



Hi there, I'm **Ashley**
I'm an Elementary School Counselor,
Curriculum Author, Blogger, and
Boy mama. I specialize in all
things Counseling & SEL.



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SPOT THE COPING SKILLS

Session Objective:

*Students will identify, practice, and apply appropriate coping skills to manage emotions and respond to challenges in healthy and safe ways.

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Materials:

- Board Game
- Task Cards
- Task Card Boxes (optional)

Guiding Questions:

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ASCA Standards Alignment:

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*Responsible Decision-Making: Analyzing situations.

Tape to the top of the task card box.




**SPOT THE
COPING
SKILLS**




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Tape to the inside top of the task card box.



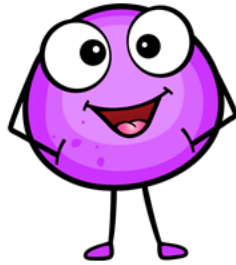
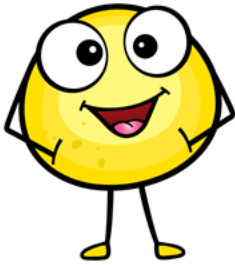
**SPOT THE
COPING
SKILLS**



Select a card and answer it. If you get the answer correct, move one space on the game board. If you answer incorrect, do not move. The first to finish wins!

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Game Pieces

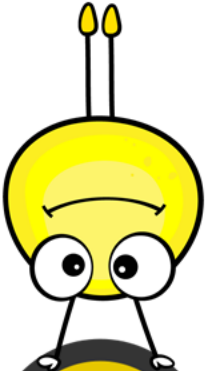


START

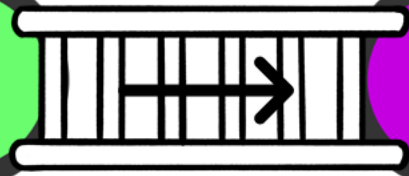


Move ahead two

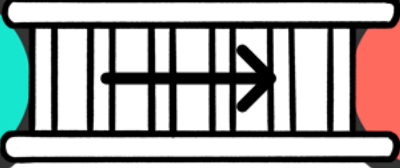
Move ahead two



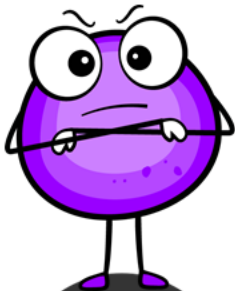
Move back two



Lose a turn!



FINISH

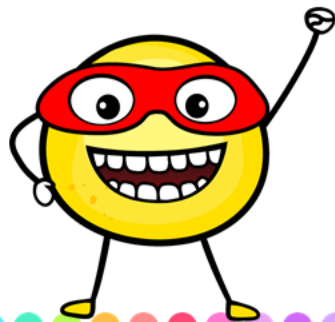


Lose a turn!



Move back two

What is a coping skill?



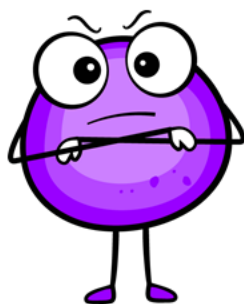
1

Which coping skill helps your body relax?



2

What can you do if you feel angry?



3

Which coping skill uses movement?



4

What can help when you feel worried?



5

Which coping skill uses creativity?



6

Taking deep breaths.

2

A tool that
helps you
calm down or
feel better.

1

Going for a walk,
run, yoga.

4

Take a break and
breathe.

3

Drawing or
coloring.

6

Talking to a trusted
adult.

5

What should you do if your feelings feel too big?



7

Which coping skill helps your mind feel calm?



8

What can you do if you feel frustrated with schoolwork?



9

Why is eating healthy food and drinking water an important coping skill?

- A. It helps you avoid responsibilities
- B. It helps your body and brain have energy to manage big feelings
- C. It makes you faster
- D. It replaces talking

10



True or False: Coping skills help us handle big feelings.



11

True or False: Only adults need coping skills.



12

Thinking of a happy place.

8

Ask for help.

7

B) It helps your body and brain have energy to manage big feelings

10

Take a short break and try again.

9

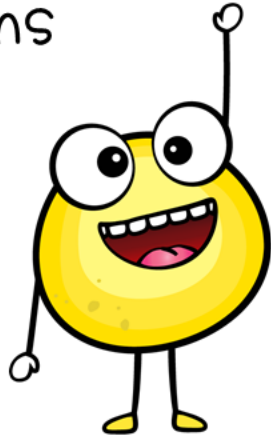
False

12

True

11

True or False: Everyone feels big emotions sometimes.



