



# They are aligned to the CASEL concepts for self-management.

Name: \_\_\_\_\_

## WHICH COPING SKILLS WORK FOR ME?

There are many coping skills that we can use when we have strong feelings. However, what works for one person might not be so helpful to someone else. That's why it's important to think about which strategies you think will work for **you**. Look at the sets of coping skills below and decide how well it works for you. Circle your answers using the following scale.

1= Never 2= Sometimes 3= Often 4= Usually 5= Always

1. Taking deep breaths. 1 2 3 4 5
2. Counting backwards from 10. 1 2 3 4 5
3. Talking to someone about how I feel. 1 2 3 4 5
4. Writing about how I feel. 1 2 3 4 5
5. Walking away. 1 2 3 4 5
6. Getting a cold drink of water. 1 2 3 4 5
7. Thinking about a happy memory. 1 2 3 4 5
8. Reminding myself that I'm okay. 1 2 3 4 5
9. Listening to music. 1 2 3 4 5
10. Squeezing a stress ball or a piece of play-doh. 1 2 3 4 5
11. Coloring or drawing a picture. 1 2 3 4 5
12. Going somewhere quiet. 1 2 3 4 5
13. Thinking about something that makes me laugh. 1 2 3 4 5
14. Stretching or doing yoga poses. 1 2 3 4 5
15. Using my 5 senses to notice what's around me. 1 2 3 4 5

The 3 coping skills that work best for me are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 coping skills that don't work well for me are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Other things that help me feel calm are: \_\_\_\_\_

\_\_\_\_\_

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Including:

- Managing One's Emotions
- Identifying And Using Stress Management Strategies
- Exhibiting Self-Discipline And Self-Motivation
- Setting Personal And Collective Goals
- Using Planning And Organizational Skills

# The worksheets are easy to use in individual, small group and classroom lessons!


Name: \_\_\_\_\_

### THINKING ABOUT WHAT I'LL NEED

Before you get started on something, it can be helpful to get together everything that you'll need. That way, it's easier to stay focused when you get to work. To make things even easier, it can be helpful to make a list of everything you'll need. Doing this ahead of time can make your task even easier! To practice this, look at each of the situations below and make a list of everything you'll need to complete the task!


#### SPORTS PRACTICE

Choose a sport or activity and think about what you would need to take to practice with you.



#### HOMEWORK TIME

Write a list of what you would need to do your homework.




#### SCHOOL IN THE MORNING

Make a list of everything you need to do or pack before you go to school in the morning.



#### A SLEEPY AFTERNOON

Write a list of things you can do to feel more awake in the afternoon.



Name: \_\_\_\_\_

### HOW I HANDLE MY FEELINGS

All feelings are normal and okay – it's what we do with those feelings that matters! Look at the three emotions below, and think about what makes you feel that way and what you can do to feel more calm.

#### THINGS THAT MAKE ME WORRIED

Write a list of things that make you feel worried.

#### THINGS I CAN DO TO FEEL CALM

Write a list of things you can do to feel calm when you are worried.

#### WHEN I DON'T WANT TO DO SOMETHING

When you have something to do, especially if it's something you don't want to do, it can be hard to get started. You might give yourself different reasons, or excuses, for not doing what you need to do. This can make it even harder to get started. Instead, try sending yourself positive messages about what you have to get done. Look at the examples on the left of things you might tell yourself when you want to put off doing something, and then look on the right side of the page for the things that you could tell yourself instead. At the bottom of the page, write the letter that corresponds with your answer.

#### ANGRY

Write a list of things that make you feel angry.

#### SAD

Write a list of things that make you feel sad.

#### NEGATIVE MESSAGES

- I'll have time to do it later.
- It's not that important.
- It will take forever to get done.
- If I don't do it, someone else will just take care of it for me.
- It's too hard and I don't want to deal with it right now.
- I'm going to do this other thing first because it's easier.
- I don't want to do anything right now.
- I don't even know where to start.
- I don't like doing it. Instead, I'm going to do something else that's fun for me.
- I'm afraid that I'll do it wrong.

