

# "What Would You Do?"

## Coping Scenarios

Age: 6–12

Players: 1–6



Time: 10–20 min

Materials: DIY  
Situation Cards

### THE CORE IDEA:

Practice problem-solving and choosing coping strategies in a low-stress way.



1. Draw a Card (e.g., friend doesn't invite you to play)



2. Pause & Notice: Delay impulsive reactions

3. Answer 4 Questions: ? ? ? ?



What do you feel? | What might you do  
What could help? | Who can you ask?



4. Choose a Response: Decide which action helps most



Create your own cards based on real-life challenges.

