

COPING SKILLS CHECKLIST

CALMING SKILLS

- | | |
|--|--|
| <input type="checkbox"/> Deep breathing with a pinwheel | <input type="checkbox"/> Remember the words to a song you love |
| <input type="checkbox"/> Deep breathing with bubbles | <input type="checkbox"/> Run water over your hands |
| <input type="checkbox"/> Deep breathing with prompts | <input type="checkbox"/> Carry a small object |
| <input type="checkbox"/> Deep breathing with shapes | <input type="checkbox"/> Touch things around you |
| <input type="checkbox"/> Deep breathing with a stuffed animal | <input type="checkbox"/> Move |
| <input type="checkbox"/> Deep breathing with a feather | <input type="checkbox"/> Make a fist then release it |
| <input type="checkbox"/> Deep breathing using your hand | <input type="checkbox"/> Progressive muscle relaxation |
| <input type="checkbox"/> Explosion breaths | <input type="checkbox"/> Positive self-talk |
| <input type="checkbox"/> Hands to shoulders | <input type="checkbox"/> Take a shower or bath |
| <input type="checkbox"/> Hoberman Sphere | <input type="checkbox"/> Take a drink of water |
| <input type="checkbox"/> Volcano breaths | <input type="checkbox"/> Counting |
| <input type="checkbox"/> Focus on sounds | <input type="checkbox"/> Block out sounds with noise-cancelling headphones |
| <input type="checkbox"/> Take a mindful walk | <input type="checkbox"/> Take a break |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Homemade lava lamp |
| <input type="checkbox"/> Imagine your favorite place | <input type="checkbox"/> Zen garden |
| <input type="checkbox"/> Have a mindful snack | <input type="checkbox"/> Calming jar |
| <input type="checkbox"/> 54321 grounding technique | <input type="checkbox"/> Use your senses |
| <input type="checkbox"/> Grounding self-talk about the present | <input type="checkbox"/> Trace a pattern |
| <input type="checkbox"/> Think of your favorite things | <input type="checkbox"/> Tea time or hot cocoa time |
| <input type="checkbox"/> Picture the people you care about | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Say the alphabet slowly | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |

DISTRACTION SKILLS

- | | |
|---|---|
| <input type="checkbox"/> Write a story | <input type="checkbox"/> Creative thinking |
| <input type="checkbox"/> Crossword/Sudoku/Word Find Puzzles | <input type="checkbox"/> Make up your own game |
| <input type="checkbox"/> Bake or Cook | <input type="checkbox"/> Plan a fun event for the future |
| <input type="checkbox"/> Volunteer or do Community Service | <input type="checkbox"/> Start a new hobby or learn something new |
| <input type="checkbox"/> Do a Random act of kindness | <input type="checkbox"/> Laughter is the best medicine |
| <input type="checkbox"/> Read a good book | <input type="checkbox"/> Your favorite things |
| <input type="checkbox"/> Clean | <input type="checkbox"/> Sort/Organize something |
| <input type="checkbox"/> Play with a pet | <input type="checkbox"/> Spend time in nature |
| <input type="checkbox"/> Play a board game | <input type="checkbox"/> Go to a museum |
| <input type="checkbox"/> Play video games | <input type="checkbox"/> Do a crafting project |
| <input type="checkbox"/> Distraction by a screen | <input type="checkbox"/> Start a garden |
| <input type="checkbox"/> Play with a friend | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |

