

Child Name: _____

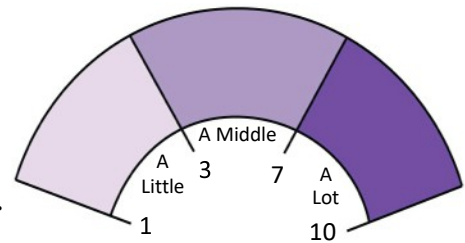
Caregiver Signature: _____

Home Activity C: Using My Coping Skills

We can lighten heavy thoughts and feelings by using our coping skills. For this week, try out your new skills when you start having heavy thoughts and feelings. Your caregiver can help you think of a skill to use and do the skill with you if you'd like help.

Draw a picture or write of a time when you had a heavy thought or feeling this week.

Make a mark on the Feelings Gauge to show how strong your feeling was.

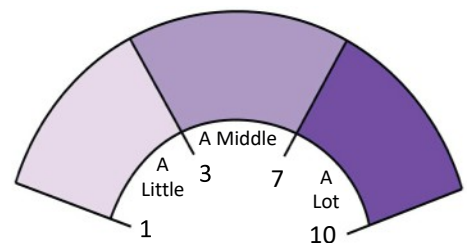


Which coping skill did you use to help lighten your thought or feeling?

Belly Breaths Muscle Relaxers 5 Senses

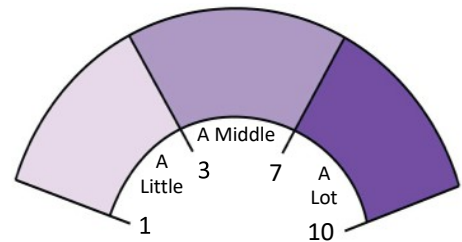
I used another skill: (Write or draw the skill.)

What was your feeling after using your coping skill? How strong was it?



Draw a picture or write of a time when you had a heavy thought or feeling this week.

Make a mark on the Feelings
to show how strong your feeling

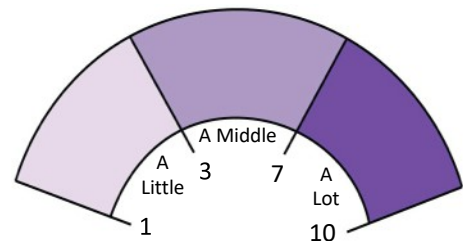


Which coping skill did you use to help lighten your thought or feeling?

Belly Breaths Muscle Relaxers 5 Senses

I used another skill: (Write or draw the skill.)

What was your feeling after using your coping skill? How strong was it?



Keep practicing your belly breaths
and muscle relaxers each day!
Can you teach them to your teacher?
Can you teach them to a friend?