13

True or False: Taking deep breaths can calm your body.



14

True or False: Yelling at others is a good coping skill.



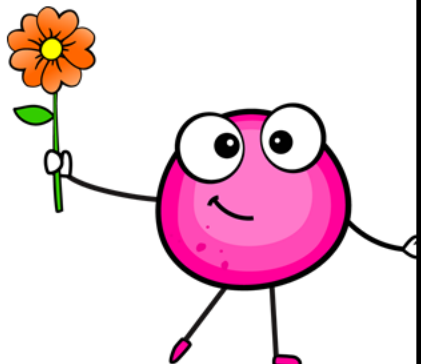
15

True or False: You can use coping skills at school or at home.



16

True or False: Coping skills help feelings go away forever.



17

True or False: It's okay to ask for help when you need it.



18

True

14

True

13

True

16

False

15

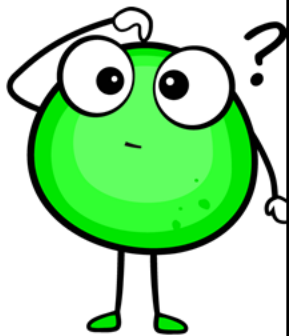
True

18

False

17

True or False: Different coping skills work for different people.



19

True or False: You should only use coping skills when you feel sad.



20

What is a coping skill?

- A. Something that makes problems worse
- B. A tool that helps you calm down
- C. A rule you must follow
- D. A game you play



21

Which coping skill can help when you feel angry?

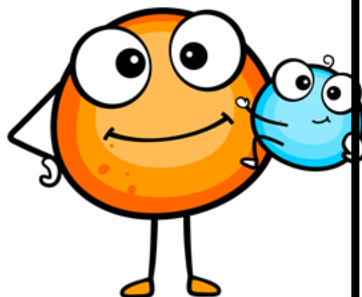
- A. Yelling
- B. Taking deep breaths
- C. Breaking things
- D. Blaming others



22

What should you do if your feelings feel too big?

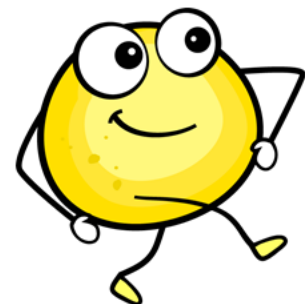
- A. Keep it a secret
- B. Run away
- C. Ask a trusted adult for help
- D. Pretend nothing is wrong



23

Which coping skill uses your body?

- A. Deep breathing
- B. Drawing
- C. Going for a walk
- D. Thinking



24

False

20

True

19

B) Taking deep
breaths

22

B) A tool that
helps you calm
down

21

C) Going for a
walk

24

C) Ask a
trusted adult
for help

23

What coping skill can help when you feel worried?

- A. Talking to a trusted adult
- B. Ignoring the feeling
- C. Yelling at others
- D. Giving up



25

Which coping skill helps your mind feel calm?

- A. Thinking about something scary
- B. Imagining a happy place
- C. Arguing
- D. Staying upset



26

What can you do when schoolwork feels frustrating?

- A. Quit
- B. Rip the paper
- C. Take a short break and try again
- D. Get angry



27

Which is a healthy coping skill?

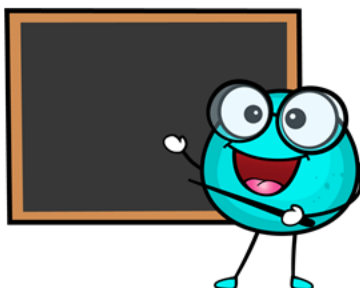
- A. Hitting
- B. Throwing things
- C. Squeezing a stress ball
- D. Yelling



28

When can you use coping skills?

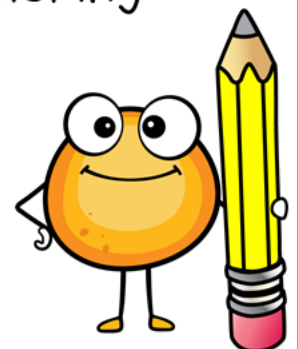
- A. Only at home
- B. Only at school
- C. Only when you are sad
- D. Anytime you have big feelings



29

Which coping skill uses creativity?

