

THE HELPFUL COPING CAT

When we feel upset, we can do coping behaviors to help our body relax! But, sometimes we do coping behaviors that aren't helpful and don't actually help us feel better. We need your help to unscramble the coping behaviors!



1. Helpful Coping Cat has some really good ideas on ways to relax your body when you are upset. But, Helpful Cats ideas got mixed up with Unhelpful Cats.
2. Sort the coping cards to figure out which coping behaviors are helpful and which ones are not.
3. If you have a poster board, cut and paste the coping cards around each cat.



THROWING THINGS

SCREAMING

GOING FOR A WALK

**BRAINSTORM
SOLUTION**

HITTING SOMEONE



**TALKING TO A SAFE
PERSON**

BELLY BREATHING

**MUSCLE
RELAXATION**

DRAW A PICTURE

**DOING A FUN
ACTIVITY WITH
SOMEONE**

**HIDING HOW YOU
FEEL**

LISTENING TO MUSIC

HIDING

MINDFULNESS

**AVOIDING THE
SCARY THING**

**IGNORING THE
PROBLEM**

WITHDRAWING



