

Summary of the Lesson

Coping Strategy Bag

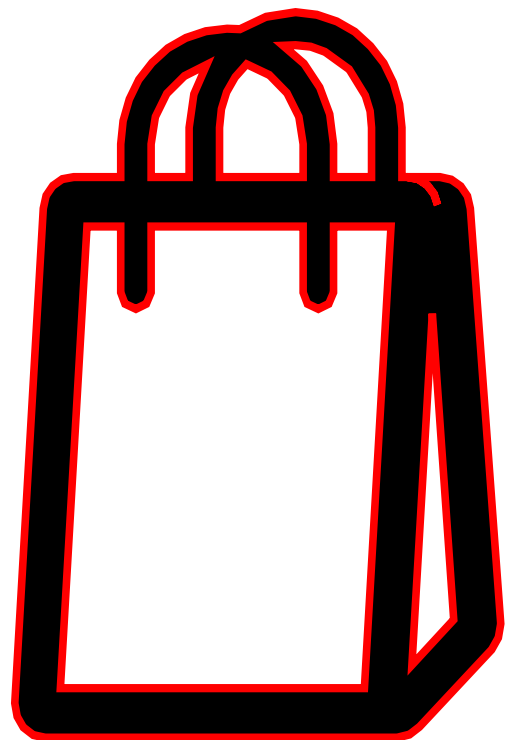
Coping Strategies help us feel calm.

We can use our coping strategy bag when we are feeling **STRONG** emotions.

Each tool can help us remember a different way to feel **calm**.

Can you think of other coping strategies you have?

It's important we put our bag in a safe place.



The Challenge: Think of 3 other coping strategies you already have and put them in your bag.

Resources for Parents

10 Fun Ways to Talk to Kids About Coping Skills

Mentions 10 different ways you can teach coping skills to your kids in a fun way!
There are lots of great ideas here!

<https://www.counselorkeri.com/2019/01/21/teach-kids-coping-skills/>

Calm Down Box

Gives some other options of what could be put in a coping strategy bag. They separate the items into different categories.

<http://alljoinin.blogspot.com/2014/02/calm-down-box.html>

DIY Coping Skills Box

Provides some more ideas of items to place in your coping strategy bag.

<https://www.littleslifeandlaughter.com/diy-coping-skills-box/>

Coping Strategy Bag Instructions

Supplies

- A paper bag
- Markers or other coloring material
- Anything to decorate the outside of the bag

Items to put in the bag

- Feathers (one art feather and one more natural feather)
- Bubbles
- Playdough
- Popsicle stick (2- each a different color)
- Pompoms
- Anything else you might want to add

Tools for our Coping Strategy Bag

Art Feather: Reminds us to take a deep breath.

Bubbles: Reminds us to take a deep breath. Can also help us remember that our feelings do not last forever.

Playdough: We can play with it and notice how it feels in our hands. We can also make something that makes us feel angry, scared, or sad, and then smash it.

Popsicle stick: Write down your favorite place. Close your eyes and imagine you are in that place. How do you feel when you are there?

Natural Feather: Rub it on your arm and face. How does it feel?

Pompoms: Hold our worries just like a worry jar does. We can hold it in our hands or roll it when we think of all our worries.

Other Popsicle stick: Write something positive about yourself on it. Helps us to think nice thoughts about ourselves.