- A. Drawing or coloring
- B. Arguing
- C. Ignoring others
- D. Running away



30

B) Imagining a happy place

26

A) Talking to a trusted adult

25

C) Squeezing a stress ball

28

C) Take a short break and try again

27

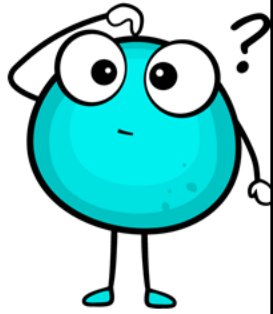
A) Drawing or coloring

30

D) Anytime you have big feelings

29

When should you use coping skills?



31

How can movement help your feelings?



32

What coping skill helps your mind slow down?



33

Why is it okay to try different coping skills?



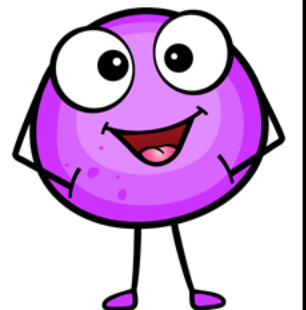
34

What coping skill helps your body feel calm?



35

Why are coping skills important?



36

It helps release stress.

32

Anytime you have big feelings.

31

Different skills work for different people.

34

Mindful breathing or quiet time.

33

They help us handle feelings safely.

36

Deep breathing or stretching.

35

You feel nervous before speaking in front of the class. What coping skill could help?

- A. Yelling
- B. Taking deep breaths
- C. Running away
- D. Blaming others



37

You are feeling angry after losing a game. What coping skill should you use?

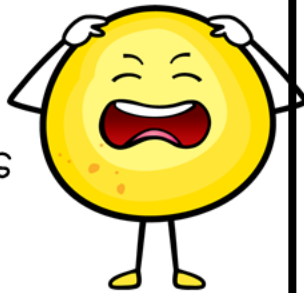
- A. Walking away to calm down
- B. Throwing the game
- C. Calling names
- D. Staying mad



38

You feel overwhelmed by noise and activity. What coping skill could help you calm down?

- A. Covering your ears and yelling
- B. Arguing
- C. Running around
- D. Taking a quiet break or slow breaths



39

You feel sad and miss someone you care about. What coping skill could help?

- A. Ignoring your feelings
- B. Talking to a trusted adult
- C. Being mean to others
- D. Keeping it a secret



40

A) Walking away to
calm down

38

B) Taking deep
breaths.

37

B) Talking to a
trusted adult

40

D) Taking a quiet
break or slow
breaths

39



Name: _____

TASK CARD RESPONSES

1	
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Name: _____

TASK CARD RESPONSES

17	
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28	
29	
30	
31	
32	



Name: _____

TASK CARD RESPONSES

33	
34	
35	
36	
37	
38	
39	
40	

SPOT THE COPING SKILLS

TASK CARD ANSWER KEY

1	A tool that helps you calm down or feel better.
2	Taking deep breaths.
3	Take a break and breathe.
4	Going for a walk, run, yoga.
5	Talking to a trusted adult.
6	Drawing or coloring.
7	Ask for help.
8	Thinking of a happy place.
9	Take a short break and try again.
10	B) It helps your body and brain have energy to manage big feelings
11	True
12	False
13	True
14	True
15	False
16	True

SPOT THE COPING SKILLS

TASK CARD ANSWER KEY

17	False
18	True
19	True
20	False
21	B) A tool that helps you calm down
22	B) Taking deep breaths
23	C) Ask a trusted adult for help
24	C) Going for a walk
25	A) Talking to a trusted adult
26	B) Imagining a happy place
27	C) Take a short break and try again
28	C) Squeezing a stress ball
29	D) Anytime you have big feelings
30	A) Drawing or coloring
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Black and
white
version

