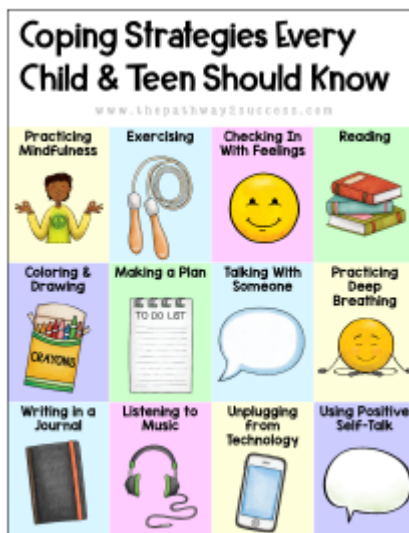


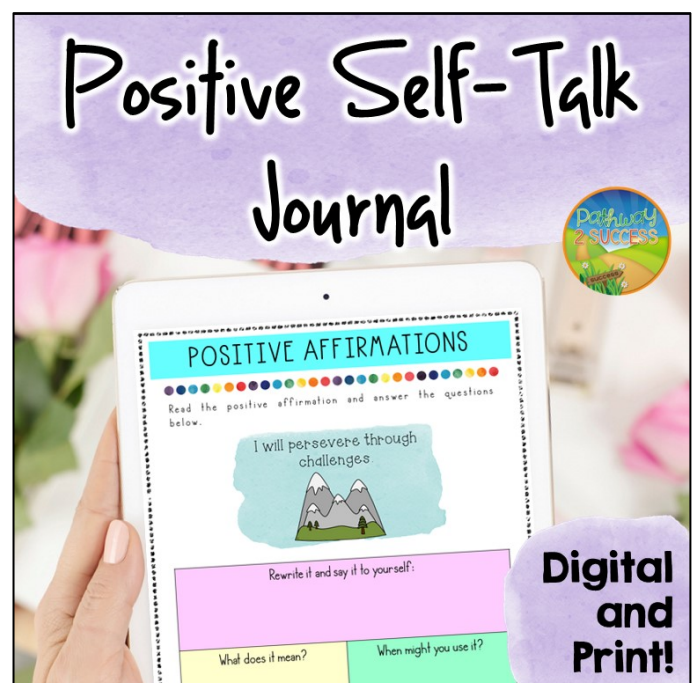
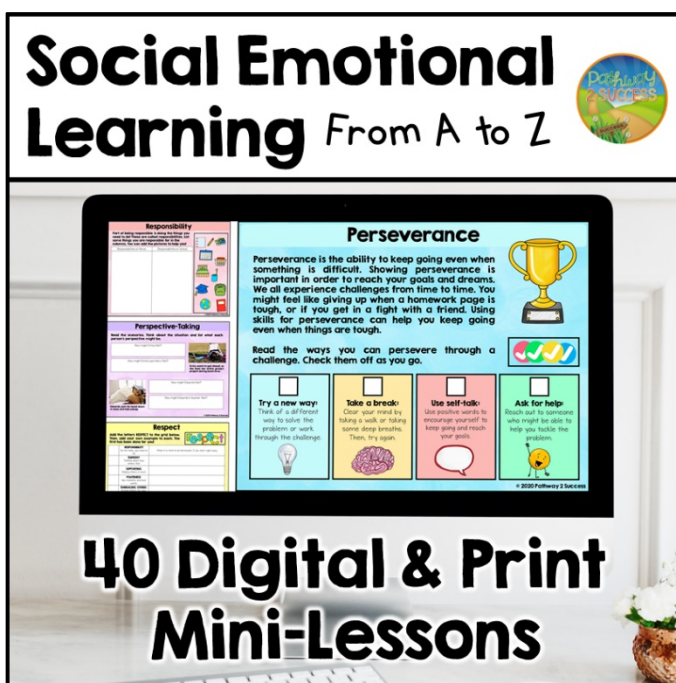
Coping Strategies Poster



Coping strategies are the activities we use to manage emotions and feel calm. These are critical life skills because they help us cope with daily challenges along the way. Note that the poster included just gives a small sample of the many different coping strategies we can use. This can be a helpful introduction for kids and teens to talk about what helps them stay calm. Blank pages are also included to make your own coping strategies posters if you choose.