#### POSITIVE MESSAGES

- I need to do it so that someone else doesn't have to.
- It might be hard, but I can learn how to do it.
- Sometimes we have to do things that aren't fun, but I can get it done and have time for fun things later.
- I can try it, and if I get it wrong, I can learn from my mistake.
- I don't know what will happen later, so I need to get it done now while I have time.
- I will get the hard work out of the way and it'll be easier from here.
- This is overwhelming, but I can break it down into smaller steps to make it easier.
- This might not seem important to me right now, but there is a reason why I have to do it.
- I won't take as long if I get started on it now.
- I can get it over with now so I can rest later.

**ANSWERS:**

*1	*2	*3	*4	*5	*6	*7	*8	*9	*10

Name: \_\_\_\_\_

### THINKING ABOUT MY FUTURE SELF

Sometimes, it can feel easy to put things off, or to not do something that needs to be done. The bad part about this is that not doing something now might mean that you have to do it later, or that it makes things harder for you in the long run. To help with this, try to think about your future self. If you do something now, your future self won't have to worry about it. Respond to the prompts below and then put a star in the box that has the choice that your future self would like the most.

#### SELF CONTROL STRATEGIES

There are different things we can do to help us use self control. Look at each of the 10 strategies below. Then look at the explanations of why they are helpful. Cut out each of the explanations and paste them below the strategies that they match.

Count to 3	Put your hands in your pockets	Take time to notice how you feel	Take deep breaths	Go somewhere else
Close your lips and fill your cheeks with air	Think about your future self	Think about how others feel	Cross your arms and legs when sitting	Take a break

Putting a "bubble" in your mouth can help you to not blurt out.	This helps you make sure that you're staying in your own space.	This helps to slow down your brain and body.	Your choices impact the people around you. Is what you're doing making them upset?	This can help you when it's hard to keep your hands to yourself.
This gives you some time to think about whether or not you're making a good choice.	This can help you control your feelings before they get too strong.	Think about how this choice will impact you later.	Getting out of the situation can help you not be tempted to make a poor choice.	This can give you time to calm down before going back to what you're doing.

#### HOMEWORK

If I don't do my homework, my future self will think/feel...

#### CLEANING

If I don't clean my room or space, my future self will think/feel...

#### PRACTICING

If I don't practice for my sport or activity, my future self will think/feel...

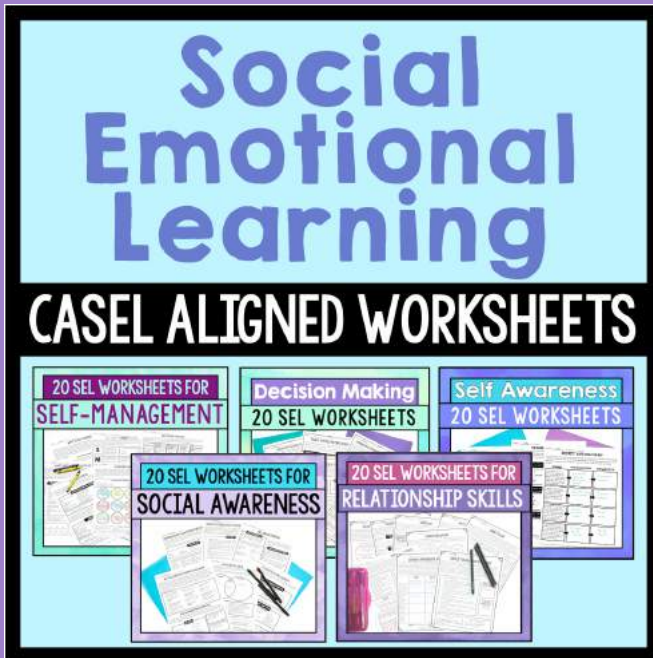
# Here's what other educators are saying about this resource...

"This was a very helpful resource! Many different things that can apply and for so many different outcomes. Thank you!" –Van C.

"Great for individual counseling or with small groups. Love that I can choose which one best fits my students." –Kelsee G.

"I love that these are so easy to use and require no prep and I can keep them as data and proof of my students progress." –Missy

# Looking for the rest of the CASEL competencies? Bundle & Save!



This resource is a part of a bundle that includes worksheets for all 5 CASEL competencies. There are 100 worksheets that will help your students learn about and practice self-management, self-awareness, social awareness, relationship skills and responsible decision making.

**SEE THE BUNDLE HERE!**