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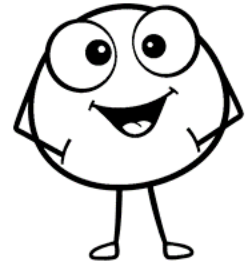
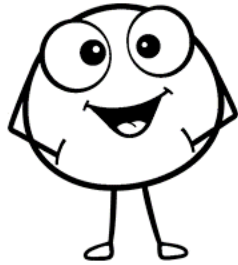
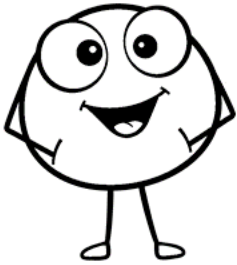
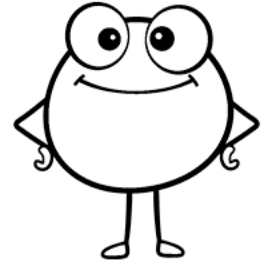
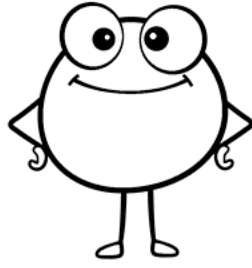
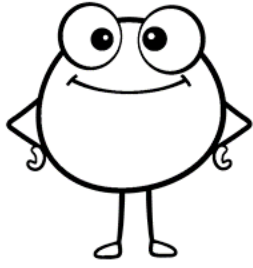
SPOT THE
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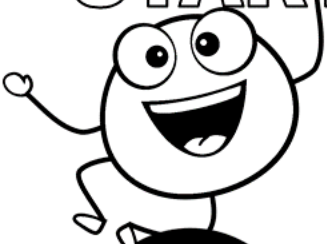
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Game Pieces

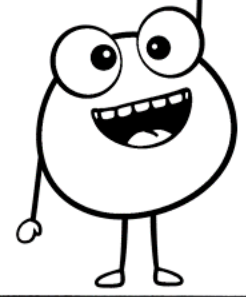


START

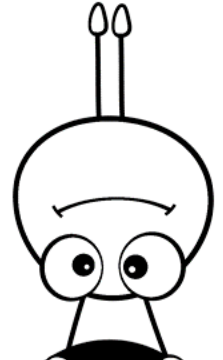


Move ahead two

Move ahead two



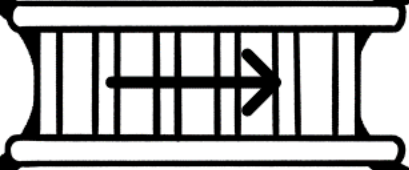
Move back two



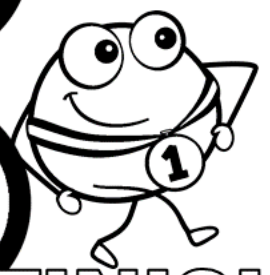
Lose a turn!



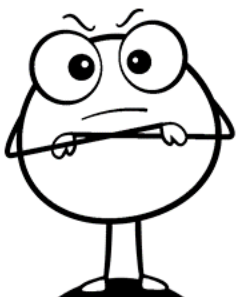
→



FINISH



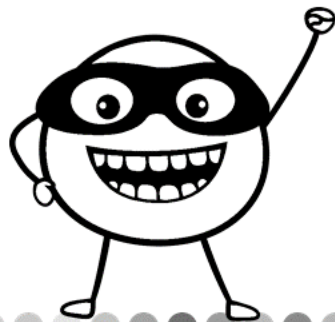
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Move back two

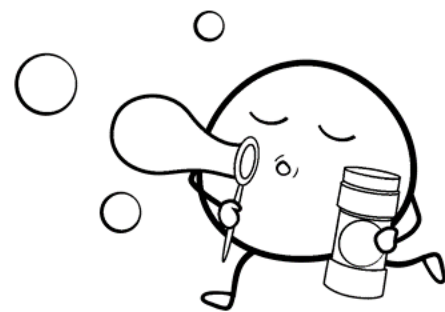


What is a coping skill?



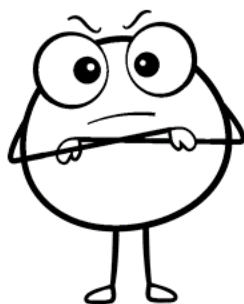
1

Which coping skill helps your body relax?



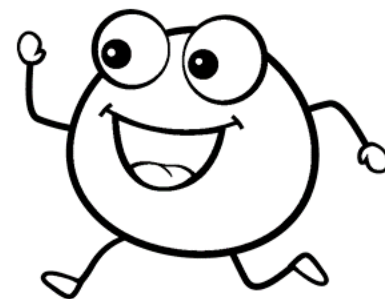
2

What can you do if you feel angry?



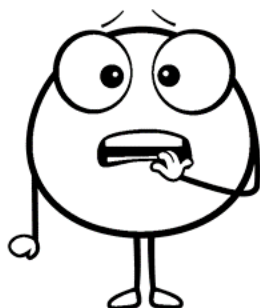
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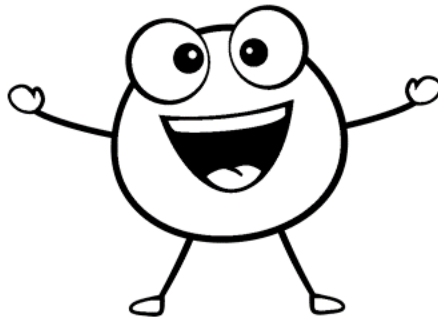
Drawing or coloring.

