

# COPING SKILLS

Which coping skills are the most helpful for you?



## lesson and calm corner

- Grades 2<sup>nd</sup> through 5<sup>th</sup>
- Gives students the opportunity to practice and reflect on different coping skills they can use at school





Includes everything you need for an upper elementary classroom calm corner!

OR...





...use as a **class SEL lesson** on coping skills that gives students the opportunity to practice them and reflect on their helpfulness!

**COPING STRATEGIES**  
As you practice or discuss each strategy, give it a score for how helpful it would be for you if you were upset at school.

Coping Strategy	Not Helpful	A Little Helpful	Very Helpful

Name: \_\_\_\_\_

I might need to use a coping skill at school when I feel:

I might feel this way if \_\_\_\_\_

These are the two strategies I will try to help myself feel better:

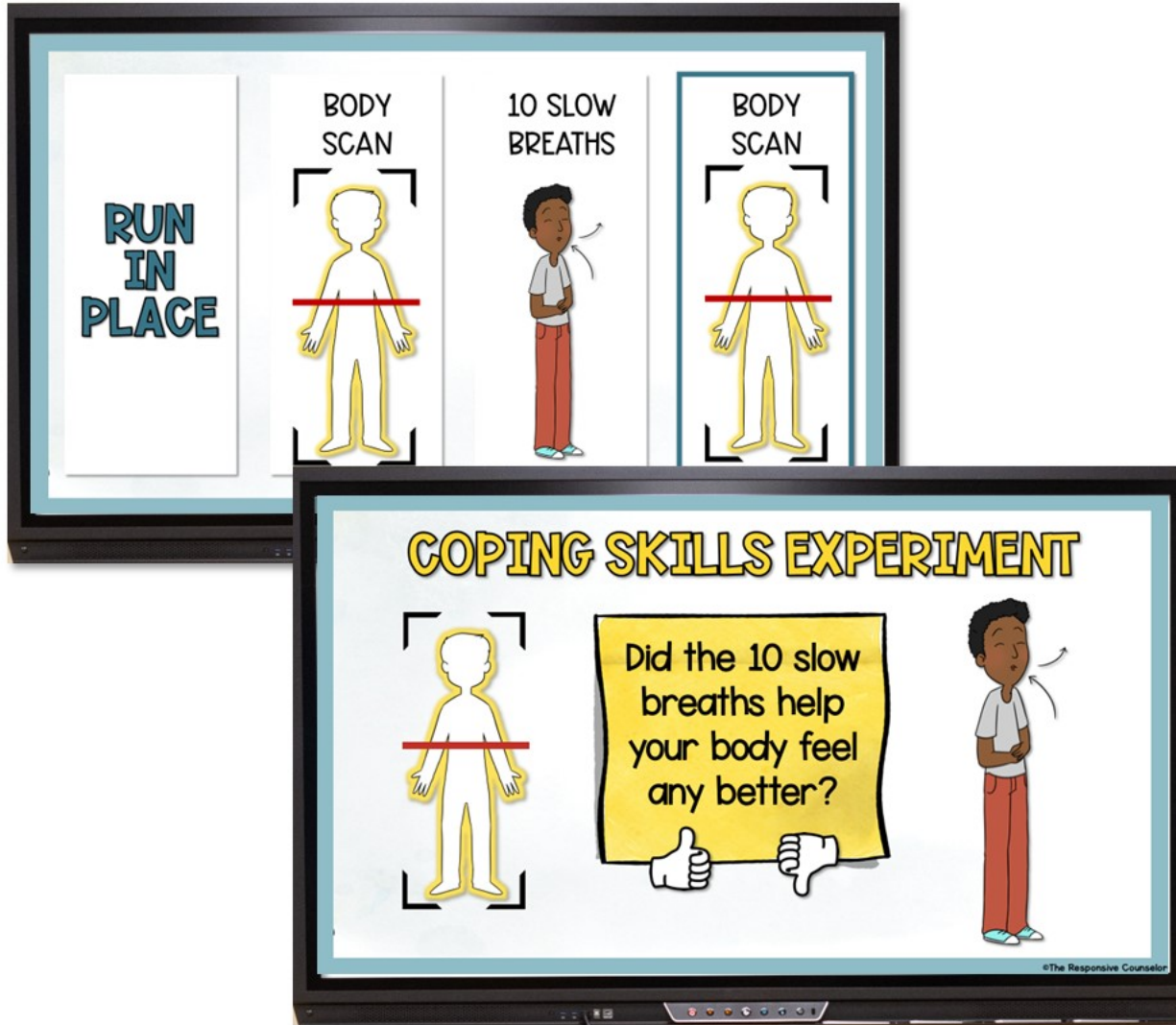
- \_\_\_\_\_
- \_\_\_\_\_

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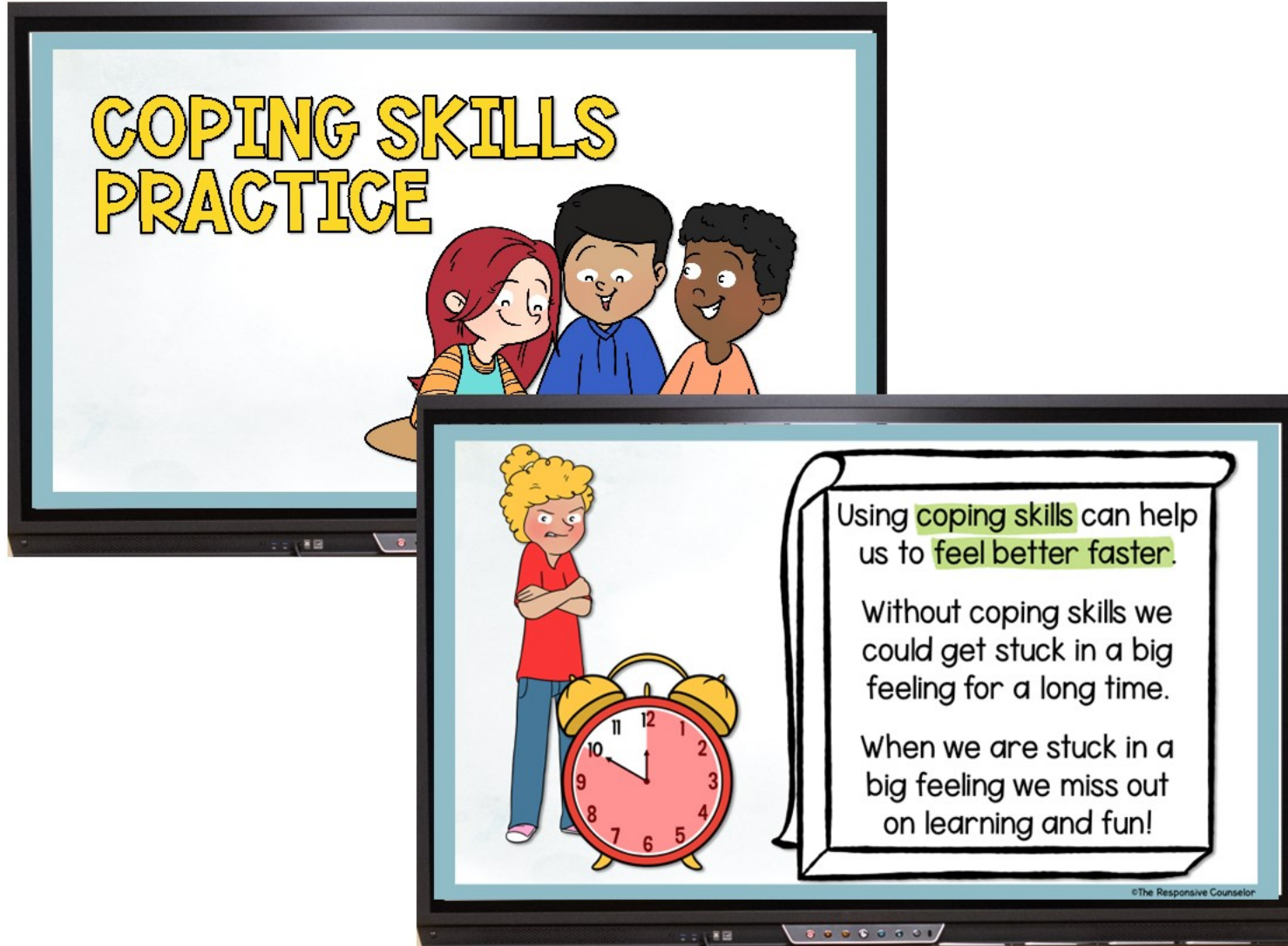


# opener/hook



Students engage in three brief “experiments” where they conduct body scans after doing a physical activity and then again after using a relaxation skill