COPING SKILLS CHECKLIST

PHYSICAL SKILLS

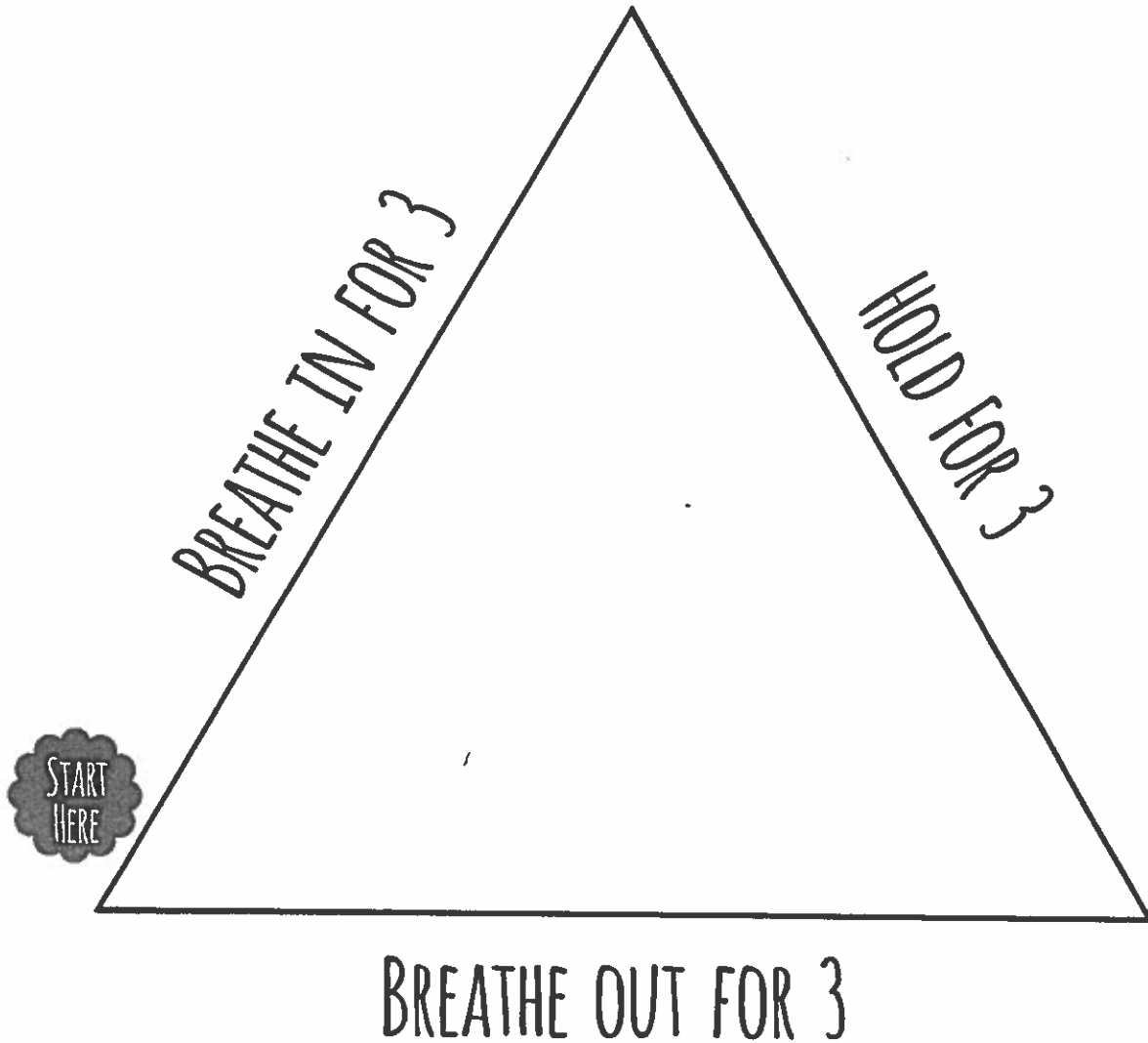
- | | |
|---|--|
| <input type="checkbox"/> Squeeze something | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Use a stress ball | <input type="checkbox"/> Punch a safe surface |
| <input type="checkbox"/> Shred paper | <input type="checkbox"/> Play at the park |
| <input type="checkbox"/> Use bubble wrap | <input type="checkbox"/> Make an obstacle course |
| <input type="checkbox"/> Use a sand tray | <input type="checkbox"/> Swing on a swing |
| <input type="checkbox"/> Jacob's Ladder | <input type="checkbox"/> Jump on a trampoline |
| <input type="checkbox"/> Hold a small stone | <input type="checkbox"/> Jump rope |
| <input type="checkbox"/> Shuffle cards | <input type="checkbox"/> Scooter |
| <input type="checkbox"/> Make something | <input type="checkbox"/> Go swimming |
| <input type="checkbox"/> Use a fidget | <input type="checkbox"/> Stretches |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Tumbling/Gymnastics |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

