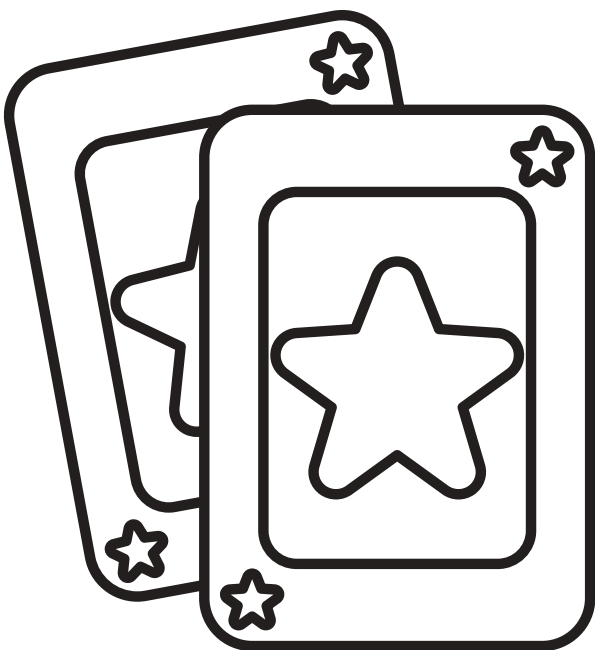


GO COPE!

When we feel big emotions, it can be hard for our body to relax. Coping skills are things we can do to help relax our mind and body when we feel these big emotions. Learn about different coping skills by playing Go Cope!

1. Shuffle the cards so they are all mixed up.
2. Deal the cards to each player. Everyone starts with 4 cards. Put the rest of the cards face down in a pile.



3. Try and find as many matches as you can. Just like Go Fish, ask the other players if they have one of the coping strategies. If they don't, Go Cope and pick one up from the deck.
4. The person with the most matches at the end of the game wins!



CUDDLE
A STUFFED
ANIMAL



CUDDLE
A STUFFED
ANIMAL



TAKE A COOL
DOWN BREAK



SQUEEZE
A PILLOW



SQUEEZE
A PILLOW



TAKE A COOL
DOWN BREAK



PRACTICE
MINDFULNESS

YOU!
CAN*

SAY WORDS OF
AFFIRMATION



PRACTICE A
HOBBY



PRACTICE
MINDFULNESS

YOU!
CAN*

SAY WORDS OF
AFFIRMATION



PRACTICE A
HOBBY



PROGRESSIVE
MUSCLE
RELAXATION



PROGRESSIVE
MUSCLE
RELAXATION



DRINK A
COOL DRINK



GO FOR
A WALK



GO FOR
A WALK



DRINK A
COOL DRINK



DRAW OR
COLOR



MEDIATATION




CHALLENGE
NEGATIVE
THOUGHTS



DRAW OR
COLOR



MEDIATATION



CHALLENGE
NEGATIVE
THOUGHTS