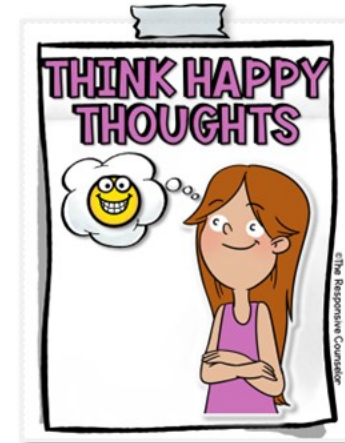
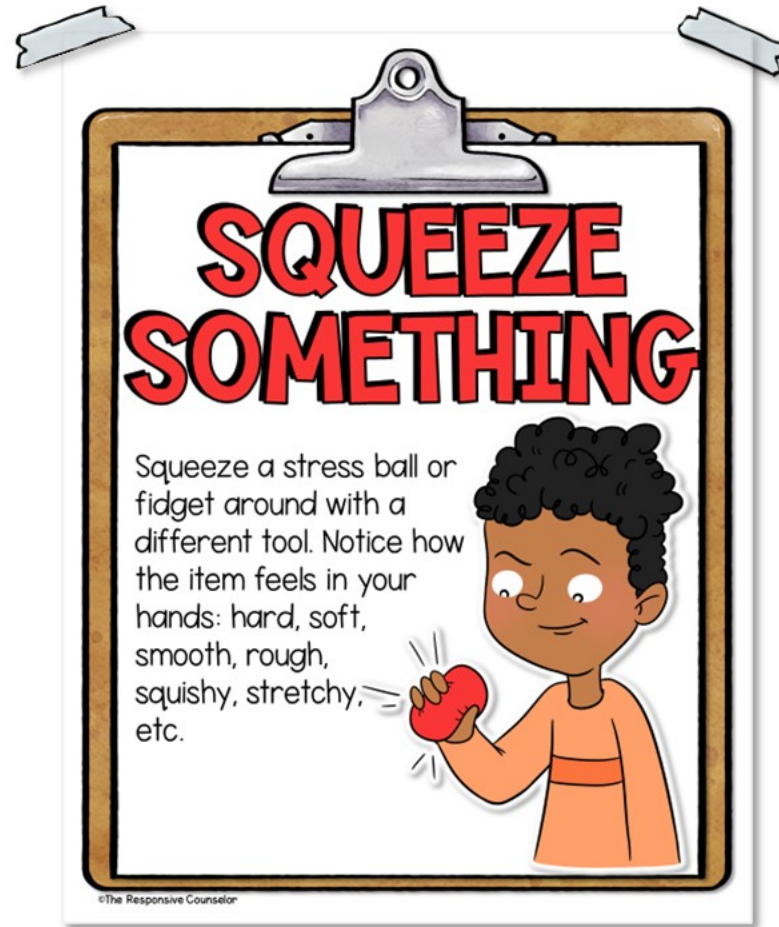
# slideshow



An optional slideshow is included to briefly teach or review the purpose of coping skills and to guide the lesson



# visuals and directions



quarter-page for  
smaller spaces  
or a keyring

full-page visuals with directions

# visuals and directions

- Take a walk
- Get a drink of water
- Hug it out
- Talk it out
- Self-hug
- Squeeze something
- Think happy thoughts
- Self-talk
- Use a tool
- Build or do a puzzle
- Listen to music
- Read something
- Draw or color
- Write about it
- Breathe
- Count to 10
- Snuggle up and relax
- Find 5 blue things
- Stretch your body

**(INCLUDES SIGNS + DIRECTIONS FOR ALL OF THESE!)**



# signs and expectations

## CALM CORNER

When you're feeling....



...pick a strategy to help yourself feel better.

- Everything in here, stays here
- If you think you need to leave the room, ask first

- Use the space quietly
- NOT for when you're bored, the work is a little tricky, or for playing

**When you are calm, alert, and ready to learn, it's time for you to return.**

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Also includes the following titles:

- Peace Corner
- Zen Den
- Regulation Station
- Reset and Return
- Peace Place
- Cool Down Zone
- Take a Break

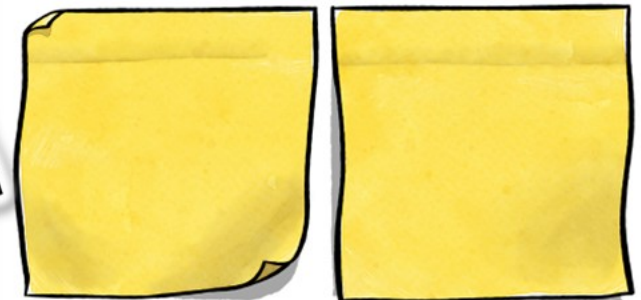
Blank rules and expectations also included for cooperative creating them with your class!

