

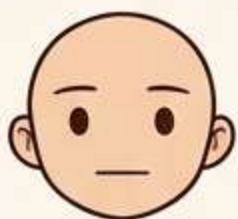
KIDS COPING SKILLS

1 HOW DO I FEEL?

Draw a face or circle one



smiling



neutral



worried



angry



crying



scared

An adult can sit through this one with a child to name the feeling together or explain ideas.

2 WHERE DO I FEEL IT IN MY BODY?



2 WHERE DO I FEEL IT IN MY BODY?

☐ Somewhere else: _____

3 WHAT COULD HELP ME RIGHT NOW?



☐ Slow Breaths



☐ Ask a trusted adult



☐ Quiet Break



☐ Hug a comfort item



☐ Draw



☐ Move my body

☐ Other idea: _____

The choice I want to try: _____

