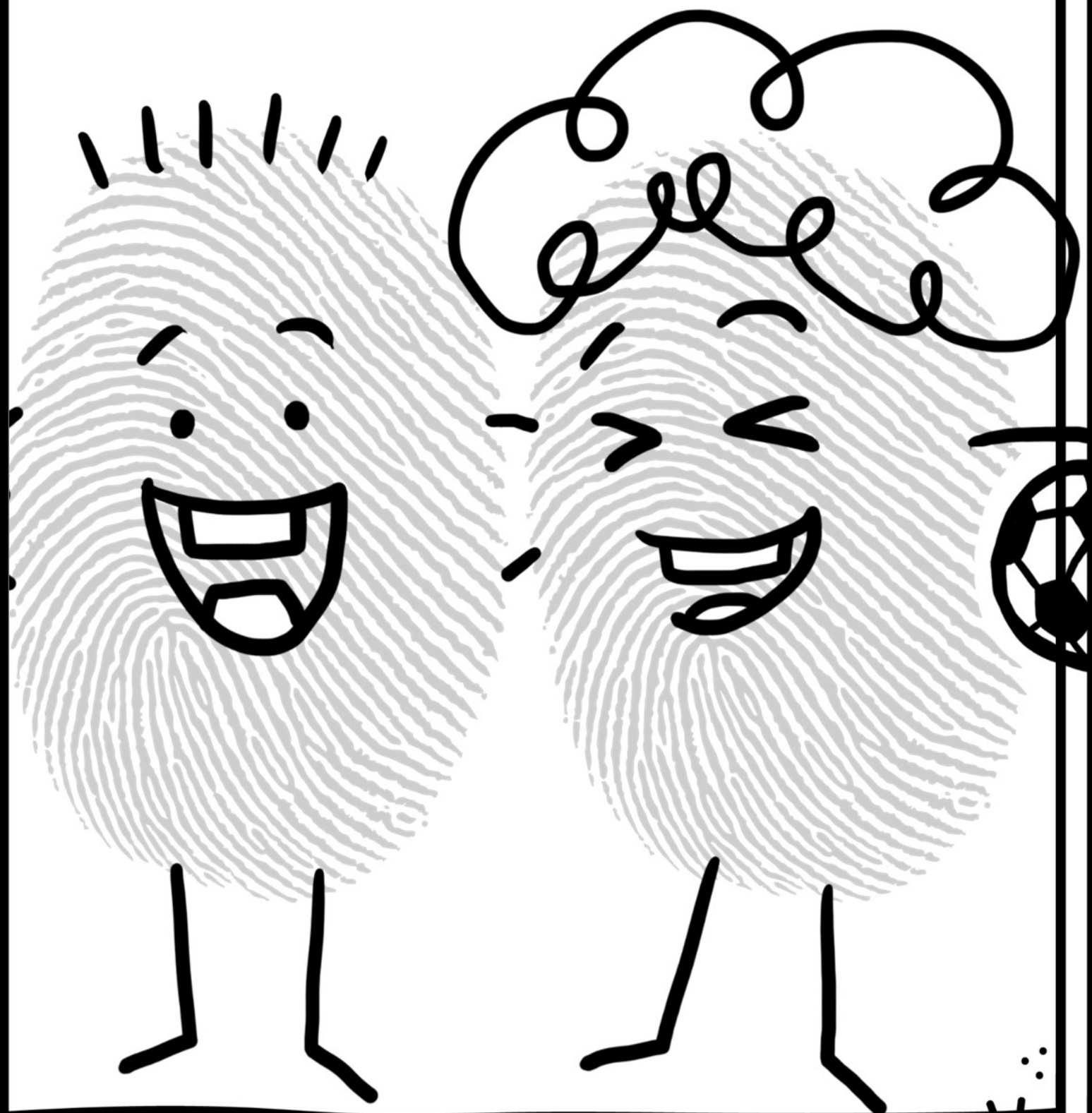
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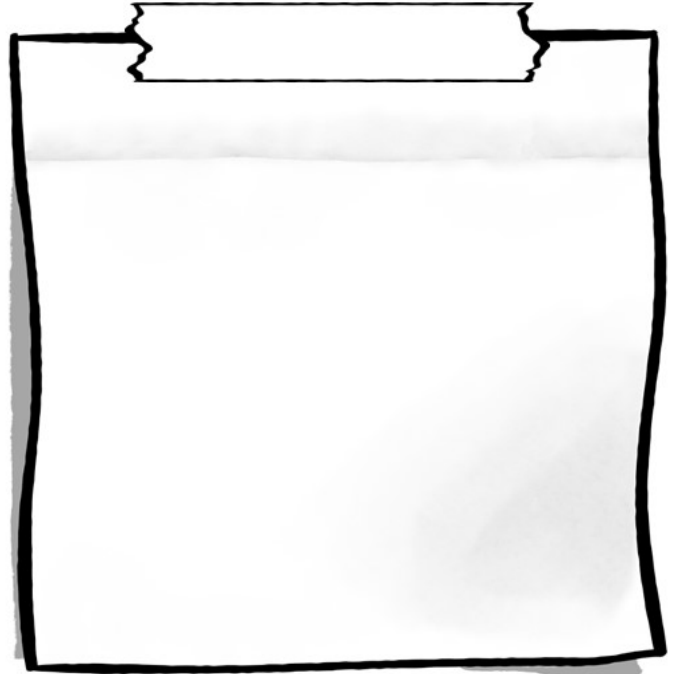
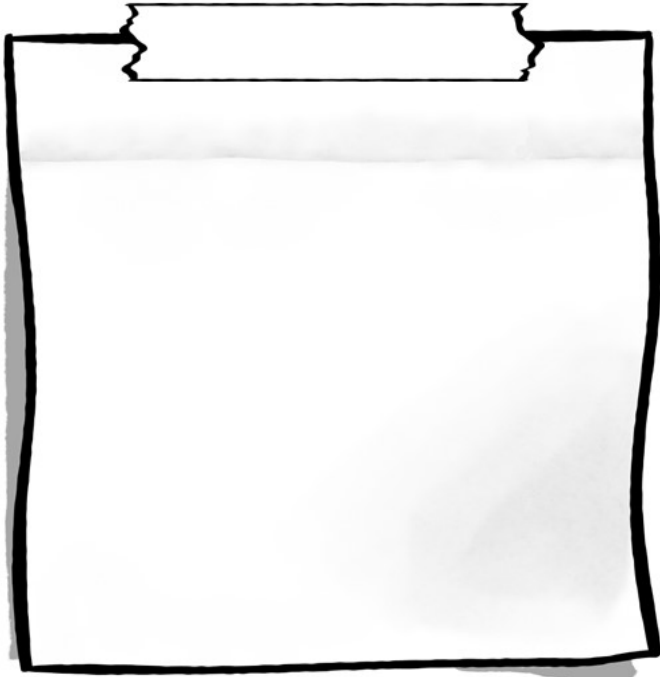


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