

my COPING skills

1.

Can you identify what is making you feel sad?

2.

Does it make sense that you feel sad? For example, did a friend move away or did you lose a favorite toy? If so, do this:

- Remind yourself sadness is normal and it is okay to feel sad or even cry.
- Take a deep breath and relax your body – imagine your body is a spaghetti noodle.

3.

List three people who you can talk to when you are feeling sad.

4.

What are things you enjoy doing (e.g., playing a favorite game, spending time with friends or family, playing outside, reading a favorite book)? Write down three activities you can do when you are feeling sad.

5.

What are things you can do to distract yourself (e.g., playing with a pet, building something with Legos, trying a new computer game)? Write down three activities you can do when you are feeling sad to distract yourself.

From the experts at



boystown.org/parenting

***Remember:** The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.