## PEACE CORNER

When you're feeling....



...pick a strategy to help yourself feel better.



**When you are calm, alert, and ready to learn, it's time for you to return.**

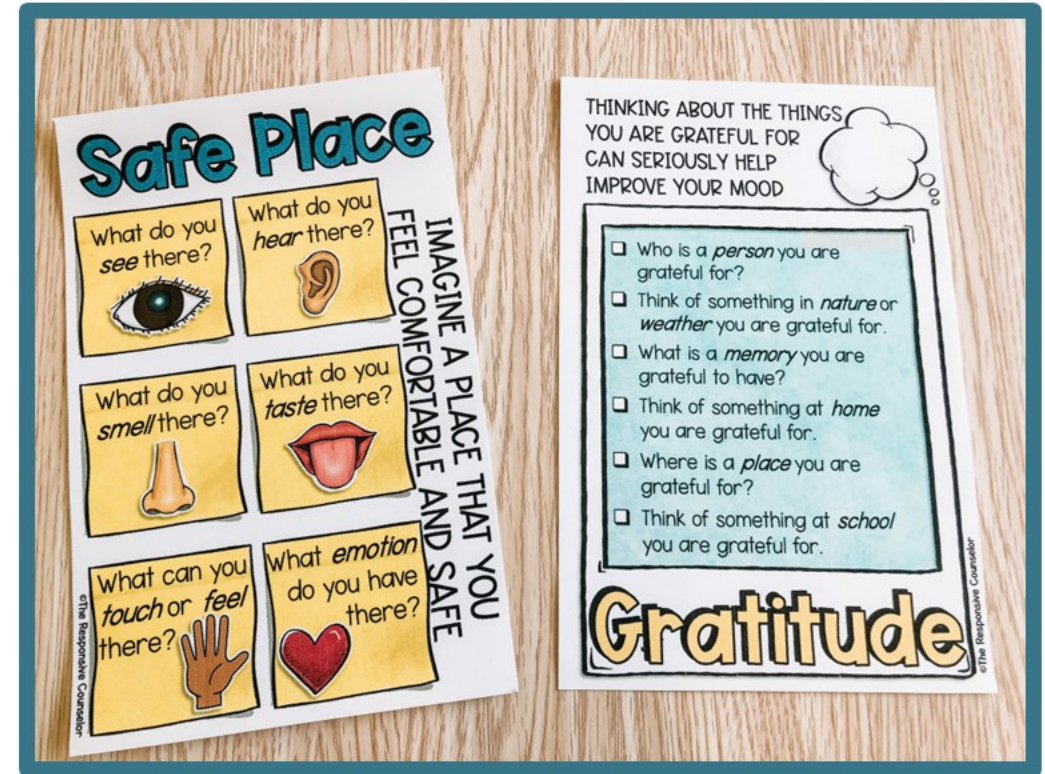
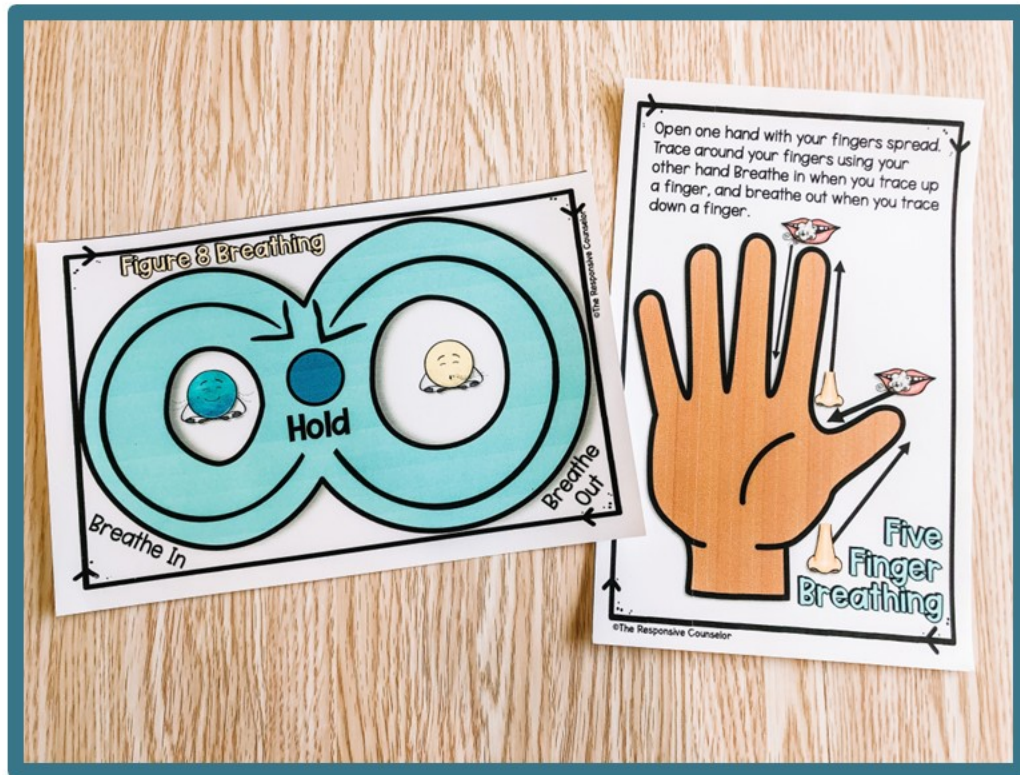
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# calm corner or practice tools

