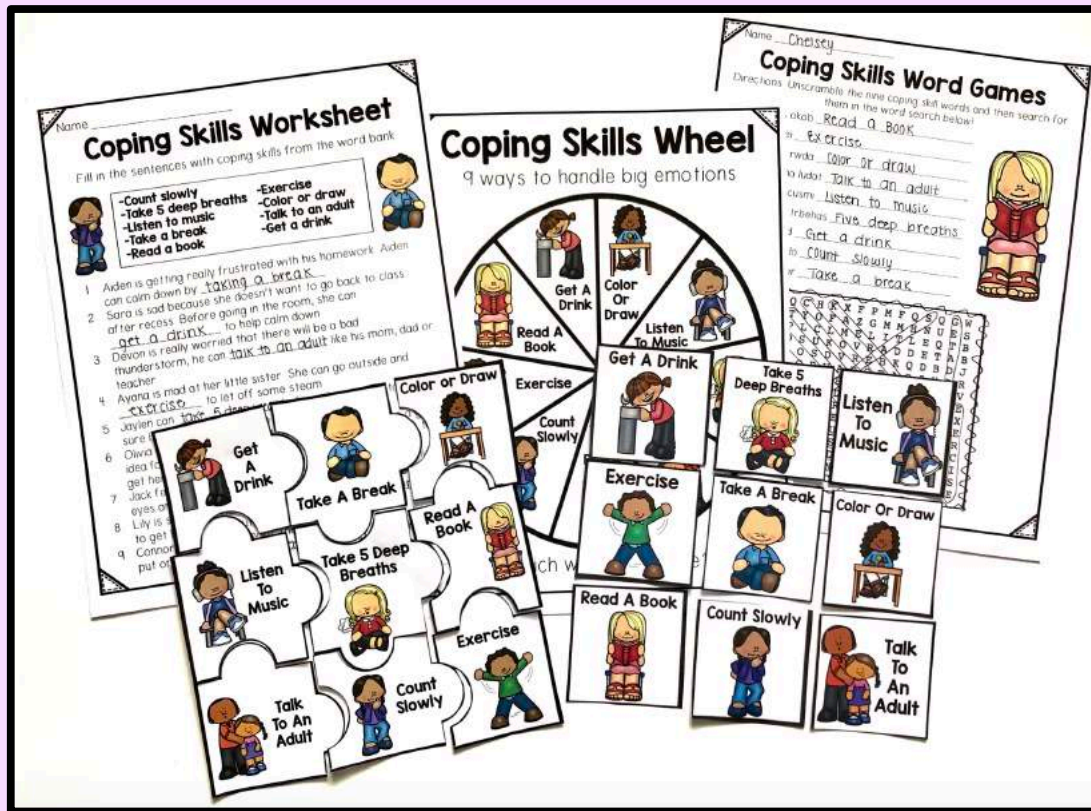
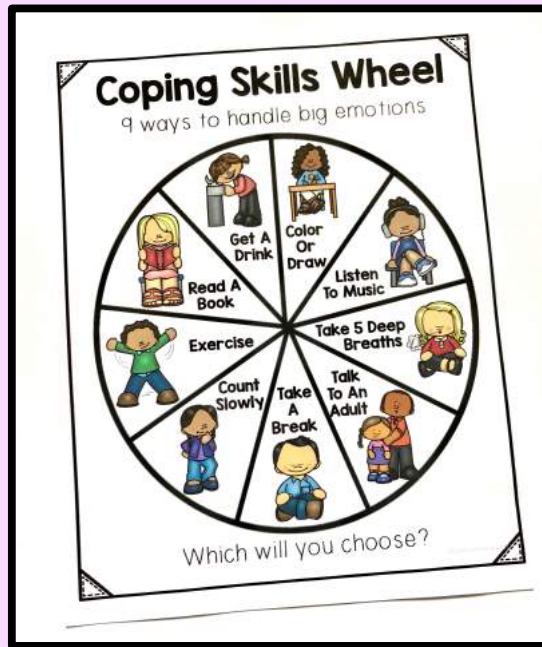


These coping skills activities are just what your K-2 students need to learn the strategies necessary for self regulation!



The visuals in this resource are perfect for young learners and will provide them with resources they can go back to again and again!



Coping Skills Wheel Poster

You and your students will refer to this poster daily! It uses visuals to showcase 9 coping strategies your students can use when they feel overwhelmed by big emotions.

It's perfect for:

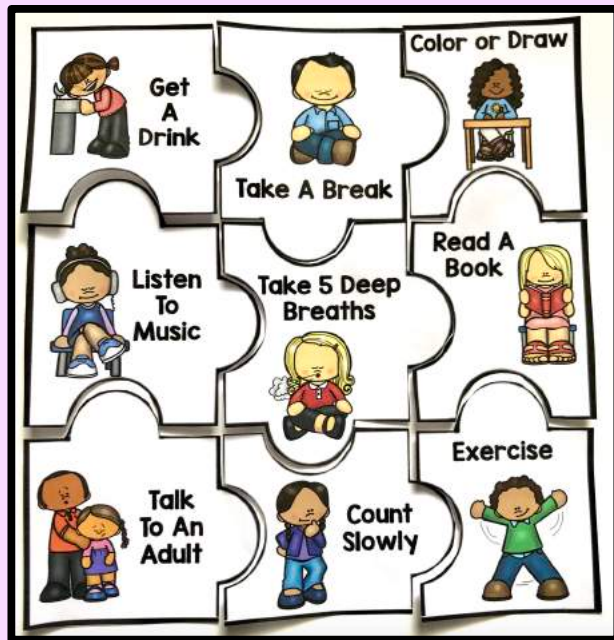
- Displaying in your classroom or office
- Placing in calm down corners or areas
- Giving to students to take home

Coping Skills Cards

These 9 coping skills cards can be used in so many ways!

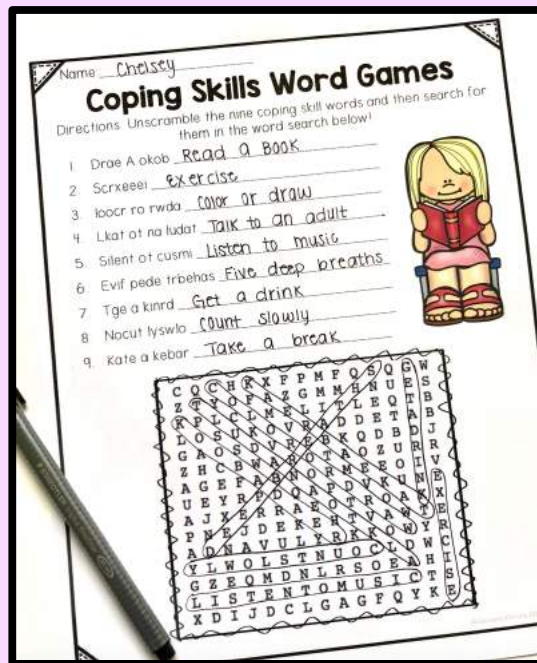
- Print two copies of the cards and use them to play a memory game.
- Attach the cards together to make a booklet that students can keep with them as a reminder of their coping strategies.





Coping Skills Puzzle

Your students will love putting together this puzzle as they learn more about different coping skills. This is the perfect activity to use in small groups, and might even give some of your students opportunities to practice the strategies they are learning.



Coping Skills Worksheets

Use these two worksheets as an easy way to help your students further explore the 9 coping skills. These make great "exit tickets" for small group or classroom lessons!