6

Talking to a trusted adult.

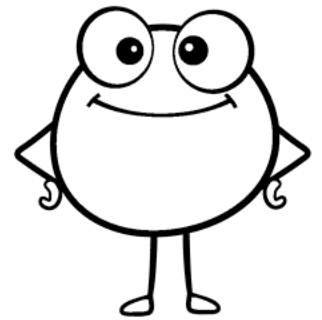
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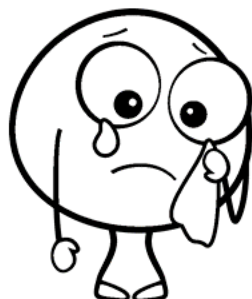
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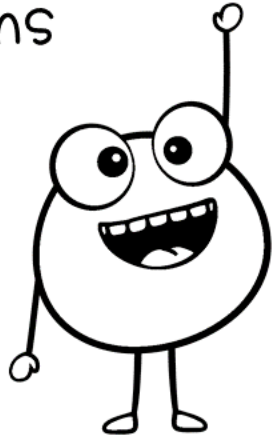
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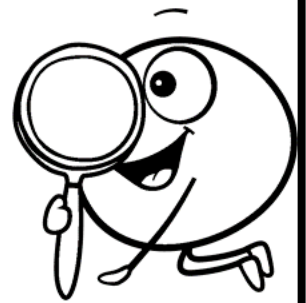
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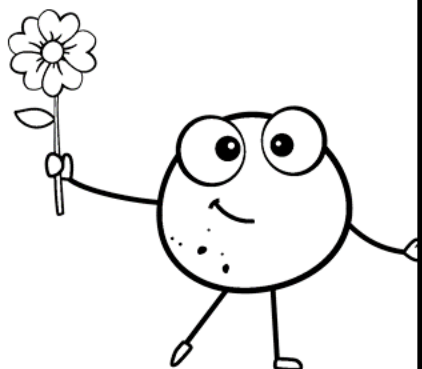
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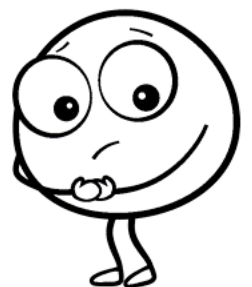
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18

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14

True

13

True

16

False

15

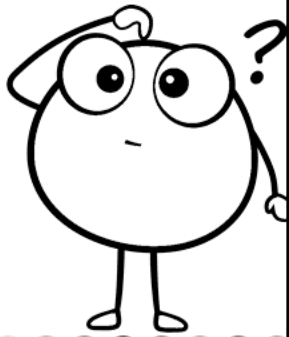
True

18

False

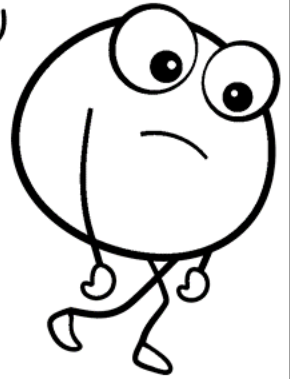
17

True or False: Different coping skills work for different people.



19

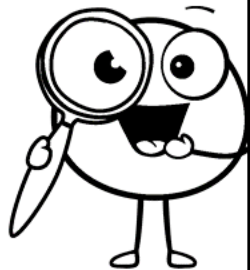
True or False: You should only use coping skills when you feel sad.



20

What is a coping skill?

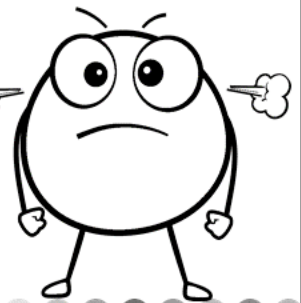
- A. Something that makes problems worse
- B. A tool that helps you calm down
- C. A rule you must follow
- D. A game you play



21

Which coping skill can help when you feel angry?

