

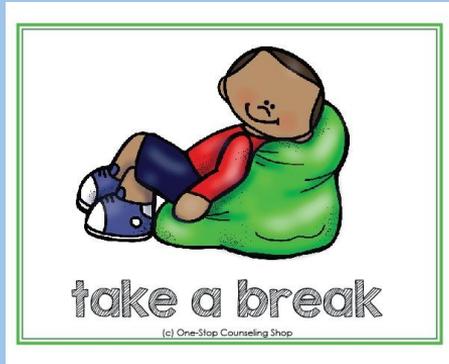
Coping Skills Review

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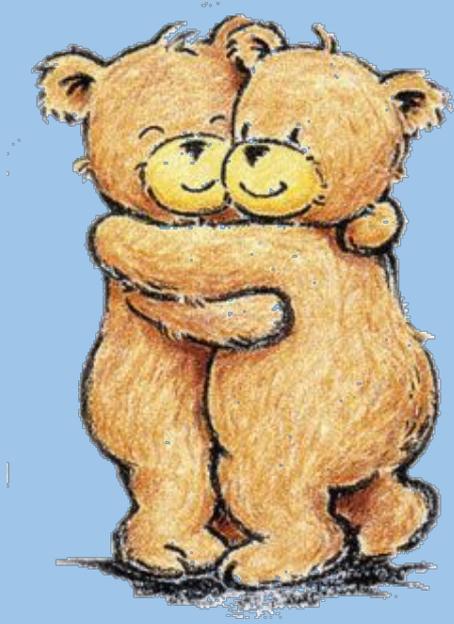
Here are the coping skills we learned about earlier in the year with Zones of Regulation.

If you are feeling out of the Green Zone, these are some great ways for you to cope with your feelings!

Blue Zone Tools

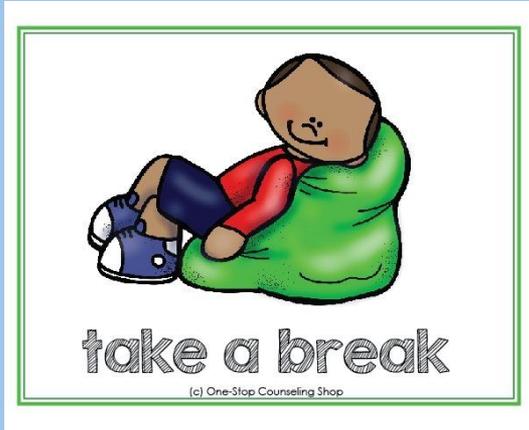


Ask for a Hug



Ask for a hug from any adult you feel comfortable asking for. You can even ask your sibling!

Take a Break



Move to a different space and take some time to yourself. You can take, 5, 10, Or 15 minutes.

After you break, make sure you come back to the situation and try to solve it, or talk to the person you need to talk to.

Talk to an Adult



Find a trusted adult, and let them know how you feel!

If that trusted adult isn't in your house, see if you can call, email, or Facetime them (with permission).

Listen to Music



You know your favorite jam, so put your headphones in and listen!

Pick the tunes that will put you back in the Green Zone.

Your Inner Coach



Your Inner Coach is that positive voice inside of you that is going to encourage you to do your best, even on the tough days.

Your inner coach says:

"This is tough, but so are you."

"I believe in you."

"We can learn from this."

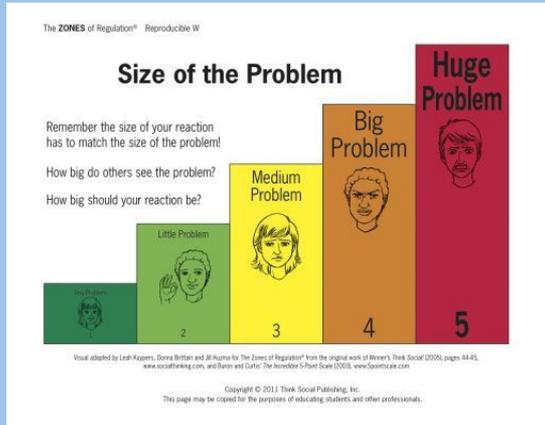
Size of the Problem

Big Problem-Emergency

Medium Problem-Will take a little time to solve, but you can solve it.

Small Problem: Very small problem that isn't a big deal.

When we think about the size of the problem, it helps us remember that we have the tools to solve it.



SuperFlex Brain



To have a Superflex brain, your brain needs to be flexible.

Example: "This is hard, but I am going to keep trying."

We are trying to not have a Rock Brain. A Rock Brain is: "I can't do this, I will always be bad at it!"

**I hope these coping tools help you in some way!
If you need to talk to someone, your parents
are there, or you can ask them to send me a
message!**

**Take Care,
Mrs. Engler**

