

Coping Cards - Anxiety

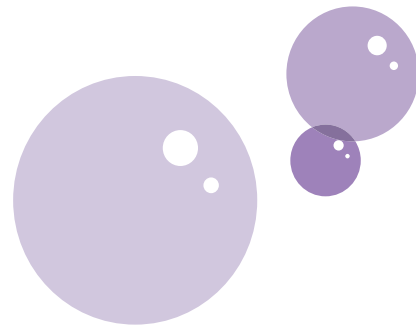
Directions:

Coping skills are strategies we use to help us calm down. Look at the coping skills below. Which ones help you calm down when you are becoming anxious? Cut out the ones that help you the most. Put them in a place that you can use them when you start to feel anxious.

Examples: tape on students' desk, wear them on a lanyard



Listen to music.



Blow bubbles.

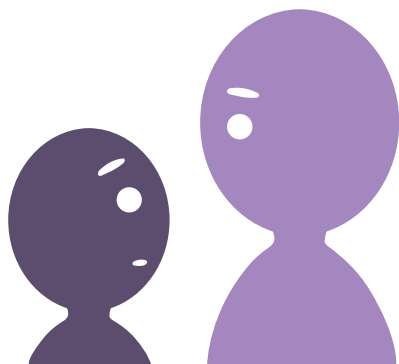


Think of all the things you're good at.



Close your eyes and **think** of a peaceful place.

Practice breathing deeply for a few minutes.



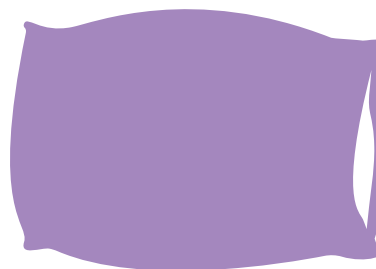
Talk about what is making you
anxious with a trusted adult.



Find something to
laugh about.



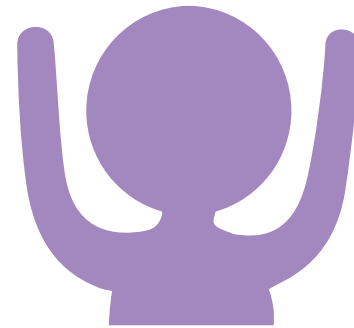
and **think** before you act.



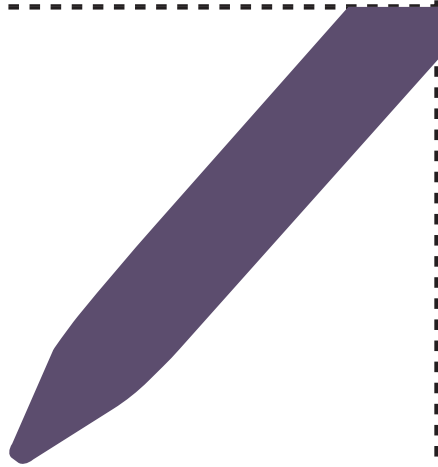
Punch a pillow.



Count to ten.



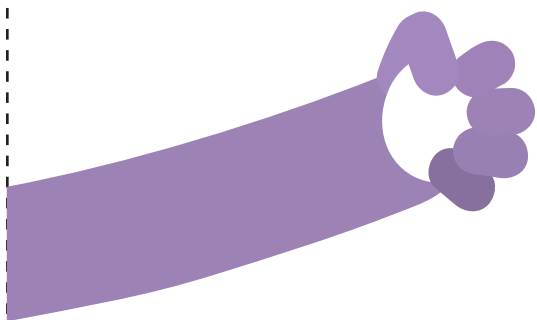
Stretch.



Write in a journal



Draw a picture to express why you are anxious.



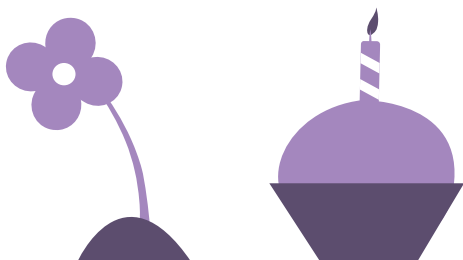
Squeeze a stress ball.



Think about how big or little the problem is.

Smell the flower

breathing in deeply



Blow out the candle

slowly breathing all the air out

Repeat multiple times as needed

Draw your own coping skill.