Resource	Color	Black/White
Coping Strategies Posters	2-3	5-6
Coping Strategies Poster (blank to make your own)	4	7

More Social Emotional Resources:



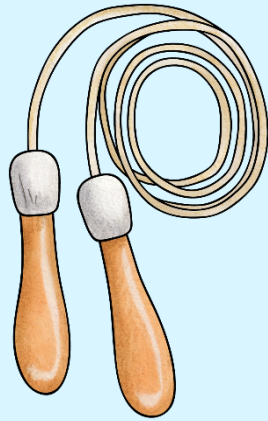
Coping Strategies Every Child & Teen Should Know

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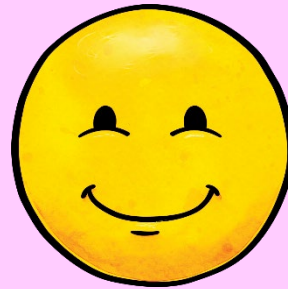
Practicing Mindfulness



Exercising



Checking In With Feelings



Reading



Coloring & Drawing



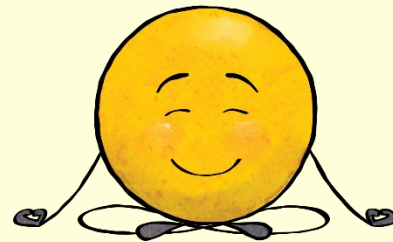
Making a Plan



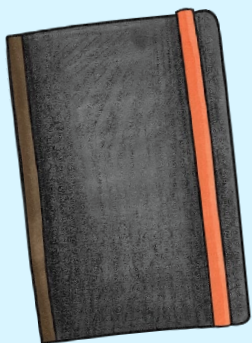
Talking With Someone



Practicing Deep Breathing



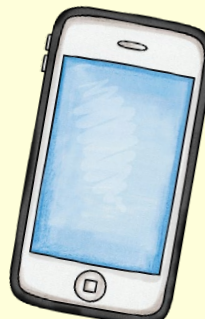
Writing in a Journal



Listening to Music



Unplugging from Technology



Using Positive Self-Talk



