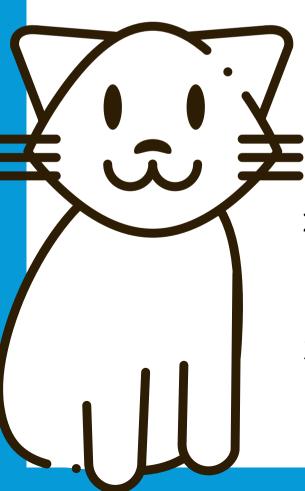
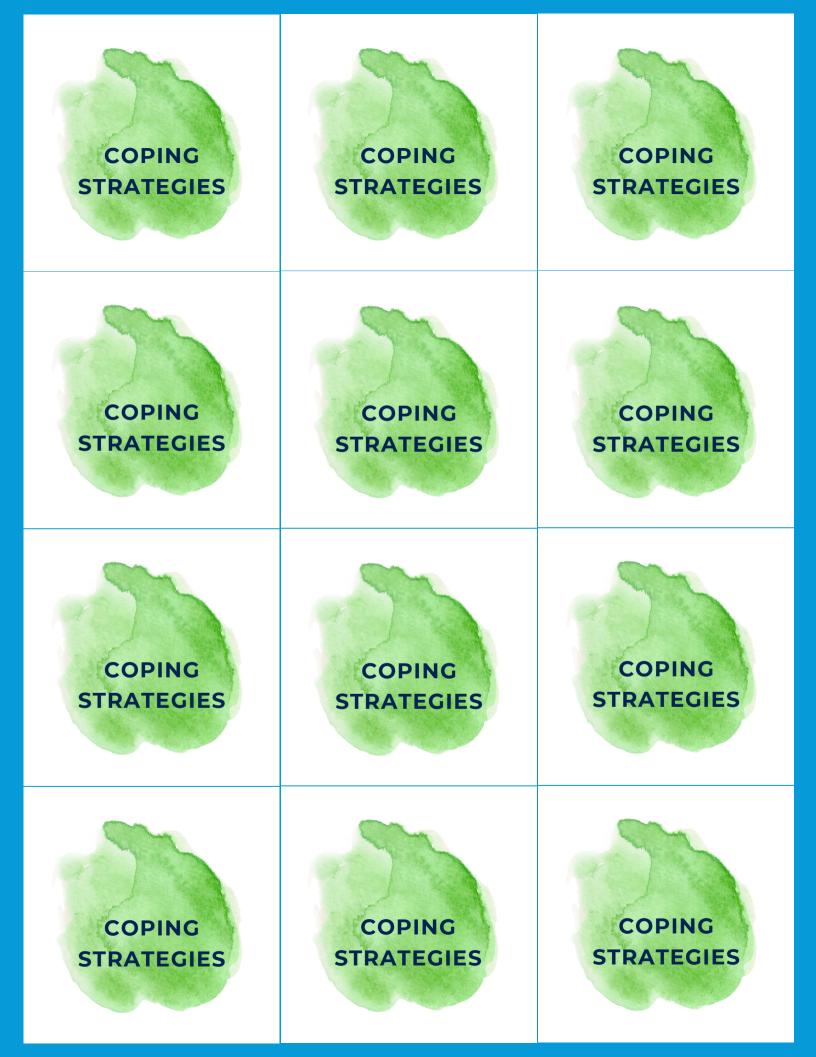


When we feel upset, we can do coping behaviors to help our body relax! But, sometimes we do coping behaviors that aren't helpful and don't actually help us feel better. We need your help to unscramble the coping behaviors!

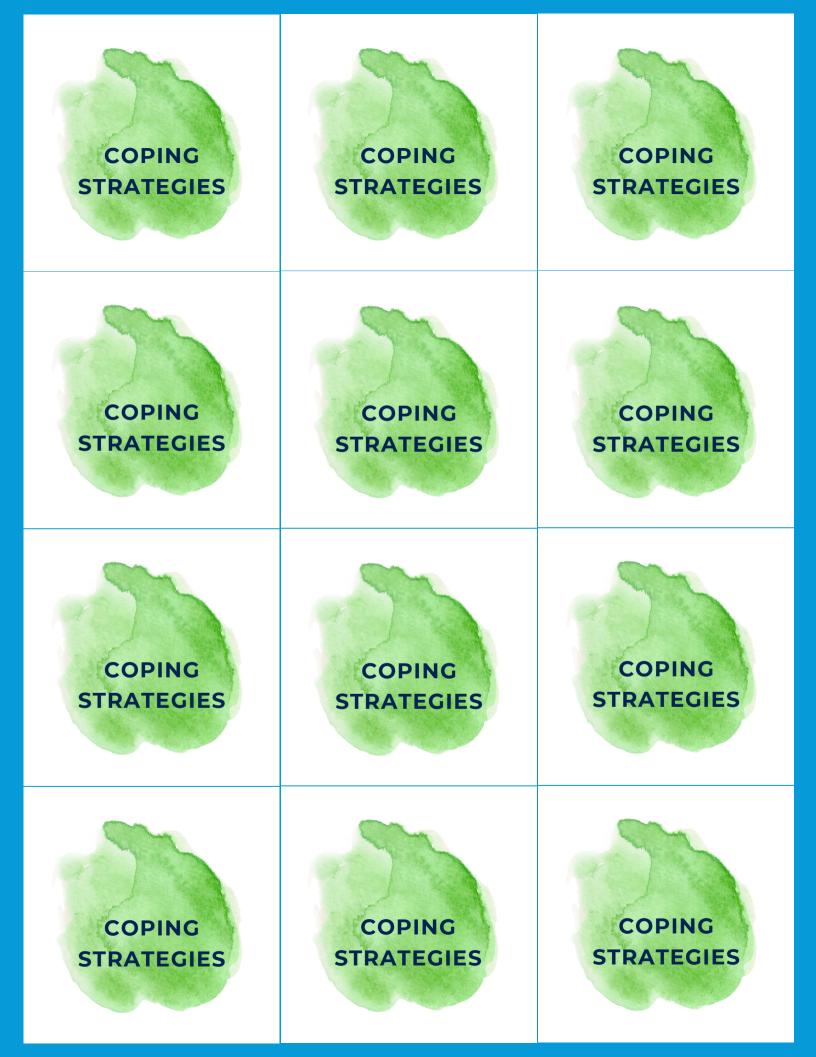


1. Helpful Coping Cat has some really good ideas on ways to relax your body when you are upset. But, Helpful Cats ideas got mixed up with Unhelpful Cats.

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	
		kidz CAN cope



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





