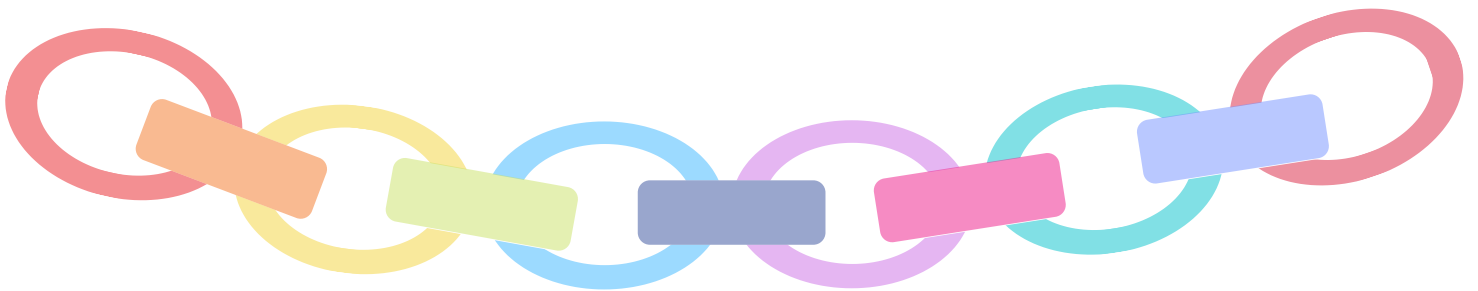
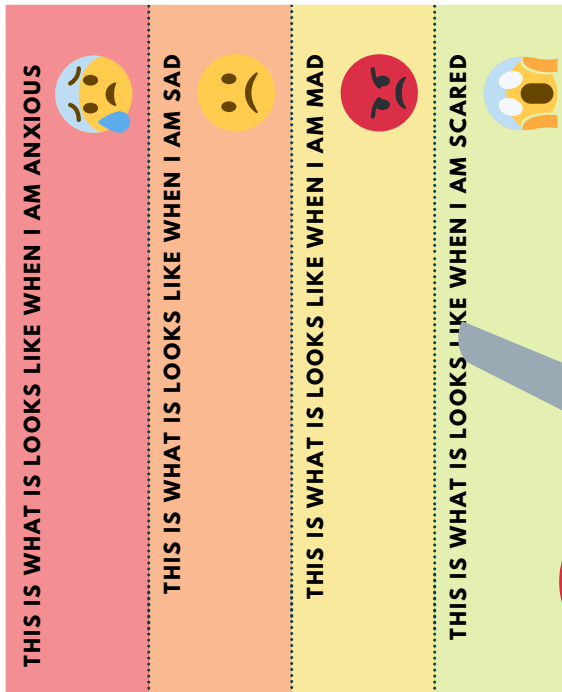


MY COPING PAPER CHAIN

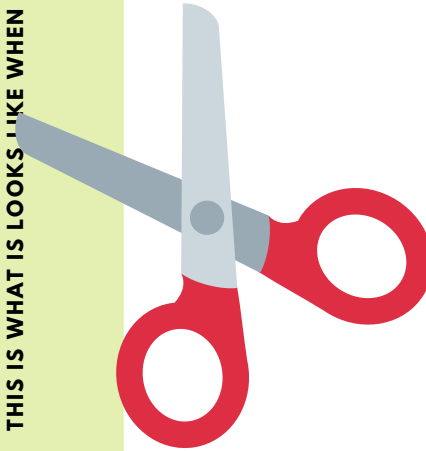
Coping strategies are ways we can help our body feel relaxed when we are feeling big emotions! There are lots of different emotions and lots of different coping strategies. Figure out which coping strategies you like best with this activity!



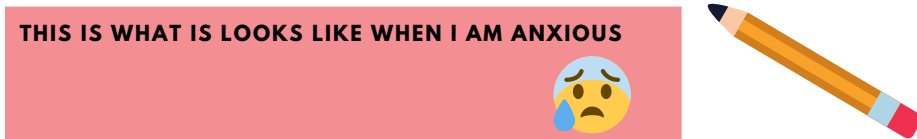
1. Cut out the paper chain pieces.
2. What does that emotion look like for you? Fill it in.
3. What are ways you can cope with that emotion? Fill it in.
4. Tape the two ends of the first piece together to make a loop.
5. Loop together the rest of the pieces to make a paper chain.



Step 1. Cut out each strip.



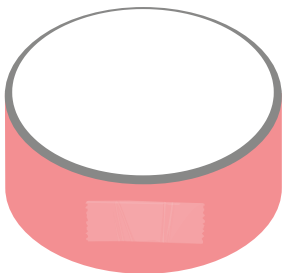
Step 2. Fill in the "What it looks like" side.



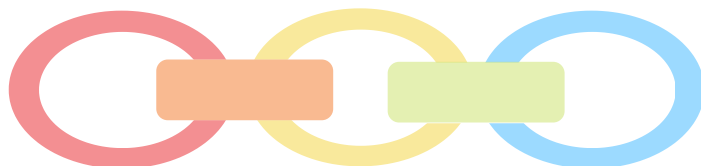
Step 3. Fill in the "I Can" side with coping strategies.



Step 4. Make a loop and tape the two ends together.



Step 5. Connect the pieces together to make a paper chain.



THIS IS WHAT IS LOOKS LIKE WHEN I AM ANXIOUS



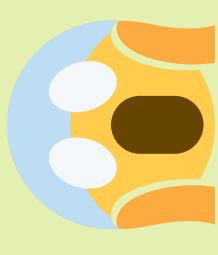
THIS IS WHAT IS LOOKS LIKE WHEN I AM SAD



THIS IS WHAT IS LOOKS LIKE WHEN I AM MAD



THIS IS WHAT IS LOOKS LIKE WHEN I AM SCARED



WHEN I FEEL ANXIOUS I CAN...



