

Help your students learn about positive coping skills with these no-prep Easter activities!



Perfect For:

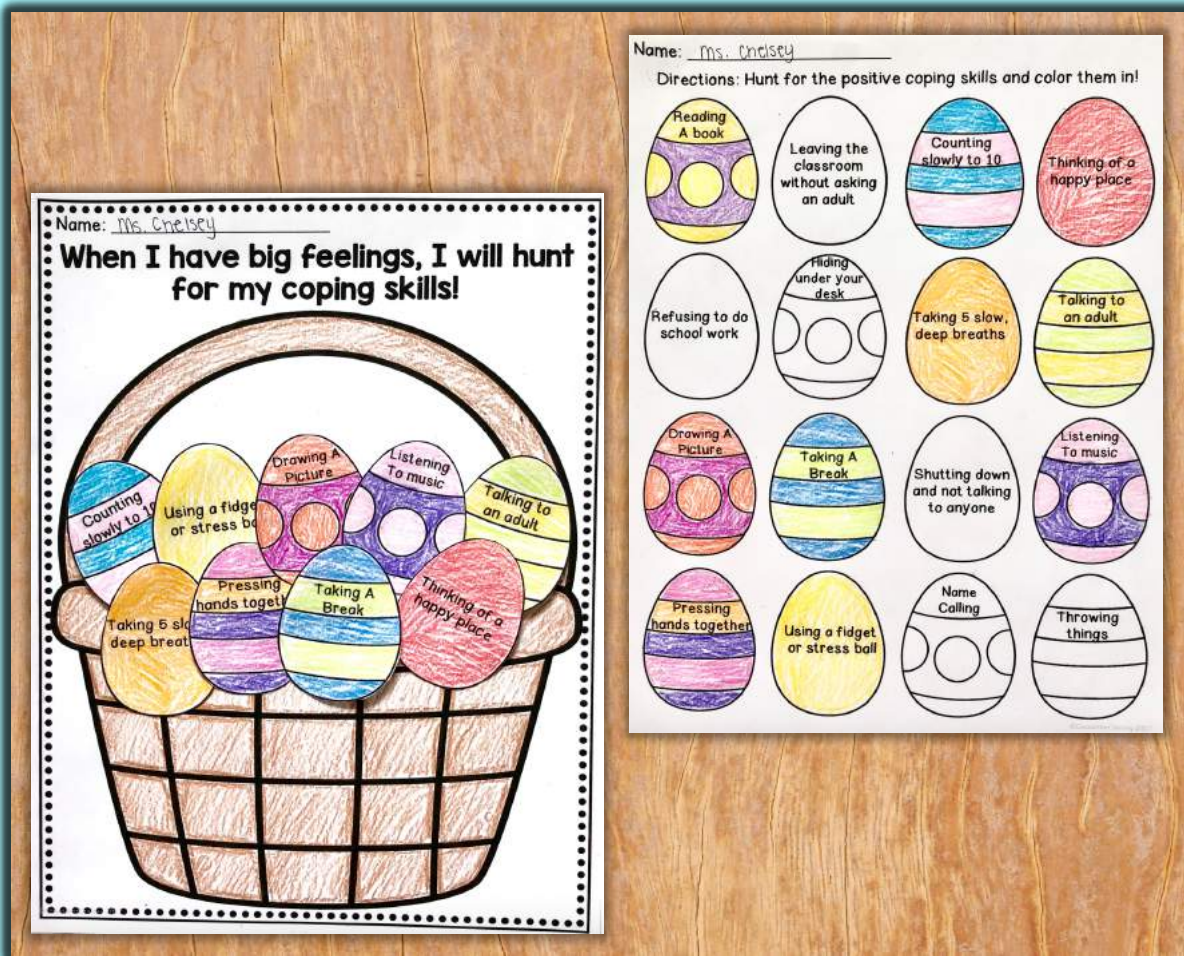
- Coping skills lessons or groups
- Anger management lessons or groups
- Social skills lessons or groups
- Students who could benefit from being able to identify positive coping skills

Keep scrolling to read more about what's included.