PROCESSING SKILLS

- | | |
|--|--|
| <input type="checkbox"/> Intensity of feelings | <input type="checkbox"/> Draw |
| <input type="checkbox"/> Feelings thermometers | <input type="checkbox"/> Talk to someone you trust |
| <input type="checkbox"/> Feelings as colors | <input type="checkbox"/> Create a playlist |
| <input type="checkbox"/> Where do I feel things in my body | <input type="checkbox"/> Write what's bothering you and throw it away |
| <input type="checkbox"/> Understanding my triggers | <input type="checkbox"/> Comic strip what happened/what can I do next time |
| <input type="checkbox"/> Levels of stress | <input type="checkbox"/> I wish... |
| <input type="checkbox"/> Track my stress | <input type="checkbox"/> Write a letter to someone |
| <input type="checkbox"/> Map my stress | <input type="checkbox"/> Use "I statements" |
| <input type="checkbox"/> Write in a journal | <input type="checkbox"/> What I can control vs. What I can't control |
| <input type="checkbox"/> In a perfect world.... | <input type="checkbox"/> Make a worry box |
| <input type="checkbox"/> Write songs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Write poetry | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Write music | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |

TRIANGLE BREATHING

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



Yoga

Yoga is related to mindfulness meditation. The goal of yoga and mindfulness meditation is to reduce stress and become more aware of what's going on around you in the present. Try to do a few simple yoga moves. Here are a few that are easy to do.



Warrior Pose



Cobra Pose



Easy Pose



Seal Pose



Downward Dog



Camel Pose

5-4-3-2-1
GROUNDING EXERCISE



--	--	--	--	--



--	--	--	--



--	--	--



--	--



--

TRACE A PATTERN



MY FAVORITE THINGS...

Thing I love to do at home	Thing I love to do at school
Thing I love to do outside	Thing I love to do inside
Thing I love to do by myself	Thing I love to do with others

SMALL PHYSICAL MOVEMENTS

Squeeze Something

Tensing and relaxing your muscles by squeezing something is very similar to a progressive muscle relaxation exercise, but in this case, you are just focused on your arms and hands. Here are a few items you could use:

- Stress ball
- Putty
- Clay
- Play dough
- Sand

Take your squeezable item in your hand and squeeze it for a few seconds. Then let it go. Repeat a few times. Do you feel a difference in your stress level? Switch hands. See how that feels. There are a variety of items you can buy to squeeze that are available online and in stores.

You could also make your own. Here's a simple no cook recipe for play dough:

- 2 cups flour
- 1 cup salt
- 1 tbsp. oil
- 1 cup cold water
- 2 drops liquid food coloring

Directions:

1. Mix together flour and salt.
2. Add water, food coloring and oil. Mix until ingredients are combined.
3. Knead well. If consistency is too wet, add a little more flour.

SIMPLE EXERCISES

**Jumping
Jacks**

**Run
in Place**

Sit Ups

**Walk
in Place**

**Twist and
Touch
Your Toes**

Push Ups

Stretches

**Yoga
Poses**

**Jump
Rope**

TRACK MY STRESS

What stressed me out?	What happened before?	When did it happen?	Where was I?	What happened after?

