

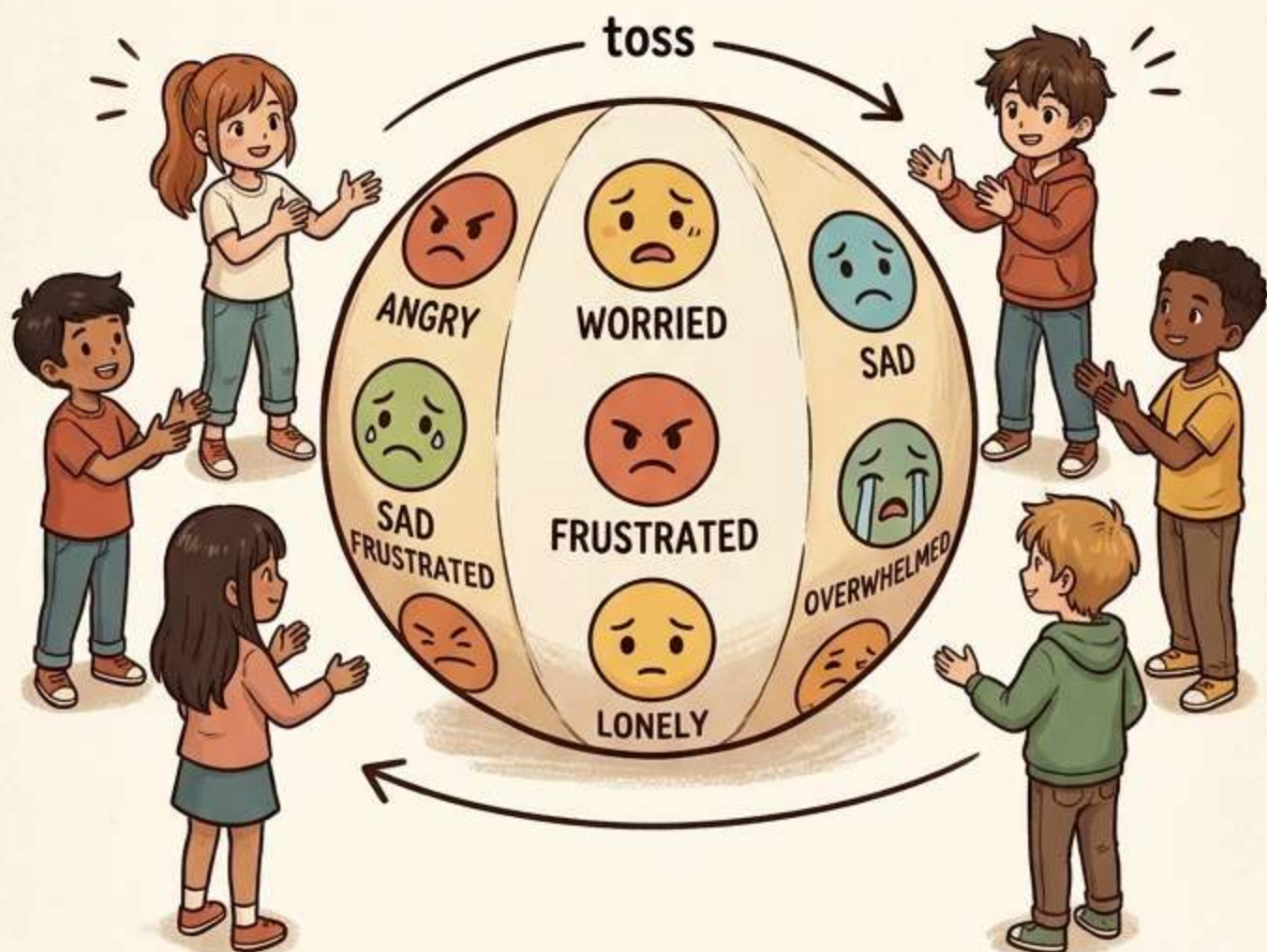
FEELINGS BALL: NAME IT AND COPE WITH IT



BEST AGE: Kids, Tweens, & Teens | **TIME:** 10-15 Min



MATERIALS: Soft Ball & Marker



1 TOSS the Ball!

HELPER TIP: FREEZE UP? Facilitator can offer an example.



2 CATCH it!



3 NAME the Emotion by your Thumb!



4 SHARE a Healthy Coping Skill for that feeling!



Does one coping strategy work for every emotion?



• No! Coping skills are a toolbox for managing responses, not pretending they aren't there.

