

Coping Skills & Strategies for Kids

When teaching your children coping skills please keep in mind that it is in fact a SKILL that requires time, practice, patience and a lot of mistakes along the way.

Before children can learn to cope with their uncomfortable and hard emotions they first need to understand the different emotions, and most importantly that their emotions are OKAY. There is not a right or wrong way to feel, but there is a better way to handle those tough emotions!

Suggestions for teaching kids about emotions:

- Talk about emotions in your home! Say things like “It looks like you are feeling angry, does that sound right?”
- Have your children identify their emotions frequently (positive ones too)
- Read your children books about emotions (book list below)
- Keep a [visual](#) in your home so your child can point to where they are on the emotional scale, especially if they are too upset to communicate

Once you and your child have mastered identifying emotions in a healthy way it is time to move on to helping them identify the best coping skills that work for them! It can be different from person to person and emotion to emotion. Don't be afraid to experiment with different strategies until you and your child finds the one that seems to work best for them.

Coping Skills Ideas:

 **COPING SKILLS**

 **Coping Skills Checklist**

[Coping Skills Toolkit](#)

Online Resources:

[Coping Skills Activities](#)

[*Emotions Flashcard Game](#)

[Emotions & Choices Flipchart](#)

Coping Tool Ideas:

***Stress Balls**

***Kanoodle Puzzle**

***Kinetic Sand**

***Pop it**

***Theraputty**

***Calming Glitter Bottles DIY**

Books on Feelings/Coping:

***The Color Monster**

***The Way I feel**

***A Little Spot of Anger**

***A Little Spot of Anxiety**

***Anxious Ninja**

***Zach Gets Frustrated**

***The What ifs**

***There's a Bully in my Brain**

***What To Do When You Worry Too Much**

***Resource is used in my office with students**