

ISSAQUAH SCHOOL DISTRICT

**Para Professional PD Bundles**  
**Topic: Coping Skills**  
**Length: 1 hour**

**TOPIC INTRO**  
What are coping skills? How do coping skills help children and yourself manage emotions? These questions will be answered in this bundle while also offering some strategies to help those students who need to learn new healthy coping skills.

**Bundle Resources**  
**Article:** Coping: Dealing with Life’s inevitable disappointments in a healthy way (15 Mintues)  
**Youtube:** What are Coping Skills ( 5 Miinutes)  
**Podcast:** Teaching Kids Coping Skills (35 Minutes)

**Article**  
[Click here](#)  
**To Read**

**Podcast**  
[Click here](#)  
**To Listen**

**Youtube**  
[Click Here](#)  
**To Watch**



Ride a Bike  
OR SKATEBOARD



ASK FOR HELP



Blow  
Bubbles



Color  
Paint  
Draw

CREATE ART!



Listen  
to  
MUSIC



PLAY a  
BOARD GAME



MAKE &  
PLAY  
WITH  
SLIME



Practice  
Gratitude



WEAVE,  
KNIT OR  
CROCHET

Use Kind &  
Compassionate  
Self-Talk



Make a  
Scrapbook  
or Collage



PRACTICE  
YOGA



Hug  
or  
Climb  
a Tree



KICK  
BOUNCE  
OR THROW  
A BALL



JOURNAL OR  
WRITE A LETTER



Take Slow,  
Mindful Breaths



Cuddle or Play  
with Your Pet



Forgive  
Let Go  
Move On



Drink  
Water



Smile & Laugh



EAT  
Healthy

# 50 COPING SKILLS for kids



Get Plenty  
of **SLEEP**



TAKE A SHOWER  
OR BATH



S  
T  
R  
E  
T  
C  
H

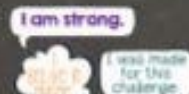


Go on a  
Walk, Run  
or Hike

Use  
Aromatherapy  
(Smell Something Good)



Sing and/or  
Dance



SAY Positive  
Affirmations

Take  
GOOD  
CARE  
of the  
Earth



Look At or Take  
PHOTOGRAPHS



Garden or  
Do Yardwork



Visualize  
a Peaceful Place



Try or  
Learn  
Something  
New



EXPLORE & DISCOVER  
Nature's  
Treasures



READ a Book  
or Magazine



DRINK  
A WARM  
CUP OF TEA



USE A STRESS BALL  
(OR OTHER FIDGET TOOL)



DO A PUZZLE



Cry

Clean,  
Declutter  
or Organize



Create  
ORIGAMI



Get a  
HUG

EXERCISE



Play Outside



JUMP  
on a  
Trampoline



Rest,  
Take a Break, OR Nap

Do  
Something  
Kind



BUILD



Something



TALK  
to Someone  
You Trust



# TYPES OF COPING SKILLS

## **Self-Soothing**

(Comforting yourself through your five senses)

1. **Something to touch**  
(ex: stuffed animal, stress ball)
2. **Something to hear**  
(ex: music, meditation guides)
3. **Something to see**  
(ex: snowglobe, happy pictures)
4. **Something to taste**  
(ex: mints, tea, sour candy)
5. **Something to smell**  
(ex: lotion, candles, perfume)

## **Distraction**

(Taking your mind off the problem for a while)

### Examples:

**Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.**

## **Opposite Action**

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. **Affirmations and Inspiration**  
(ex: looking at or drawing motivational statements or images)
2. **Something funny or cheering**  
(ex: funny movies / TV / books)

## **Emotional Awareness**

(Tools for identifying and expressing your feelings)

### Examples:

**A list or chart of emotions, a journal, writing supplies, drawing / art supplies**

## **Mindfulness**

(Tools for centering and grounding yourself in the present moment)

### Examples:

**Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.**

## **Crisis Plan**

(Contact info of supports and resources, for when coping skills aren't enough.)

**Family / Friends  
Therapist  
Psychiatrist  
Hotline  
Crisis Team / ER  
911**