## Breathing Boards



Happy Thoughts  
Prompt Cards

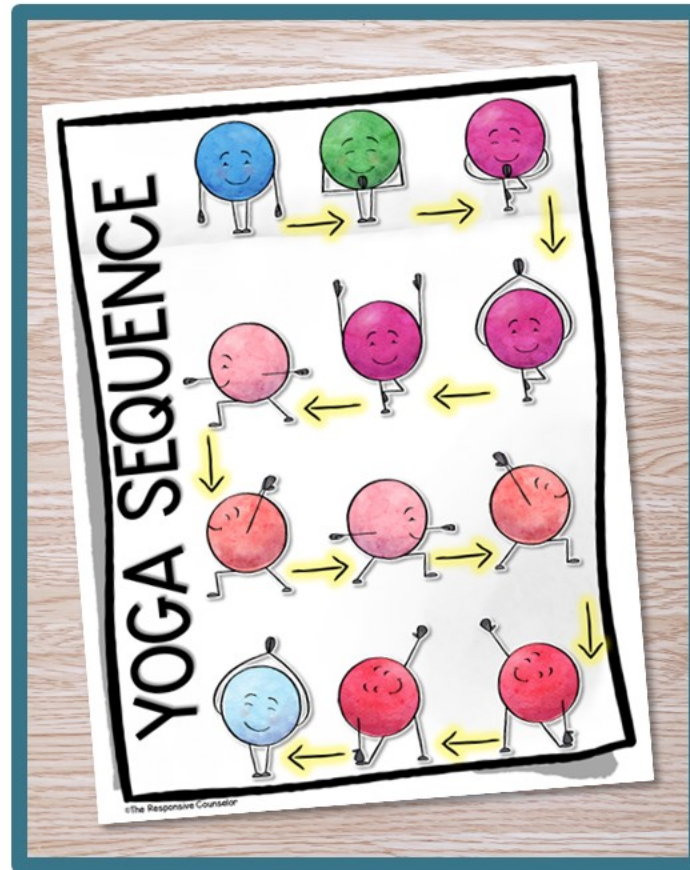


# calm corner or practice tools



Mazes

## Yoga Sign



Affirmation Puzzles



# calm corner or practice tools



Feelings  
Notes

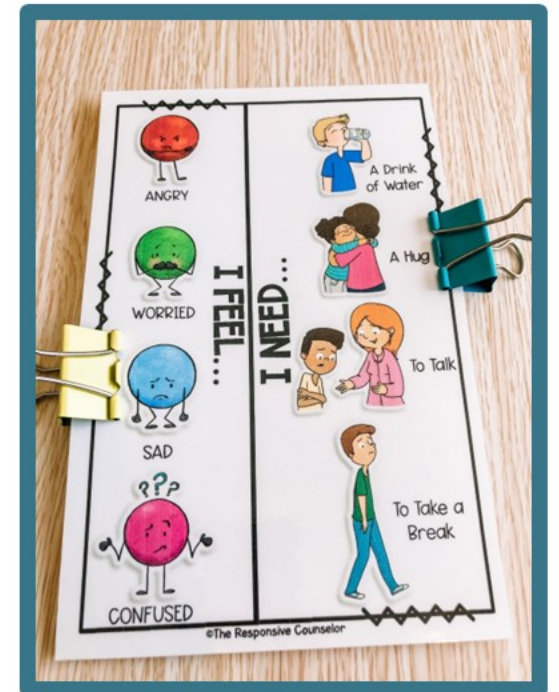


Mandalas



Peace  
Corner Pass

## Communication Board



# written lesson plan

ASCA and CASEL  
aligned lesson  
plan



**COPING SKILLS PRACTICE**

**Objective(s):** Students will be introduced to a variety of coping skills, practice those coping skills, and determine which ones are most helpful to them.

