

# Coping Cards

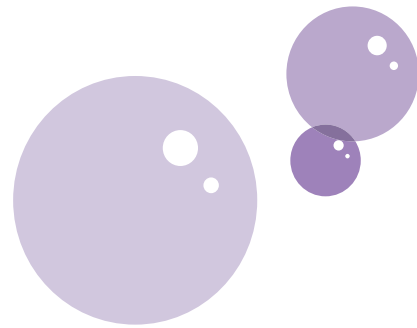
## Directions:

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 angry? Cut out the ones that help you the most. Put them in a place that you can use them when you start to feel angry.

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



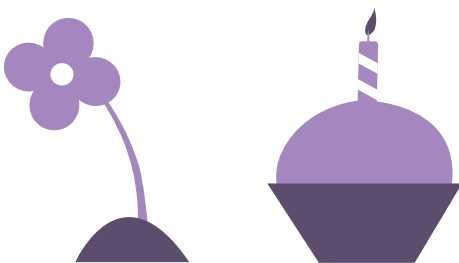
**Listen** to music.



**Blow** bubbles.

**Smell the flower**

*breathing in deeply*



**Blow out the candle**

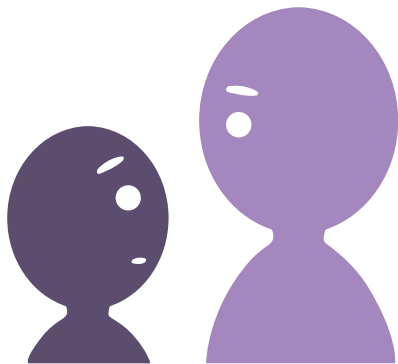
*slowly breathing all the air out*

*Repeat multiple times as needed*



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

*Practice breathing deeply for a few minutes.*



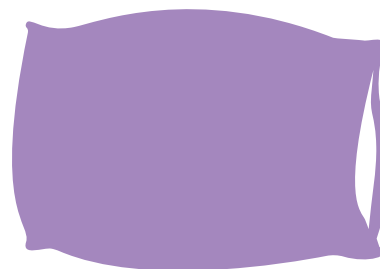
**Talk** about what is making you anxious with a trusted adult.



Find something to **laugh** about.



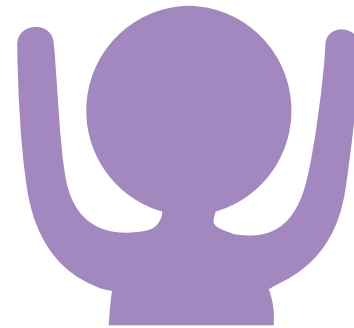
and **think** before you act.



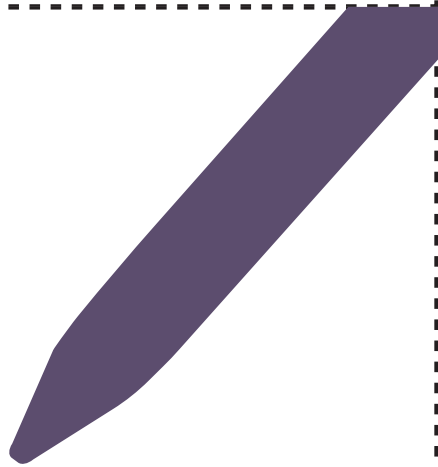
**Punch** a pillow.



**Count** to ten.



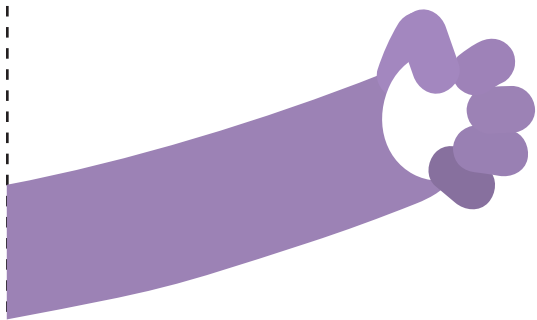
**Stretch.**



**Write** in a journal



**Draw** a picture to express why you are anxious.



**Squeeze** a stress ball.

**Draw** your own coping skill.

**Draw** your own coping skill.

**Draw** your own coping skill.