

COPING SKILLS JENGA



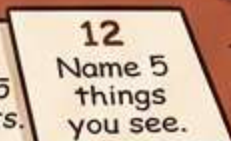
breathing



positive
self-talk



ask for
help



When it falls,
practice deep
breathing!

frustration
practice



Age:



6+



Players:



2-6

Time:

10-20 min

Materials:

Stacking Blocks
& Prompts