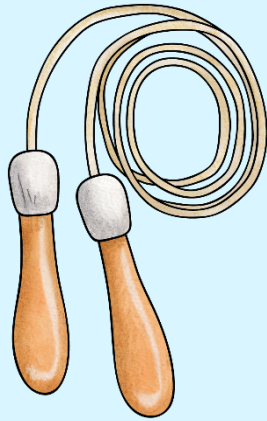
Coping Strategies

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Practicing Mindfulness



Exercising



Checking In With Feelings



Reading



Coloring & Drawing



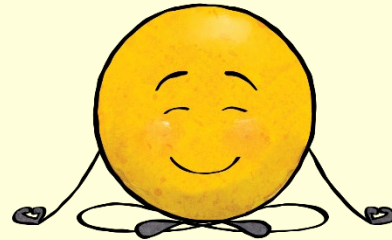
Making a Plan



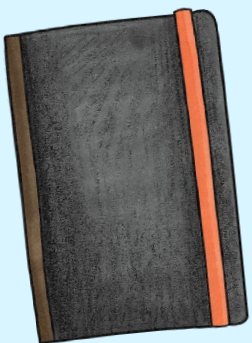
Talking With Someone



Practicing Deep Breathing



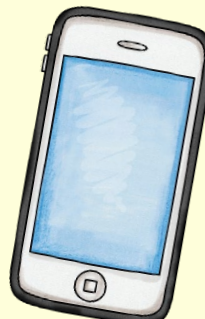
Writing in a Journal



Listening to Music



Unplugging from Technology

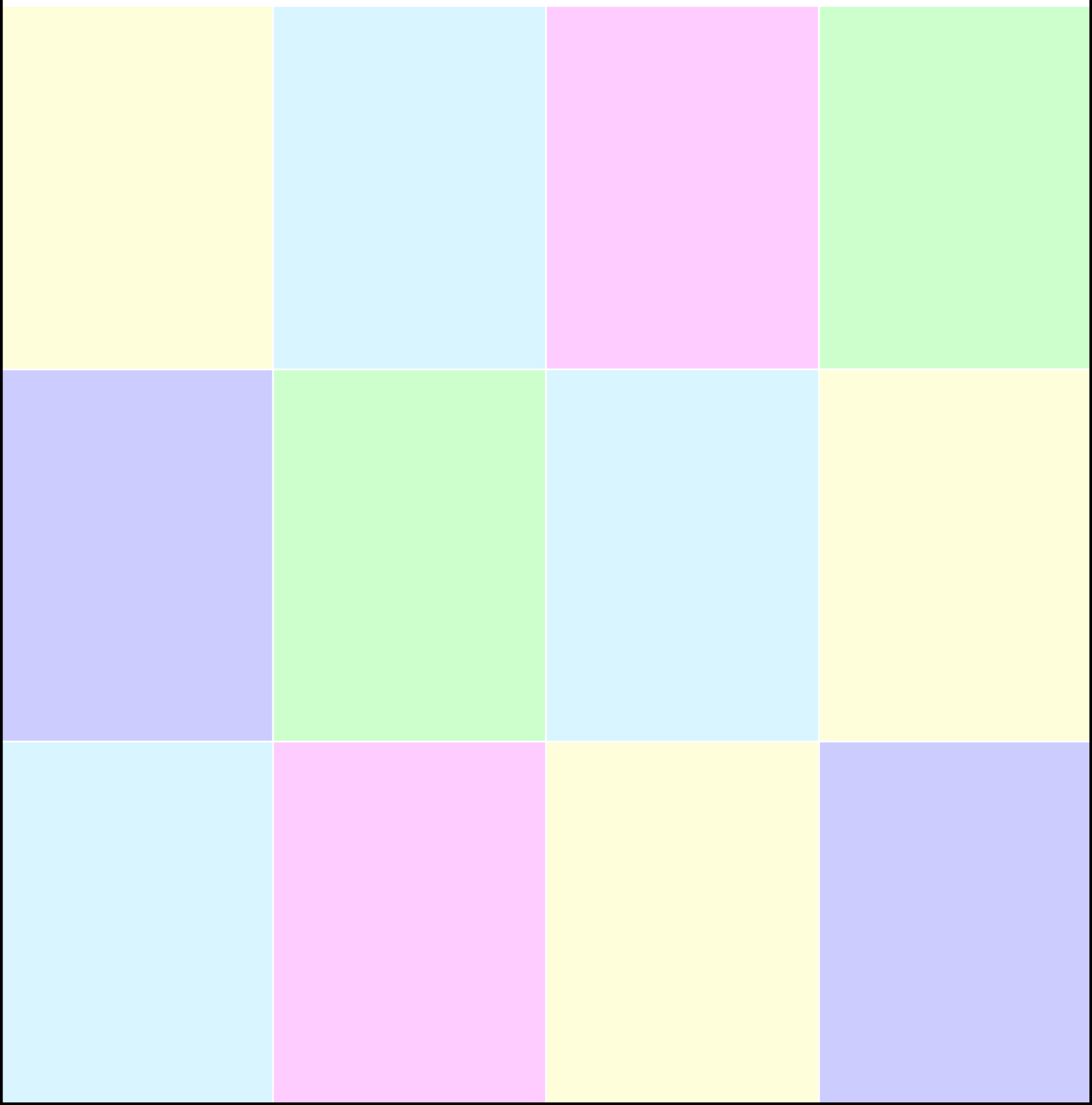


Using Positive Self-Talk



Coping Strategies

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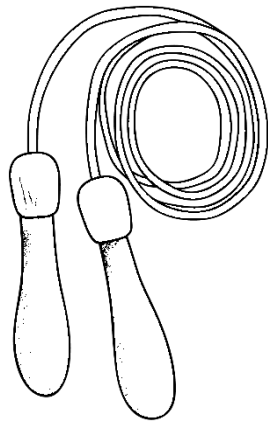
Coping Strategies Every Child & Teen Should Know

