

Name \_\_\_\_\_ **Coping Skills**



## What Are Coping Skills?

Have you ever been in a situation where you felt really sad, scared, or super angry? Maybe you lost a game, had a fight with your friend, or were upset because you got a bad grade. Everyone has moments when they feel down or upset. But guess what? There are tools that can help you handle those feelings better. These tools are called "coping skills."

Coping skills are like secret tricks that can help us handle difficult feelings or situations. Just like a magician has many tricks up his sleeve, we can also have a set of coping skills to help us when things get tough. These skills help us calm down, think clearly, and make good decisions.

### Why Are Coping Skills Important?

**They Help Us Handle Our Feelings** - Sometimes, our emotions can be like a stormy sea. Coping skills are like an anchor that helps us stay steady, even when there are big waves around us.

**Making Good Decisions** - When we're angry or upset, it's easy to make quick decisions without thinking. But with coping skills, we can learn to pause, think about the situation, and then choose the best action.

**Feeling Better** - Nobody likes feeling bad. Coping skills can help us move from a bad mood to a better one more quickly.

### Examples of Coping Skills

**Deep Breathing** - When things feel crazy, taking slow, deep breaths can help calm your mind and body. Try it! Breathe in through your nose, hold it for a second, then breathe out through your mouth. Do it a few times and see how you feel.

**Talking to Someone** - Sometimes, just talking about what's bothering you can make you feel better. Maybe you can talk to a parent, a teacher, or a good friend.

**Doing Something Fun** - If you're feeling down, doing something you love can help. Maybe it's drawing, playing a game, or reading a fun book.

**Positive Thinking** - Instead of thinking, "I can't do this," try telling yourself, "I'll do my best." Positive thoughts can help you feel better and tackle challenges head-on.

### Learning Them Young

Now, you might wonder, why is it important to learn these skills when you're young, like in elementary school? Well, imagine you're learning to ride a bike. It's easier to learn when you're younger, right? The same goes for coping skills. If you start practicing them now, they'll become habits. As you grow older, you'll face bigger challenges, and having these skills will be super helpful!

In fact, as you grow up, you'll realize that everyone - kids, teenagers, adults - faces challenges. And everyone feels sad, angry, or upset at times. But those who have coping skills can handle these feelings better and live a happier life.

Name \_\_\_\_\_ **Coping Skills**

## What Are Coping Skills? Questions

1. What are coping skills?
2. Why are coping skills like an anchor?
3. Name two examples of coping skills mentioned in the story.
4. Why is it helpful to learn coping skills when you're young?
5. What can you tell yourself to practice positive thinking?