

Social and Emotional Learning (SEL)

Social Awareness: Coping Skills

Overview:

Coping skills are very important. They are techniques used to manage emotions that come as a result of life changes. These skills are helpful when you realize you are becoming very emotional or stressed out due to a change of events. This is very helpful especially before an outburst occurs.

Objectives:

Your child will learn strategies on how to develop positive coping skills.

Child Goals:

I can recognize when a change of events causes my emotions to change and implement coping skills to manage how I feel.

Vocabulary: coping, stress

Learn- 5 minutes

Change in a schedule or daily activities can cause stress. Children must learn how to cope when change occurs. Have your child brainstorm times when a change in their normal activity caused them a level of stress.

Ways to deal cope with change:

- Breathing
- Ask questions about the change
- Talk to an adult or trusted friend about how you feel about the change

Has your child explained what caused a change in their schedule and why? Did this change cause any level of stress?

Practice-10 minutes

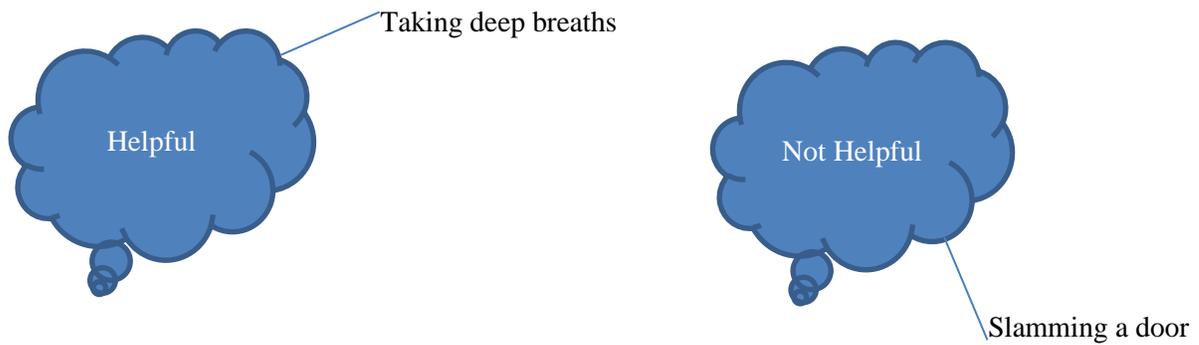
Children have created ways to cope with stress due to change. Participate in an engaging conversation with your child about changes and coping techniques.

Discussion questions:

- Can change be stressful?
- Ask your child to name a technique they use to help cope with stress due to change.
- Ask your child what technique is their favorite to use when you are dealing with stress? Why is this your favorite?
- How is taking deep breaths helpful before responding emotionally to a situation?

Resource**COPING CLOUDS**

Coping techniques are actions you use to control your feelings when there is stress in your life due to changes in circumstances or events. There are certain techniques that are very helpful to cope with stress. Below are coping clouds. Think of helpful coping strategies that you have used when dealing with stress and attach to the helpful cloud (example: taking deep breaths, taking long walks, counting to 10, etc.) Think of some not helpful responses to stress that you have observed or exhibited (example: slamming a door, screaming at a friend, posting something inappropriate on social media, etc.) and attach it to the not helpful cloud. The purpose of this activity is to appropriately label and recognize helpful (and not helpful) coping skills.



Adapted from
Rethanked

Deeper Dive 10 minutes

<p>Coping Cloud Activity encourages your child to label appropriate coping techniques when dealing with stress due to change.</p>	<p>Provide your child with the Coping Cloud Activity.</p> <p>Have your child complete the activity by attaching helpful and not helpful coping techniques to the appropriate cloud.</p>
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Tip: It is important to create a place in your child’s room or home where they can claim it as a “safe space”. This area should have a comfortable place to sit and something to write with so they can reflect on their feelings. Also having visual reminders (signs) of coping skills, such as breathing, calming your body, counting to 10, etc.) are very helpful when your child needs to re-center themselves and deal with a stressful event or situation. When you observe your child exhibit appropriate coping techniques help them acknowledge it by recognizing their good effort to respond the correct way.