

Kid-Friendly Coping Skills Log

1 WHAT HAPPENED?

The color threw from the stest, temporat, got you and drawing.



2 HOW DO I FEEL?

Circle the child with



Happy



Sad



Angry



Worried

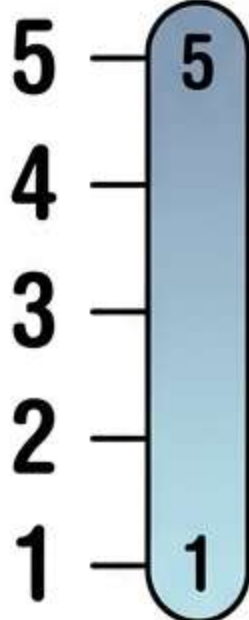


Frustrated



Calm

3 HOW BIG IS MY FEELING?



4 WHAT DID I TRY?

Circle the child?



DEEP BREATHING



TAKE A BREAK



COLORING



TALK TO SOMEONE



A HUG

5 HOW DO I FEEL NOW?

Circle to the child?



HAPPY



SAD



ANGRY



WORRIED



FRUSTRATED



CALM

6 WOULD I TRY IT AGAIN?