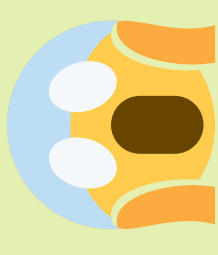
WHEN I FEEL SAD I CAN...



WHEN I FEEL MAD I CAN...



WHEN I FEEL SCARED I CAN...



THIS IS WHAT IS LOOKS LIKE WHEN I FEEL SICK



THIS IS WHAT IS LOOKS LIKE WHEN I AM FRUSTRATED



THIS IS WHAT IS LOOKS LIKE WHEN I AM LONELY



THIS IS WHAT IS LOOKS LIKE WHEN I AM ANNOYED



WHEN I FEEL SICK I CAN...



WHEN I FEEL FRUSTRATED I CAN...



WHEN I FEEL LONELY I CAN...



WHEN I FEEL ANNOYED I CAN...



THIS IS WHAT IS LOOKS LIKE WHEN I AM TIRED



THIS IS WHAT IS LOOKS LIKE WHEN I AM EMBARRASSED



THIS IS WHAT IS LOOKS LIKE WHEN I AM DISAPPOINTED



THIS IS WHAT IS LOOKS LIKE WHEN I AM NERVOUS



WHEN I FEEL TIRED I CAN...



WHEN I FEEL EMBARRASSED I CAN...



WHEN I FEEL DISAPPOINTED I CAN...



WHEN I FEEL NERVOUS I CAN...



THIS IS WHAT IS LOOKS LIKE WHEN I AM CONFUSED



THIS IS WHAT IS LOOKS LIKE WHEN I AM FURIOUS



THIS IS WHAT IS LOOKS LIKE WHEN I AM WORRIED



THIS IS WHAT IS LOOKS LIKE WHEN I AM UNCOMFORTABLE



WHEN I FEEL CONFUSED I CAN...



WHEN I FEEL FURIOUS I CAN...



WHEN I FEEL WORRIED I CAN...



WHEN I FEEL UNCOMFORTABLE I CAN...



THIS IS WHAT IS LOOKS LIKE WHEN I AM ANXIOUS



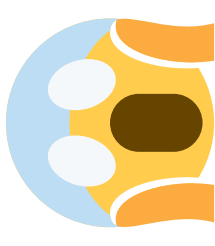
THIS IS WHAT IS LOOKS LIKE WHEN I AM SAD



THIS IS WHAT IS LOOKS LIKE WHEN I AM MAD



THIS IS WHAT IS LOOKS LIKE WHEN I AM SCARED



WHEN I FEEL ANXIOUS I CAN...



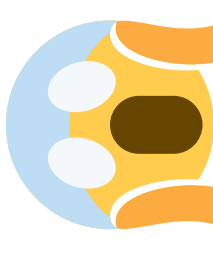
WHEN I FEEL SAD I CAN...



WHEN I FEEL MAD I CAN...



WHEN I FEEL SCARED I CAN...



THIS IS WHAT IS LOOKS LIKE WHEN I FEEL SICK



THIS IS WHAT IS LOOKS LIKE WHEN I AM FRUSTRATED



THIS IS WHAT IS LOOKS LIKE WHEN I AM LONELY



THIS IS WHAT IS LOOKS LIKE WHEN I AM ANNOYED



WHEN I FEEL SICK I CAN...



WHEN I FEEL FRUSTRATED I CAN...



WHEN I FEEL LONELY I CAN...



WHEN I FEEL ANNOYED I CAN...



THIS IS WHAT IS LOOKS LIKE WHEN I AM TIRED



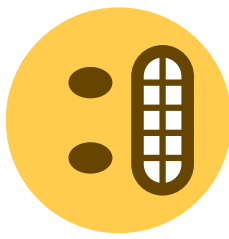
THIS IS WHAT IS LOOKS LIKE WHEN I AM EMBARRASSED



THIS IS WHAT IS LOOKS LIKE WHEN I AM DISAPPOINTED



THIS IS WHAT IS LOOKS LIKE WHEN I AM NERVOUS



WHEN I FEEL TIRED I CAN...



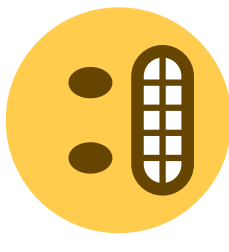
WHEN I FEEL EMBARRASSED I CAN...



WHEN I FEEL DISAPPOINTED I CAN...



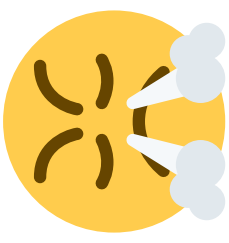
WHEN I FEEL NERVOUS I CAN...



THIS IS WHAT IS LOOKS LIKE WHEN I AM CONFUSED



THIS IS WHAT IS LOOKS LIKE WHEN I AM FURIOUS



THIS IS WHAT IS LOOKS LIKE WHEN I AM WORRIED



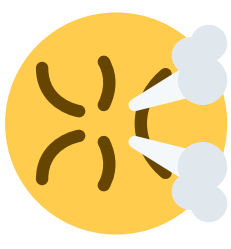
THIS IS WHAT IS LOOKS LIKE WHEN I AM UNCOMFORTABLE



WHEN I FEEL CONFUSED I CAN...



WHEN I FEEL FURIOUS I CAN...



WHEN I FEEL WORRIED I CAN...



WHEN I FEEL UNCOMFORTABLE I CAN...

