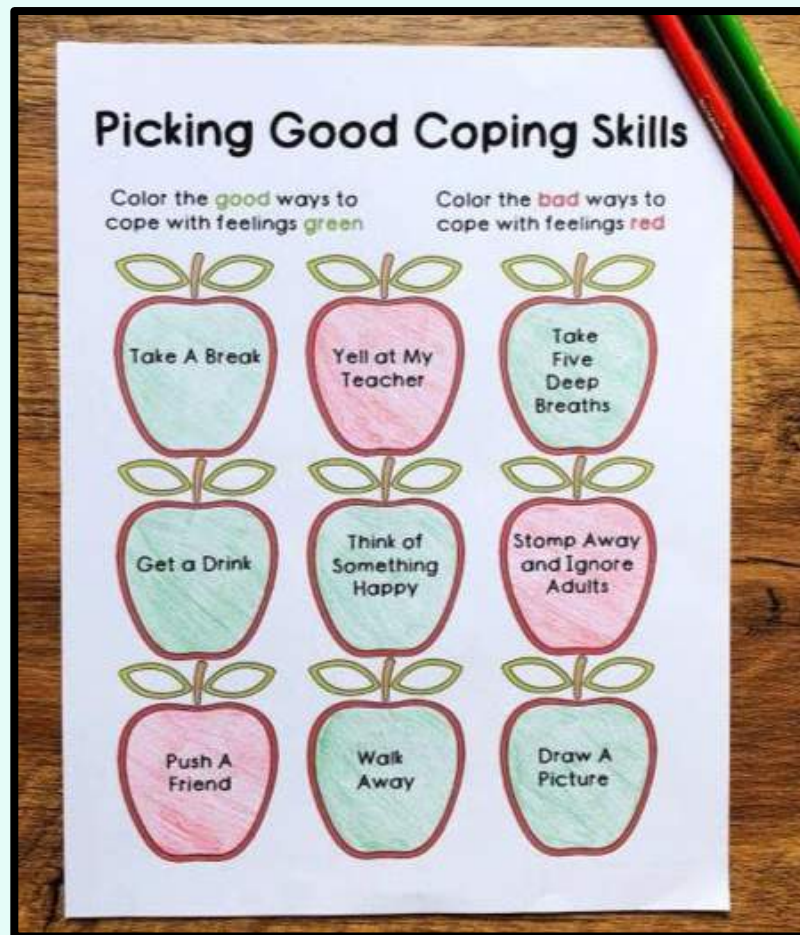


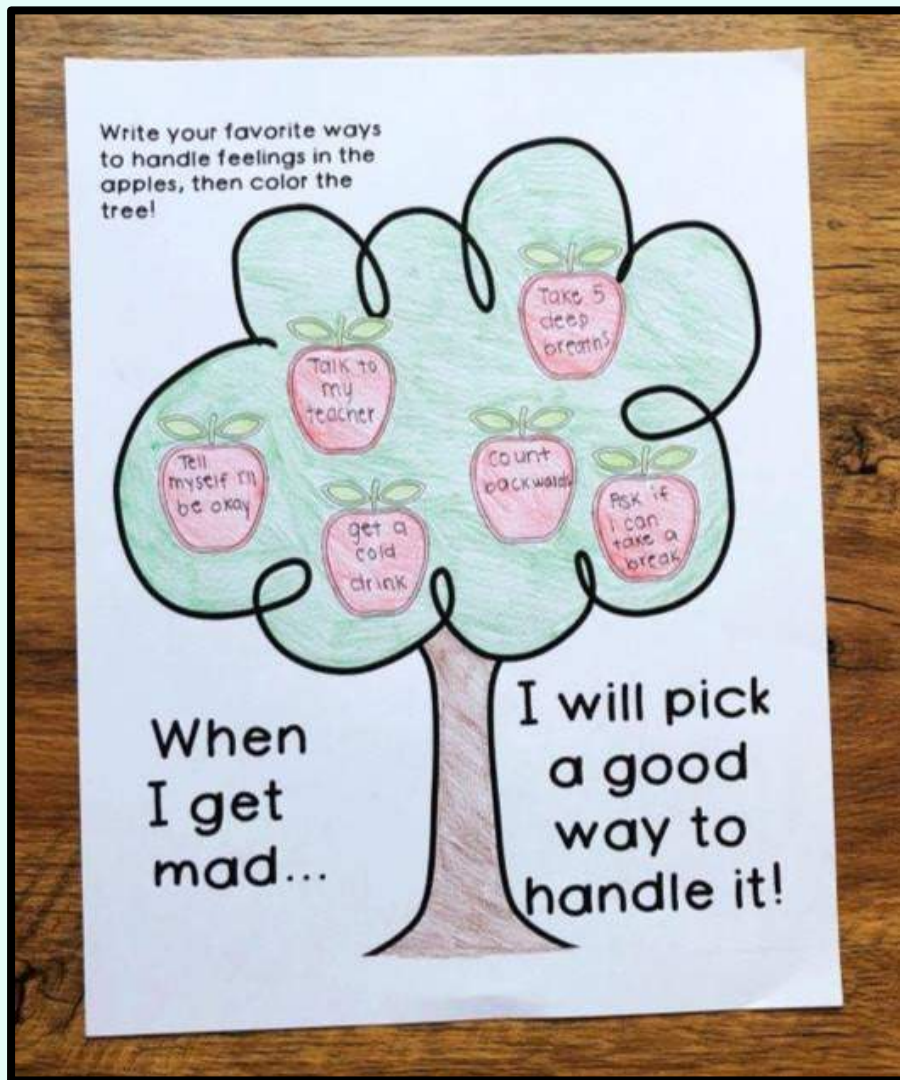
# Picking Good Coping Skills Worksheet



Students will look at 9 coping skills and decide whether or not the coping skill is positive or negative.

Students will color the apple red if it is a negative coping skill, and green if it is a positive coping skill!

# Apple Tree Worksheet



Students will complete this worksheet by filling in each apple with a positive coping skill that they can “pick” when they get mad!

# Google Slides Component



The two worksheets are also included in a Google Slides format.

This is perfect for distance learning or for educators looking to incorporate technology into their lessons.

# What People Are Saying...

“This resource is perfect for k-1st. I used for my anger management classroom guidance lessons. It is a wonderful hands on activity and really gets the students thinking.”

–Lisa L.

“Loved this resource for teaching positive coping skills. Needed something fast and effective and this was no prep and sparked a great conversation during therapy!”

–Taylor V.

“This was a great resource for a student who acts impulsively in high tense situations. It was a good activity to utilize with the student after they were de-escalated. I will use this again in the future with other students.” –Katelyne C.



# Teaching About Anger Management? Bundle & Save!



These worksheets are a part of a bundle of 11 resources focused on helping students with anger management. The bundle includes small groups, worksheets, activities, games and more designed for students in grades K-5.

**SEE THE BUNDLE HERE**