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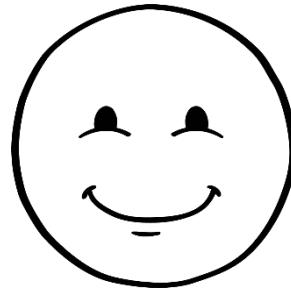
Practicing Mindfulness



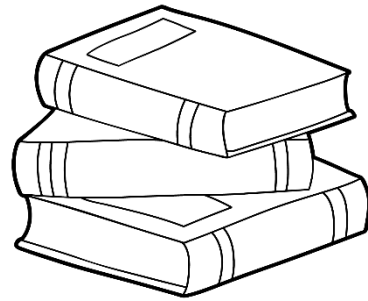
Exercising



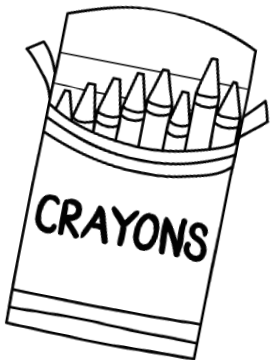
Checking In With Feelings



Reading



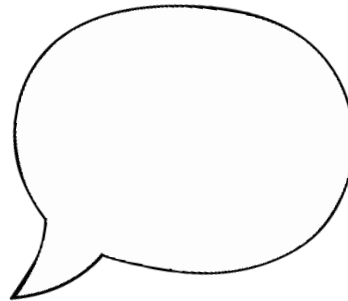
Coloring & Drawing



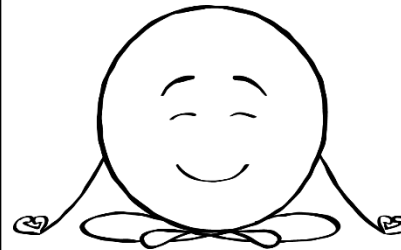
Making a Plan



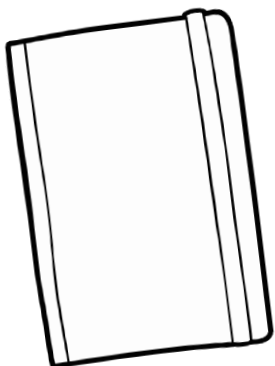
Talking With Someone



Practicing Deep Breathing



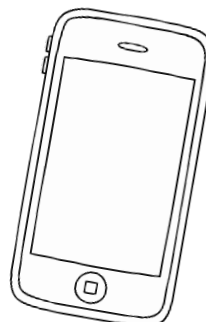
Writing in a Journal



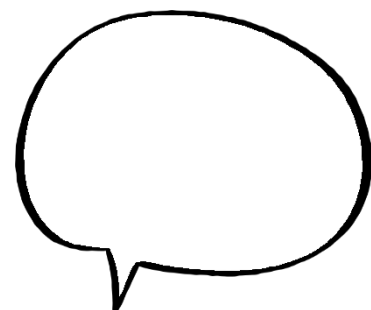
Listening to Music



Unplugging from Technology



Using Positive Self-Talk



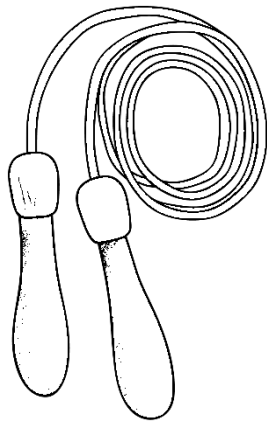
Coping Strategies

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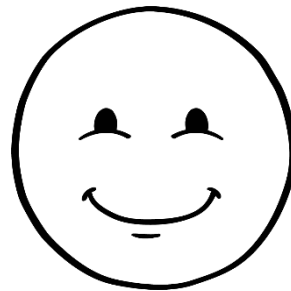
Practicing Mindfulness