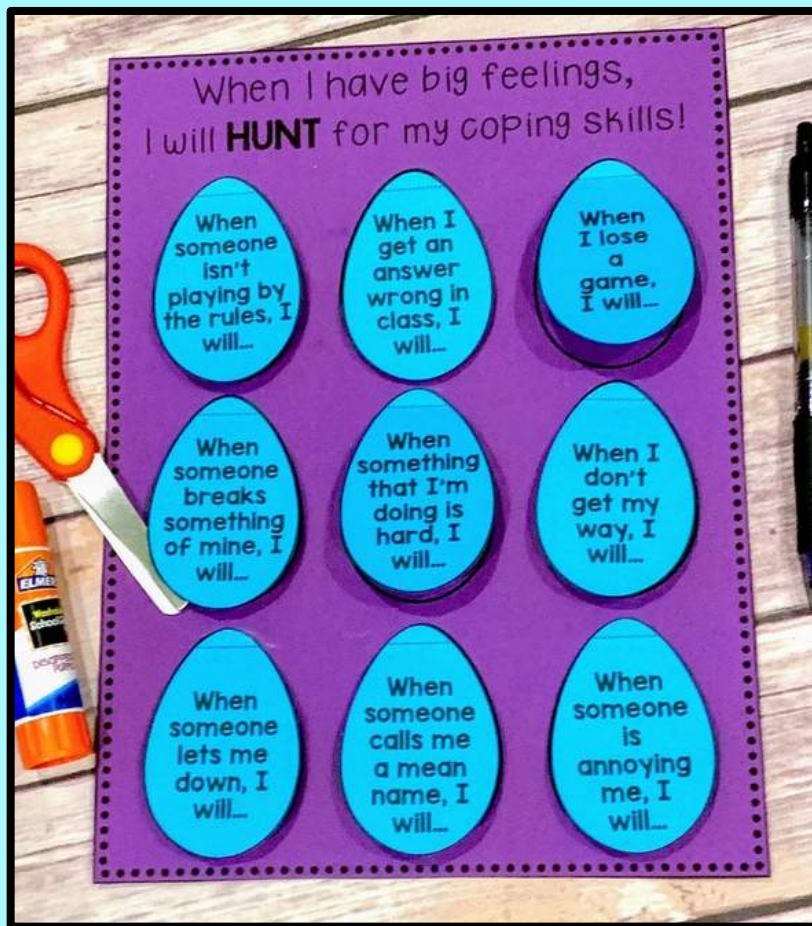
Hunting For Positive Coping Skills Activity

Students will look at 16 coping skills and decide whether they are positive or negative.

They will cut out the positive coping skill eggs and glue them into their easter baskets.