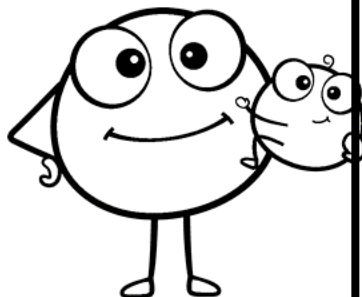
- A. Yelling
- B. Taking deep breaths
- C. Breaking things
- D. Blaming others



22

What should you do if your feelings feel too big?

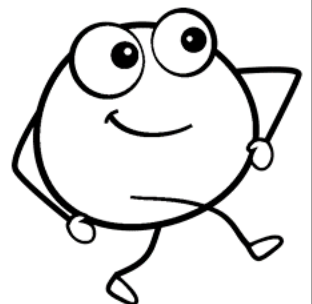
- A. Keep it a secret
- B. Run away
- C. Ask a trusted adult for help
- D. Pretend nothing is wrong



23

Which coping skill uses your body?

- A. Deep breathing
- B. Drawing
- C. Going for a walk
- D. Thinking



24

False

20

True

19

B) Taking deep
breaths

22

B) A tool that
helps you calm
down

21

C) Going for a
walk

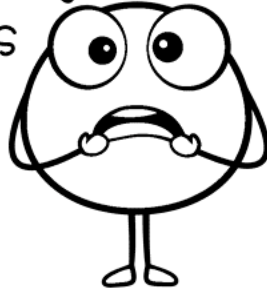
24

C) Ask a
trusted adult
for help

23

What coping skill can help when you feel worried?

- A. Talking to a trusted adult
- B. Ignoring the feeling
- C. Yelling at others
- D. Giving up



25

Which coping skill helps your mind feel calm?

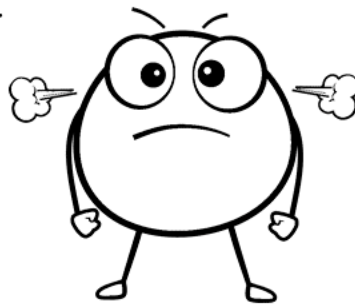
- A. Thinking about something scary
- B. Imagining a happy place
- C. Arguing
- D. Staying upset



26

What can you do when schoolwork feels frustrating?

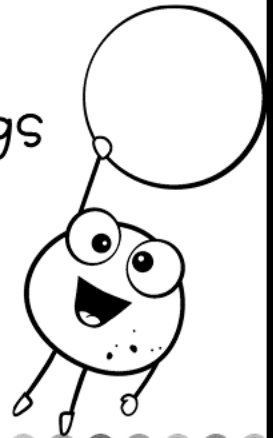
- A. Quit
- B. Rip the paper
- C. Take a short break and try again
- D. Get angry



27

Which is a healthy coping skill?

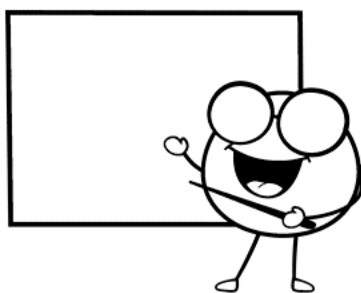
- A. Hitting
- B. Throwing things
- C. Squeezing a stress ball
- D. Yelling



28

When can you use coping skills?

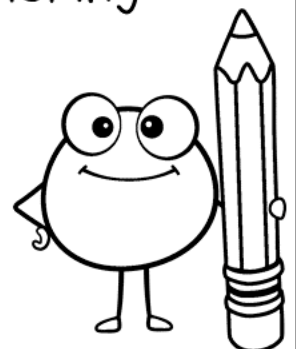
- A. Only at home
- B. Only at school
- C. Only when you are sad
- D. Anytime you have big feelings



29

Which coping skill uses creativity?

- A. Drawing or coloring
- B. Arguing
- C. Ignoring others
- D. Running away



30

B) Imagining a happy place

26

A) Talking to a trusted adult

25

C) Squeezing a stress ball

28

C) Take a short break and try again

27

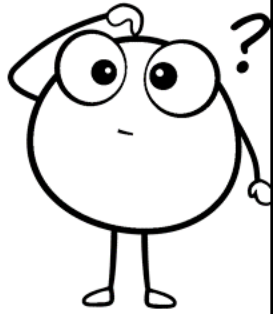
A) Drawing or coloring

30

D) Anytime you have big feelings

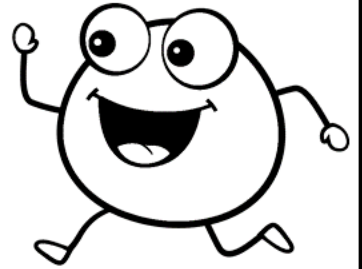
29

When should you use coping skills?



