

COVID-19 - COPING SKILLS FOR CHILDREN

These are to help you to teach children how to cope with difficult and overwhelming feelings like anxiety, stress and anger. Particularly at this difficult time of lockdown, social distancing and Covid-19.

Coping Skills Checklists – help to work out what coping skills a child already has and which ones they feel they could try so they can expand their list of the skills that they already use.

Skills to Try – a space to write down all the new skills they would like to try.

My Coping Skills – a handy list of the skills that work for them.

Feelings Rules – helpful rules to remind them when they are experiencing those big feelings

How do I feel? – Help them to identify what they are feeling and how big the feelings are before they use a skill and then after they have tried a skill.

My New Coping Skills.

Write or draw all the different new skills that you are going to try.

Remember that it's ok to feel.....

Worried

Angry

Scared

SAD

Anxious

FRUSTRATED

But.....

Don't hurt yourself.

Don't hurt other people.

Don't hurt stuff.

ALWAYS TALK TO A TRUSTED PERSON ABOUT YOUR FEELINGS

IT REALLY HELPS!