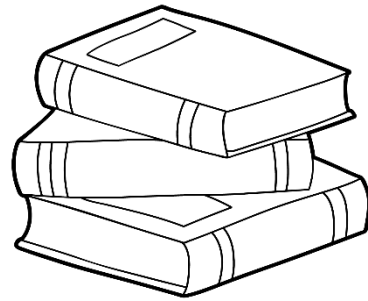
Exercising



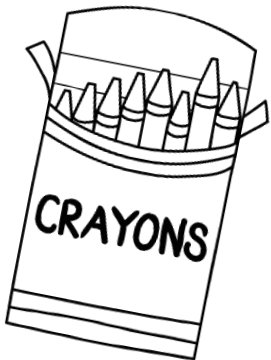
Checking In With Feelings



Reading



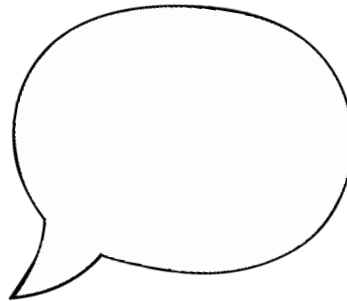
Coloring & Drawing



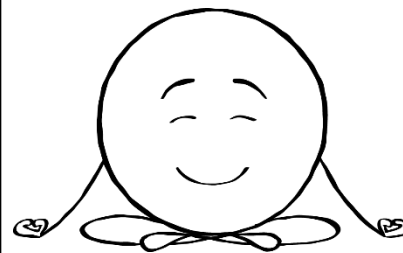
Making a Plan



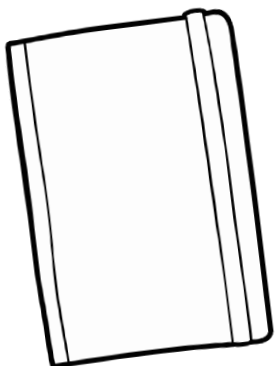
Talking With Someone



Practicing Deep Breathing



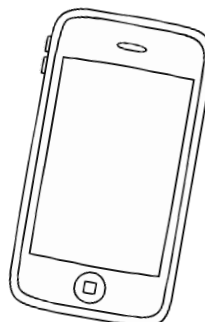
Writing in a Journal



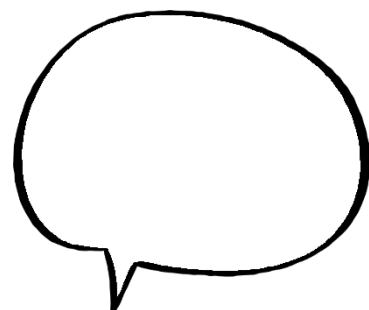
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Coping Strategies

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• About the Author •



Kristina Scully is a special educator and curriculum specialist with over 13 years' experience in the education field. She has a bachelor's degree in special and elementary education from the University of Hartford, and a master's degree in special education from the University of St. Joseph. She has worked extensively with kids and young adults with social-emotional needs, learning disabilities, autism, executive functioning challenges, and more.

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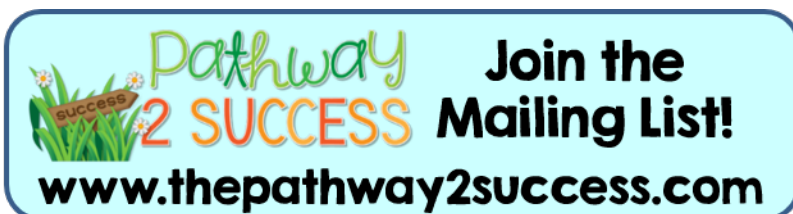
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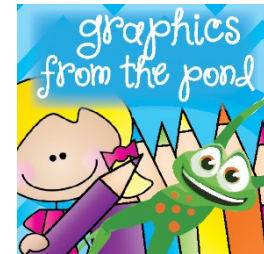
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