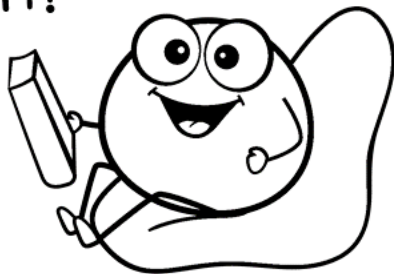
31

How can movement help your feelings?



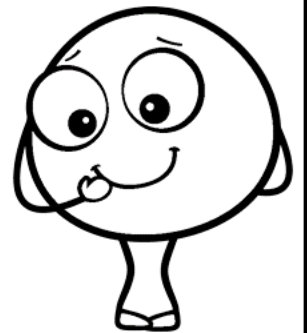
32

What coping skill helps your mind slow down?



33

Why is it okay to try different coping skills?



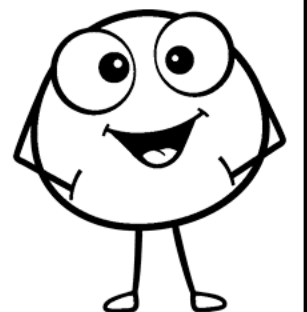
34

What coping skill helps your body feel calm?



35

Why are coping skills important?



36

It helps release stress.

32

Anytime you have big feelings.

31

Different skills work for different people.

34

Mindful breathing or quiet time.

33

They help us handle feelings safely.

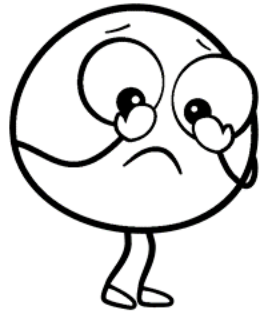
36

Deep breathing or stretching.

35

You feel nervous before speaking in front of the class. What coping skill could help?

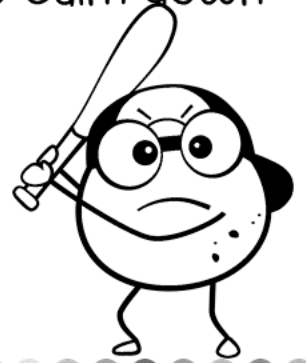
- A. Yelling
- B. Taking deep breaths
- C. Running away
- D. Blaming others



37

You are feeling angry after losing a game. What coping skill should you use?

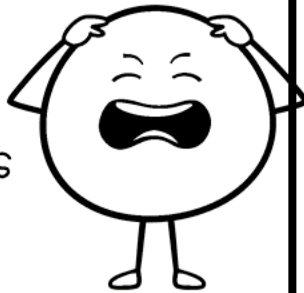
- A. Walking away to calm down
- B. Throwing the game
- C. Calling names
- D. Staying mad



38

You feel overwhelmed by noise and activity. What coping skill could help you calm down?

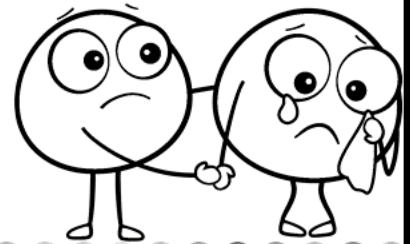
- A. Covering your ears and yelling
- B. Arguing
- C. Running around
- D. Taking a quiet break or slow breaths



39

You feel sad and miss someone you care about. What coping skill could help?

- A. Ignoring your feelings
- B. Talking to a trusted adult
- C. Being mean to others
- D. Keeping it a secret



40

A) Walking away to
calm down

38

B) Taking deep
breaths.

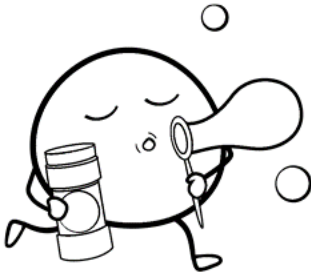
37

B) Talking to a
trusted adult

40

D) Taking a quiet
break or slow
breaths

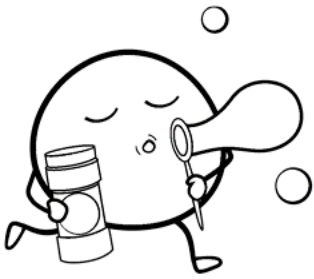
39



Name: _____

TASK CARD RESPONSES

1	
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Name: _____

TASK CARD RESPONSES

17	
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32	



Name: _____

TASK CARD RESPONSES

33	
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35	
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38	
39	
40	