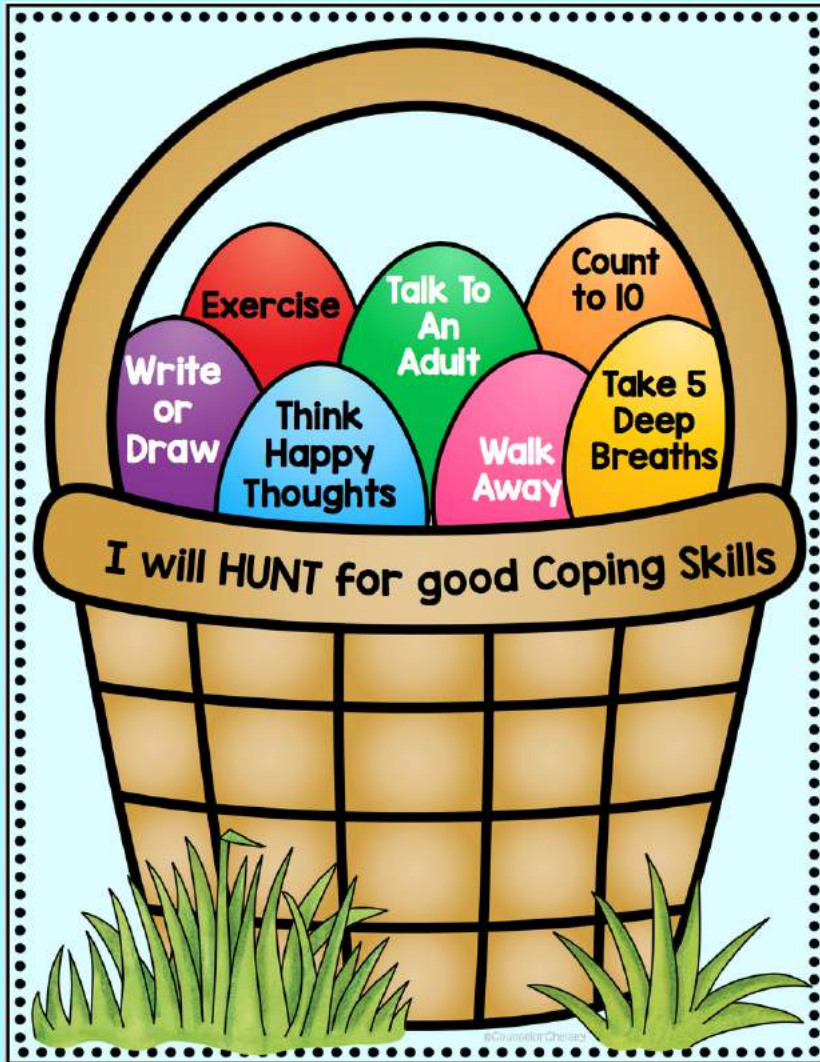
“Using My Coping Skills” Lift-A-Flap Activity



Students will read 9 scenarios and identify a coping skill they can use to help them stay calm.

Students can take their lift-a-flap pages home as a visual reminder of their coping skills.

Poster/Visual Aid



Students can refer to the poster while they are doing the other activities in this resource.

You can also display it in your classroom or office.

Google Slides Component

These coping skills activities are also provided in a digital format to support educators doing distance learning or looking to incorporate technology into their lessons!

When I Have Big Feelings, I Will Hunt For My Coping Skills!

Directions: Look at the prompts in each of the eggs on the right. To respond to the prompt, click on the egg and drag it to the side. Then, type your answer in the space below. When you are finished, drag the top egg back over to cover your answer.

To see your answer, drag the top egg back over to the side.

When someone calls me a mean name, I will...	When I don't get my way, I will...	When someone is annoying me, I will...
When I lose a game, I will...	When someone lets me down, I will...	When something that I'm doing is hard, I will...
When someone isn't playing by the rules, I will...	When I get an answer wrong in class, I will...	When someone breaks something of mine, I will...

Hunting For Coping Skills

Directions: Look at the coping skills in the eggs on the right. If it is a positive coping skill, color the egg by dragging an oval from below to cover the egg.

Reading a book	Leaving the classroom without asking an adult	Counting slowly to 10	Thinking of a happy place
Refusing to do school work	Taking a break	Taking 5 slow, deep breaths	Talking to an adult
Throwing things	Hiding under your desk	Shutting down and not talking to anyone	Listening to music
Pressing your hands together	Using a fidget or stress ball	Name calling	Drawing a picture

What People Are Saying...

“This was a fun Easter activity to do to refresh student's minds on different coping strategies.” –Emily P.

“Great resource! So cute and low prep! My kids loved coloring the handouts and eggs.” –Hannah M.

“My kiddos loved this activity, I would have people ask me about this activity all the time. I really loved this one.” –Kayla T.

Want More Spring Resources? Bundle & Save!



These activities are part of a bundle that includes 6 spring-themed counseling and SEL resources.

They will help your students learn about important SEL concepts like self-esteem, social skills, coping skills and more!

[See The Bundle Here](#)