



FREE Resources

for school counselors and their students



problem-solving • social skills development • identifying feelings • coping skills • and more

Within this activity you'll find...

1. Overview
2. A sample script to use with students to introduce the topic and activity
3. Ideas for engaging students using these resources



Coping Skills Worksheets

We hope you find this just as useful in your work with students as other school counselors have! Please let us know if you have any feedback.



ACTIVITY: Hopscotch Coping Skills Worksheets (Angry, Worried, Sad)

Objectives:

- Teach students to identify and develop effective coping skills
- Promote student emotional well-being, social relationships, and academic success.

Materials Needed:

- Download and print the **Hopscotch Coping Skills Worksheets** (there are individual sheets for Angry, Worried and Sad).
- Pen, pencil, or marker for the student

OVERVIEW

Students of all ages need to identify and develop effective coping skills for feelings of anger, sadness, and worry because it helps them manage their emotions in a healthy and constructive way, in addition to developing the following:

1. Emotional regulation: Coping skills help children regulate their emotions, so they can calm down when they feel upset or overwhelmed. When children learn to recognize their emotions and respond to them in a healthy way, they are better able to manage their behavior and avoid impulsive or reactive responses with (lashing out or shutting down).
2. Stress reduction: Coping skills can also help children reduce stress and anxiety. By learning techniques such as deep breathing, mindfulness, or physical activity, children can release tension and feel more relaxed.
3. Mental health: Unmanaged or poorly managed emotions can lead to mental health problems later in life. By learning effective coping strategies early on, children are more likely to develop positive mental health habits and avoid problems like depression and anxiety.
4. Improved social relationships: Coping skills can also improve children's social relationships by helping them communicate effectively, listen actively, and express themselves in a healthy way. When children are better able to manage their emotions, they are more likely to have positive interactions with their peers and adults.
5. Better academic performance: Finally, coping skills can also improve children's academic performance by reducing stress and improving focus and concentration. When children feel less anxious and overwhelmed, they are better able to learn and retain information.



IDEAS FOR ENGAGING STUDENTS & SCRIPT

Today, I wanted to talk to you about something really important - coping skills. Coping skills are tools that we can use to help us deal with our feelings and emotions, especially when we're feeling angry, sad, or worried. When we don't have healthy coping skills, we might do things that aren't good for us, like yell, hit, or say hurtful things when we are angry, or shut down and not talk to anyone when we are sad, or have a hard time sleeping or focusing on our school work when we are feeling worried. Having effective coping skills helps us feel better and keeps us and others safe.

Have you ever felt really _____ before?

For anger: Maybe someone did something that upset you, or you didn't get your way.

For sadness: Maybe something happened that made you feel really down.

For worry: Maybe you're worried about a test or something happening at home.

Everyone feels _____ sometimes, and that's okay. Sometimes we don't know how to deal with those feelings in a healthy way. That's where coping skills come in!

When are some times that you have felt _____?

Did you know that there are things you can do to help you feel better when you're feeling _____. These are called coping skills. I have a few ideas I'm going to share with you and then we can come up with some together that might be helpful to you the next time you are feeling _____.

When we're feeling _____, we might notice that our breathing gets faster and shallower. By taking deep breaths, we can slow down our breathing and calm our body. One thing you can do is take a deep breath and count to 10 before reacting. Let's practice taking deep breaths and counting to 10 together,

Another coping skill is to talk to someone you trust, like a friend, parent, or teacher, about how you're feeling. Who do you trust that you could talk to the next time you are feeling _____?

Another coping skill is to use positive self-talk. This means talking to yourself in a positive and reassuring way. For example, you could say "I can handle this" or "I am in control of my emotions". This can help you feel more confident and in control of your feelings. What is something positive you could say to yourself the next time you are feeling _____?

Physical activity can also be a helpful way to cope with _____. You can go for a walk, run or play a sport, or even do some jumping jacks or push-ups to release your anger in a healthy way. What physical activities can you think of that would be helpful for you the next time you are feeling angry.

Now I'm going to help you brainstorm some coping skills that might work for you based on what you like to do and what helps you feel calm. We can also practice using those coping skills together so you feel comfortable using them on your own.

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IDEAS FOR ENGAGING STUDENTS & SCRIPT...continued

Let's write down 5 coping skills or strategies on our worksheet that you can use the next time you are feeling _____ . You can take this home with you and practice.

You can write down the ones we just talked about or add your own. What would you like to write down first? (other ideas include: drawing or writing in a journal about your feelings, listening to your favorite music, spending time with your pet, playing a game, reading a book, or going for a walk).

Awesome, now you have 5 coping skills you can use whenever you are feeling _____ .

I want you to remember two things... one is not every coping skill works for everyone, so we might have to try a few things before we find the ones that work best for you. But the important thing is to keep trying and never give up!

And two, it's okay to feel _____ , but it's important to have healthy coping skills to help us deal with those feelings. If you ever need to talk about your feelings, you can always come talk to me.

When I'm Feeling Angry

Can you name five helpful coping skills that you can use whenever you're feeling angry?

1

2

3

4

5



When I'm Feeling Sad

Can you name five helpful coping skills that you can use whenever you're feeling sad?

1

2

3

4

5



When I'm Feeling Worried

Can you name five helpful coping skills that you can use whenever you're feeling worried?

1

2

3

4

5