**ASCA Mindsets/Behaviors:** Self-discipline and control, responsibility for self and actions, effective coping skills

**CASEL Domains:** Self Awareness, Self Management

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**PLAN AND PREP**

**Recommendation for a 30 minute lesson:** Use the "Coping Skills Experiment" hook, big feelings/coping skills review slides, and the Coping Skills Centers. You may need fewer centers and/or skip reviewing them in the slideshow.

**Recommendation for a 45 minute lesson:** Use the "Coping Skills Experiment" hook, big feelings/ coping skills review slides, the coping skills centers, and closing circle or exit ticket.

**Slideshow:** Review the slideshow ahead of time to hide any slides you will not use due to time restrictions or specific focus.

**Coping Skills Centers:** Review centers ahead of time to review which ones you want to use. Print the signs/directions and gather or prep related materials. Print and copy the reflection page.

**Exit Ticket:** Print, copy, and cut the exit ticket.

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**LESSON**

**Teach (slides 9-19)**

- "Some of these ideas for distracting yourself are better for home (like listening to music). Finding 5 things of a certain color in a room works anywhere, though! Let's all try that one."
- "Problem solving is a coping skill that can help us change a situation that is causing to have a big feeling. Sometimes we might use another coping skill, like relaxation, *and* be problem solvers."
- "Have you ever been so upset that you got sort of stuck in the feeling? And missed out on learning or doing something fun because you were too angry or sad or worried?"

**Four Corners (slides 20-22)**

- Say "We are going to do Four Corners now. I will read a situation where you might feel upset, and you will decide what you would do to cope, what you would do to make yourself feel better in the situation."
- Corner A is "Relax My Body and Brain."
- Corner B is "Use Positive Self-Talk."
- Corner C is "Be a Problem Solver."
- Corner D is "Distract Myself."
- "I will read the scenario and then you will safely and quietly travel to the corner of your choice. There are no right or wrong answers. It's just about what would be helpful for you!"

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Optional/  
suggested  
scripting to  
use

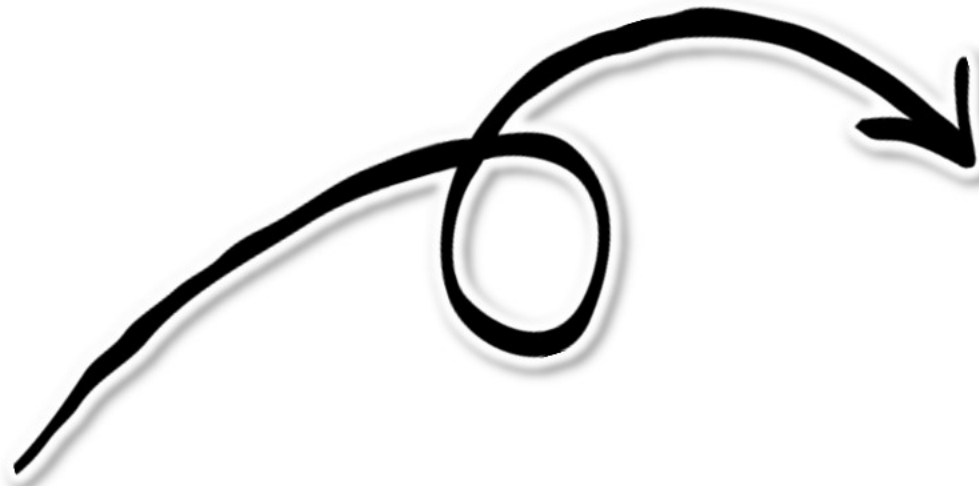


Outline  
breakdown  
with activity  
directions





# also included in...



Consider grabbing the  
Coping Skills bundle to  
have 3 lessons  
(and save 20%!)

## COPING SKILLS UNIT



- What are coping skills and how do they help us?
- Coping Skills Practice
- Role Plays

**3 lessons for 2<sup>nd</sup>-5<sup>th</sup>**

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

## Education

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling & Mental Health

## Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



Let's Connect:

