



COPING SKILLS WORKBOOK For Children

Child Edition

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Child
Edition

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This Book can be used
with

The Coping Skills
Workbook
Adult edition





THIS IS MY BOOK

Decorate this page in any way you like.



What are Coping Skills?

Coping skills are ways that you can think about a problem or actions you can do to help you with a problem. Coping skills can help you deal with difficult situation and emotions.

Draw or write about the things that are hard for you. This might be something at school or at home. Maybe there is someone at your school who is mean. Maybe you have a hard time when it's time to stop playing or when it's time to go to bed.

What are my Emotions?

Emotions and feelings are the same thing. Sometimes you may act mad, but really you feel hurt because of what someone said. You may act happy, but you are sad inside. Here's a list of feeling words.

*happy sad afraid surprised mad small
content bugged shy glad blah annoyed
startled curious pleased blue irritated playful
gloomy mean tense weird rotten crabby
anxious confused cranky worried calm unhappy
grumpy empty grouchy timid quiet cozy
jealous safe embarrassed relaxed guilty
confident strong lonely proud great loved
fed-up*

Choose a few of the words and then choose a marker or crayon that best fits the feeling. Write them below. I wrote one out for you as an example.



When do I act that way?

If you look at the feelings that you wrote out, you may find that you have some of the feelings when certain things happen. Example:

I get mad when someone calls me a name.

Can you match the feeling with what is happening when you feel that way? Let's try.

Feeling

What is happening

Mad  _____

Happy  _____

Excited  _____

Strong  _____

Shy  _____

Quiet  _____

What helps?

You may already have some things that help you when you are upset. Can you think of any?

Maybe you....count, walk away, play a game, talk to someone, watch a video, or listen to music. Think of anything you already do that makes you feel better and draw or write them below.



The next page will help you think of people who can help.

Resource Figures

Where is a place maybe you already have, that you have seen in pictures, or a place that is only in your imagination, where you can feel safe or peaceful?

Can you think of a time that made you feel good about yourself or made you feel like a grown up? A time that you did a good job or made a good decision.

Who are the people in your life who care about you?

When was a time that you felt like someone was on your side or had your back? A time when someone protected you or you protected someone else. Maybe it's an animal or a superhero that protected someone.

Can you think about someone who is magical or has special powers?

Think of these things as being part of a team that can help you when you are upset. How can each of these things or people help?

Kinds of Coping Skills

There are a bunch of different kinds of coping skills. We are going to try some out and see which ones you like. The kinds of coping skills that we are going to try are:

Calming

Distracting

Physical

Processing

Try the coping skills on the next few pages to see if they help. Keep track of them in the spaces above.

Calming Coping Skills

Imagining/Thinking

What's your favorite place? (Write or draw it here.)



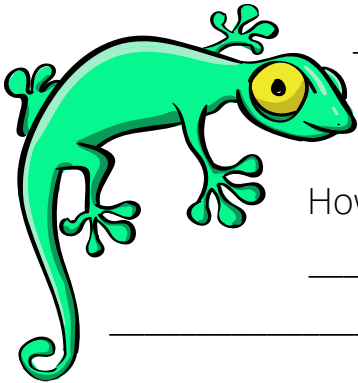
Think of your favorite things (Write or draw them here)

Calming Coping Skills

Imagining/Thinking

Name animals that are a certain color.

How many animals can you name that are black?

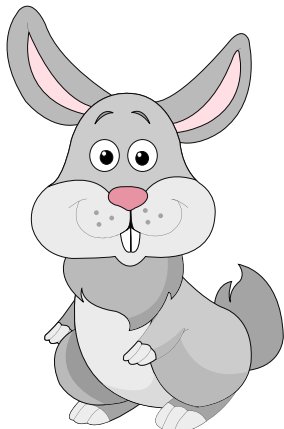


How many animals can you name that are green?

How many animals can you name that have three colors?



Name five soft animals.



1. _____

2. _____

3. _____

4. _____

5. _____

Calming Coping Skills

Sensory Based Coping Skills

Find something that you can squeeze.

Stress Ball



Play Dough

Fist Clench

Squeeze your hands into fists and hold them for ten seconds.

Release and repeat three times.

Shake them out.



Body Squeeze

Tense your whole body like a rock and hold this position for ten seconds. Release all your muscles. Repeat three times.



Calming Coping Skills

5, 4, 3, 2, 1

Take a few deep breaths



5

Look

Look around for 5 things that you can see, and say them out loud.

4

Feel

Find 4 things that you can feel right now.
Examples: Feet in shoes, hair on your neck, etc.

3

Listen

Stop, close your eyes and listen for 3 sounds.

2

Smell

Find 2 things that you can smell. You may have to get up and move.

1

Taste

Name 1 thing you can taste.
Example: Toothpaste from brushing your teeth.
If you can't taste anything, name your favorite thing to taste.

Take a few deep breaths

Calming Coping Skills

Moving/Action

Taste Test

List four favorite foods. Cut them into small pieces and then see if you can figure them out by taste only.



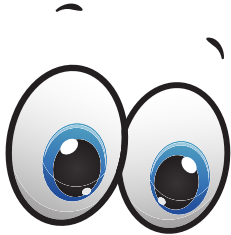
1. _____
2. _____
3. _____
4. _____



A Closer Look

Get a small rock or leaf. Look CLOSELY at it for 30 seconds. Use a magnifying glass if you have one. Look for things about the rock or leaf that you have never noticed before.

Draw the leaf/rock here. Make sure to draw the parts you did not notice before.



Cookie Breathing

Put a cookie in your hand and then bring it to your nose. Take a long, slow smell of the cookie. Talk about what you smell.

Pretend the cookie is warm and you need to cool it off before you eat it. Blow out a long, slow breath to cool off the cookie. Repeat smelling and cooling off the cookie three times.



Distraction Coping Skills

Thinking

Imagine a trip

If you could go anywhere, where would you go?

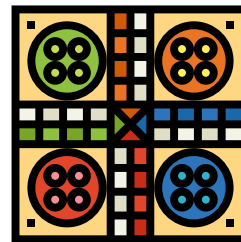


Who would go with you?

What would you need to take with you?

Counting

- Count by 2's, 5's, 10's
- Count backward from 100 by 7's
- Count between 7 and 47 by 2's



Interacting

Play a game

List your favorite games here

1. _____
2. _____
3. _____
4. _____
5. _____

Playing

- Play with pets or friends
- Play a video game



Distraction Coping Skills

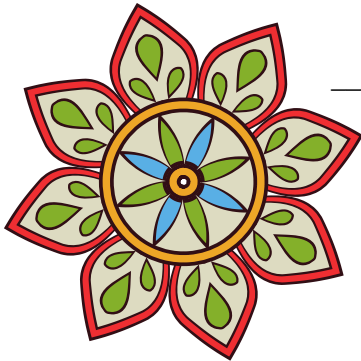
Activity

List things that make you laugh (videos, movies, etc.)



Talk a walk and notice new things in nature

Write the new things here. Gather leaves, sticks, etc. and make a mandala.



Volunteer/Random act of kindness

Think of people/animals that you could do something nice for. Write their names here. Check them off as you do the nice thing.





Physical Coping Skills

Dancing

List your favorite songs here. Make up a dance for each song.



Exercise

Do each exercise and check them off when you finish.

- ____ Do 5 jumping jacks
- ____ Do 5 push ups
- ____ Run in place for 30 seconds
- ____ Touch your toes 10 times on each side
- ____ Do 5 different stretches



Get Moving

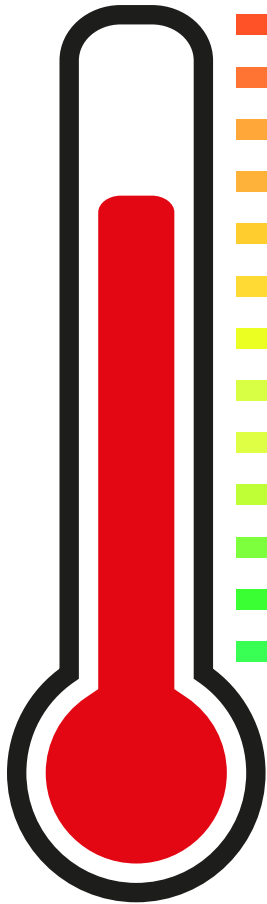
- Play with Legos
- Use a fidget toy
- Go for a swim
- Make an obstacle course
- Shred magazines/paper



Processing Coping Skills

Feeling thermometers

Name of my Big Feeling _____



What do I do when it is at its highest (5)

What do I do when it is at a 4

What do I do when it is a 3

What do I do when it is a 2

What do I do when it is at its lowest (1)

Get Creative

- Write in a journal
- Make a comic strip
- Make an anxiety box
- Create a music play list or video
- Write a letter or song



Mad



Sad



Excited



Tired



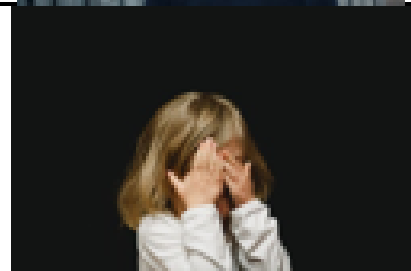
Lonely



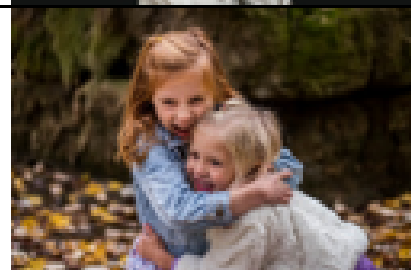
Happy



Scared



Loved



Here's the Plan

When I feel _____



What skills do you think you want to try?

1) _____

2) _____

3) _____

4) _____

5) _____

My Coping Skills

When I feel _____

I can _____

I can _____

Parent Check Off:

☐ WE DID IT!!!

☐ WE NEED MORE PRACTICE!!!

Notes: _____



My Coping Skills

When I feel _____

I can _____

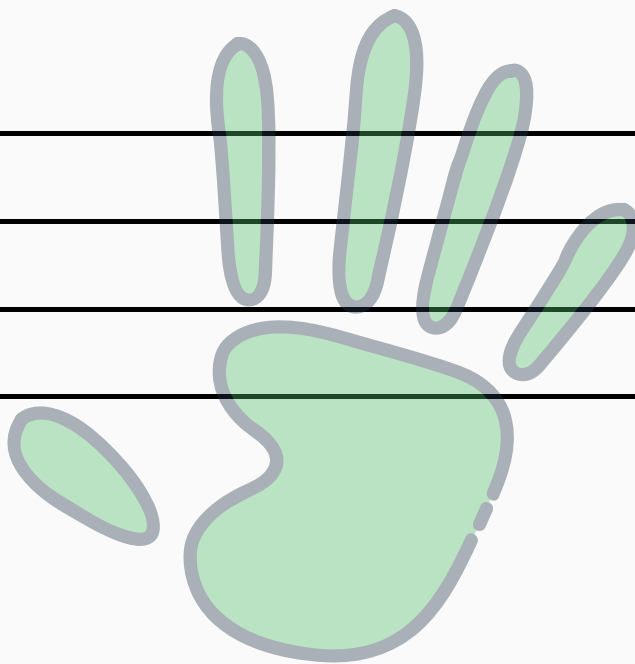
I can _____

Parent Check Off:

☐ WE DID IT!!!

☐ WE NEED MORE PRACTICE!!!

Notes: _____



My Coping Skills

When I feel _____

I can _____

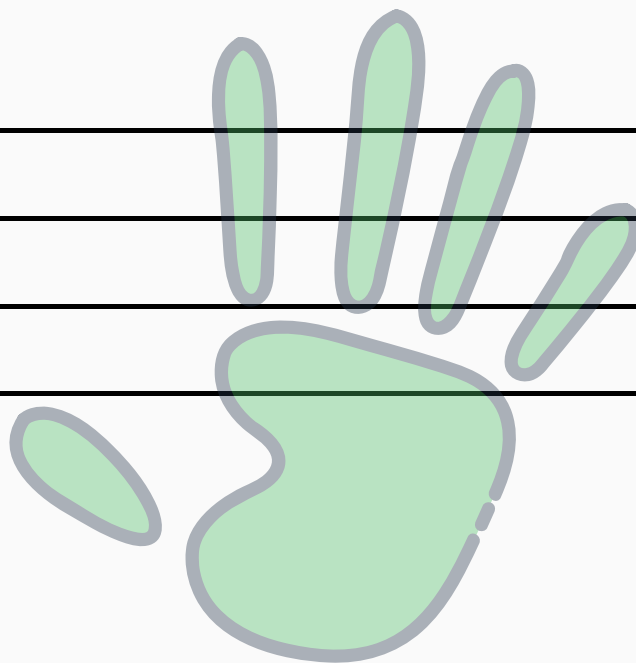
I can _____

Parent Check Off:

☐ WE DID IT!!!

☐ WE NEED MORE PRACTICE!!!

Notes: _____



My Coping Skills

When I feel _____

I can _____

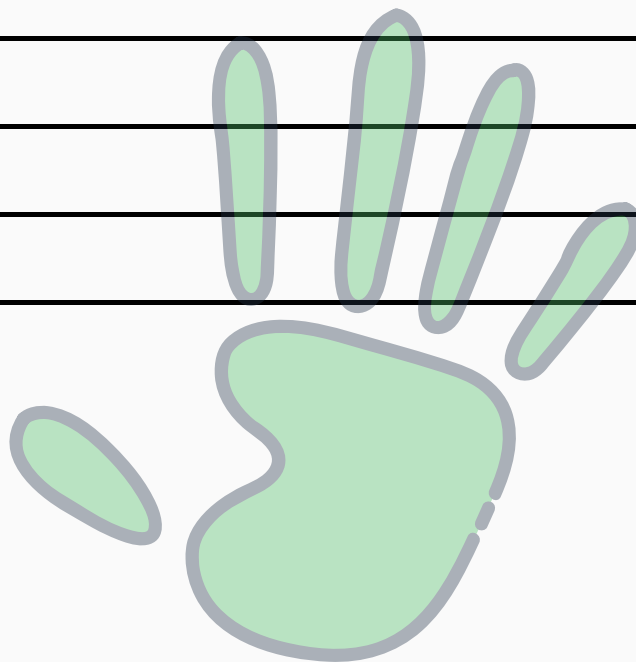
I can _____

Parent Check Off:

☐ WE DID IT!!!

☐ WE NEED MORE PRACTICE!!!

Notes: _____



My Coping Skills

When I feel _____

I can _____

I can _____

Parent Check Off:

☐ WE DID IT!!!

☐ WE NEED MORE PRACTICE!!!

Notes: _____



My Coping Skills

When I feel _____

I can _____

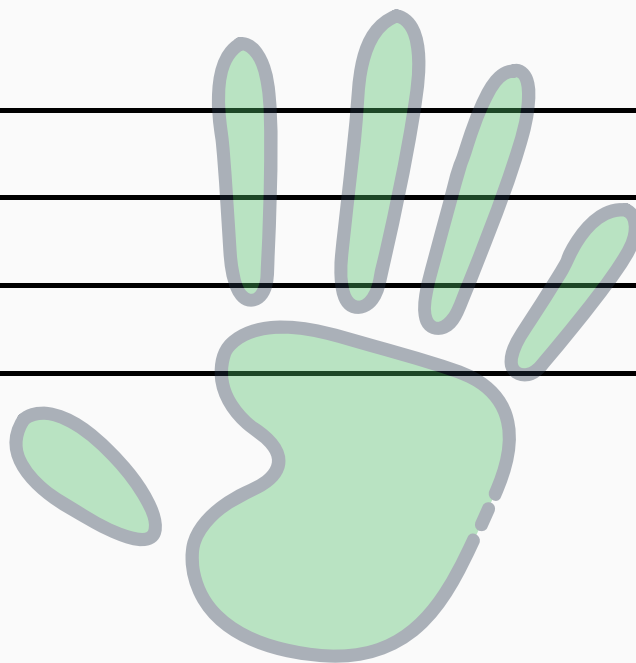
I can _____

Parent Check Off:

☐ WE DID IT!!!

☐ WE NEED MORE PRACTICE!!!

Notes: _____



My Coping Skills

When I feel _____

I can _____

I can _____

Parent Check Off:

☐ WE DID IT!!!

☐ WE NEED MORE PRACTICE!!!

Notes: _____



What worked for me

When I felt _____



I used these skills.

1) _____

2) _____

3) _____

4) _____

5) _____



I DID

IT!