

# Coping Cards

Teaching children how to name their feelings and identify coping skills is a valuable lesson in emotional regulation. Here's a step-by-step guide to help kids connect their emotions with coping strategies:

**Identify the emotion.** For younger children, stick to basic emotions, while for older kids, you can include more complex feelings like anxiety or embarrassment.

**Choose a coping skill card that could help with each emotion.** This encourages them to think about how different strategies can be used to manage different feelings. Cut the card out and glue it next to the emotion.

**Have a brief discussion.** Ask why they think that coping skill would help with that emotion. This is an opportunity to explore the effectiveness of different strategies and to personalize the approach for each child.

**SAD**

**MAD**

**SCARED**

**HURT**

**HAPPY**

**LONELY**

Other feelings:


# THINGS I CAN DO TO CALM DOWN



take deep  
breaths



Draw



read a book



listen to music



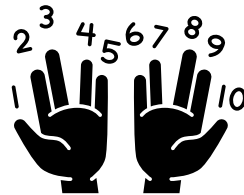
Paint



pet an animal



get a drink



count to 10



take a walk



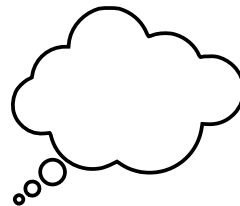
do a puzzle



dance



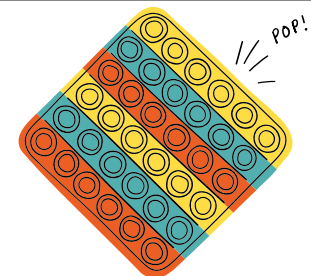
rest on a pillow



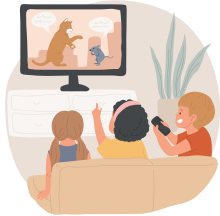
think happy  
thoughts



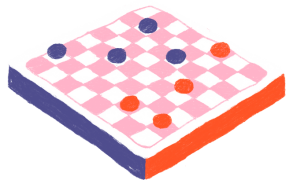
hug a stuffed  
animal



play with fidgets



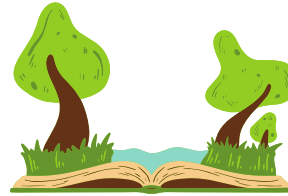
**watch TV**



**play games**



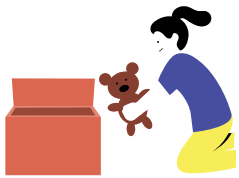
**Sing**



**be in nature**



**cook**



**clean**



**journal**



**play instrument**



**talk to someone**



**play a sport**



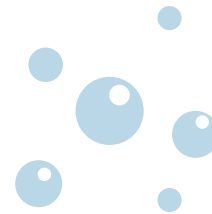
**play with friends**



**crafts**



**act of kindness**



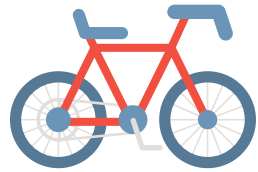
**blow bubbles**



**take a shower  
or bath**



fly a kite



ride bike



play outside



play video game



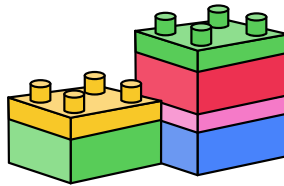
climb a tree



stretch



garden



build legos



go to calm spot



name your  
emotion



color



shake a glitter  
jar



get a hug



imagine a happy  
place



ask for help

Other ways to calm down (draw or write):