SPOT THE COPING SKILLS

TASK CARD ANSWER KEY

1	A tool that helps you calm down or feel better.
2	Taking deep breaths.
3	Take a break and breathe.
4	Going for a walk, run, yoga.
5	Talking to a trusted adult.
6	Drawing or coloring.
7	Ask for help.
8	Thinking of a happy place.
9	Take a short break and try again.
10	B) It helps your body and brain have energy to manage big feelings
11	True
12	False
13	True
14	True
15	False
16	True

SPOT THE COPING SKILLS

TASK CARD ANSWER KEY

17	False
18	True
19	True
20	False
21	B) A tool that helps you calm down
22	B) Taking deep breaths
23	C) Ask a trusted adult for help
24	C) Going for a walk
25	A) Talking to a trusted adult
26	B) Imagining a happy place
27	C) Take a short break and try again
28	C) Squeezing a stress ball
29	D) Anytime you have big feelings
30	A) Drawing or coloring
31	Anytime you have big feelings.
32	It helps release stress.

SPOT THE COPING SKILLS

TASK CARD ANSWER KEY

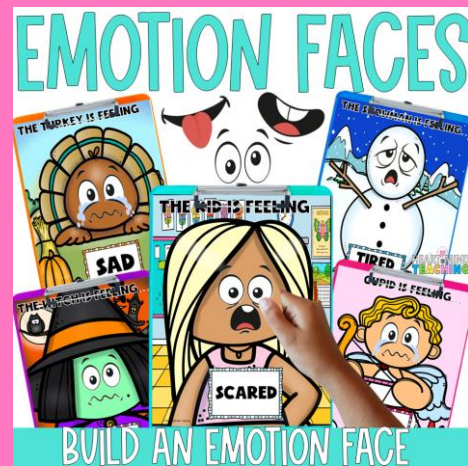
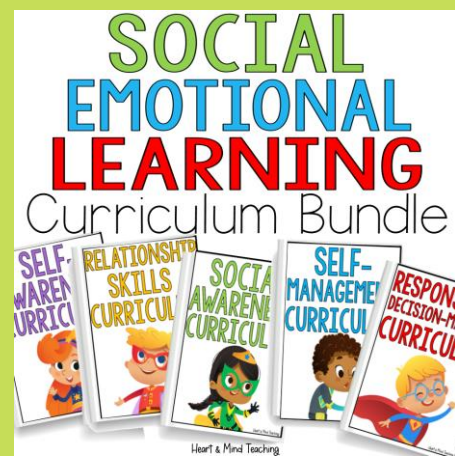
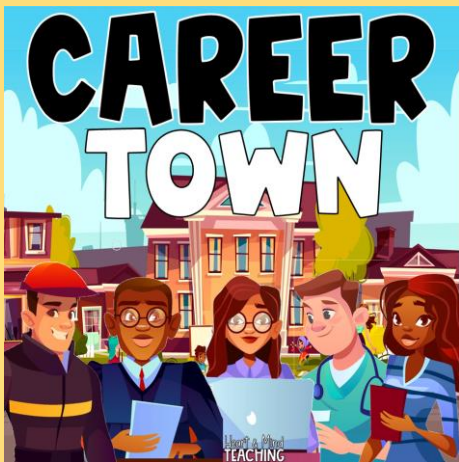
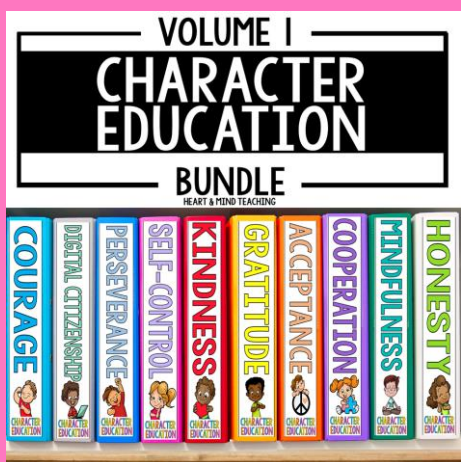
33	Mindful breathing or quiet time.
34	Different skills work for different people.
35	Deep breathing or stretching.
36	They help us handle feelings safely.
37	B) Taking deep breaths.
38	A) Walking away to calm down
39	D) Taking a quiet break or slow breaths
40	B) Talking to a trusted adult



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