WHAT I CAN CONTROL VS. WHAT I CAN'T CONTROL

--	--

Name _____ Date _____ Time _____

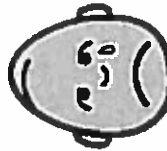
WHEN I

I WAS FEELING

Happy



Sad



Mad
Angry



Worried
Nervous



Stressed

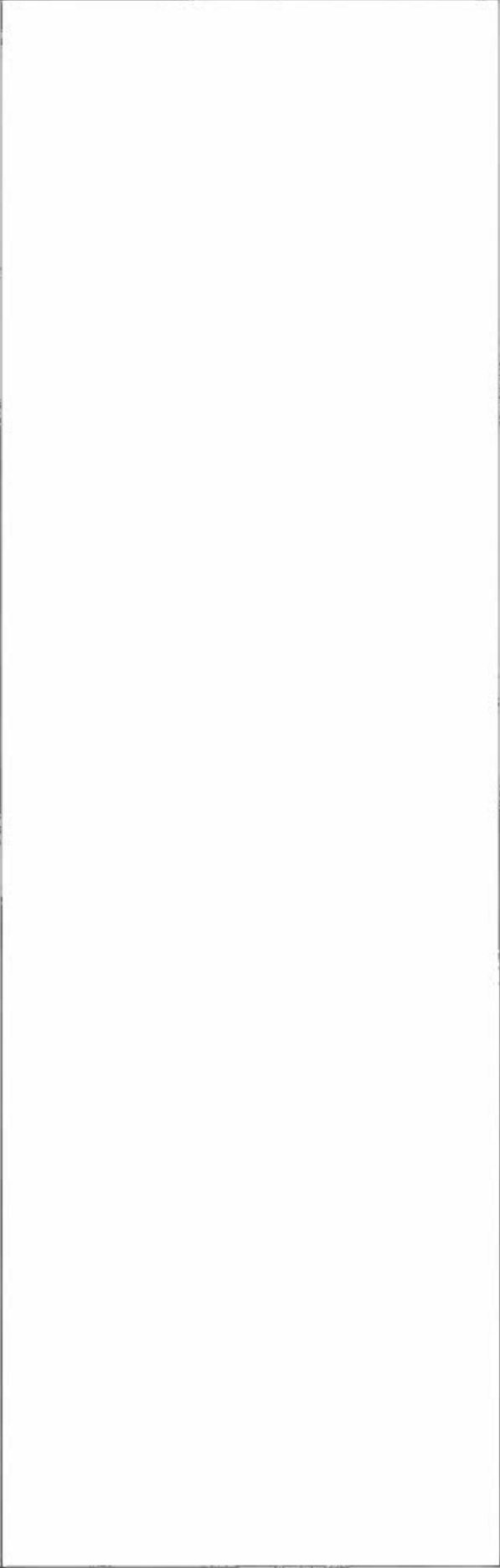


Embarrassed



NEXT TIME, I CAN STAY CALM AND IN CONTROL BY

THIS IS A PICTURE OF ME STAYING CALM AND IN CONTROL



CAREGIVER NOTES



MINDFULNESS AND MEDITATION RESOURCES

Sitting Still Like a Frog - <http://www.shambhala.com/sittingstilllikeafrog>

A great list of audio exercises for kids, including one called Sleep Tight. I've used that one with my own children; they both enjoyed it.

Annaka Harris: Mindfulness for Kids - <http://annakaharris.com/mindfulness-for-children/>

There are several scripts available from the InnerKids program. I had my daughter try the calming one before she did her homework. She loved it.

Kristina Sargent, The Art of Social Work kristinamarcelli.wordpress.com/2015/03/11/mindfulness-and-feelings-printables/

Here are a couple of kids' activities for mindfulness and feelings. Kristina has also written a book to help kids with mindfulness, *Ursula Unwinds Her Anger*.

Dartmouth Resources - <http://www.dartmouth.edu/~healthed/relax/downloads.html>

I found this resource in *Bloom Parenting* by Dr. Lynne Kenney and Wendy Young, LMSC, BCD. What a helpful collection of meditation and mindfulness scripts.

Spider Man Meditation - <http://kidsrelaxation.com/uncategorized/spider-man-practicing-mindfulness-and-increasing-focus/>

My kids love superheroes. This is a great way to use that interest to work on increasing their focus and awareness.

Mind Space Meditation for Schools - <http://www.meditationinschools.org/resources/>

These scripts are specifically designed for use in classrooms, but could also be used at home.

Mindful Time in Nature - <https://mindfulkids.wordpress.com/category/activities-games/nature-awareness/>

I love these ideas for different nature walk activities you can do. But I also know that I can't expect the kids to be mindful for a full 60-minute walk. We'll try to be mindful on the walk for short bursts of time, just a couple of minutes here and there.

Chill Children (Guided Relaxation) by Global Family Yoga

Digital downloadable guided relaxations that are available on Amazon.

WEBSITES

A collection of wonderful resources from around the web!

National Alliance on Mental Illness (NAMI).....	www.nami.org
The American Institute of Stress	www.stress.org
The American Psychological Association	www.apa.org
UMASS Center for Mindfulness	www.umassmed.edu/cfm/index.aspx
Mental Health America	www.mentalhealthamerica.net
National Institute of Mental Health	www.nimh.nih.gov
The American Academy of Child and Adolescent Psychiatry	www.aacap.org
A Fine Parent.....	www.afineparent.com
And Next Comes L.....	www.andnextcomesl.com
Annie Fox	www.anniefox.com
Nicole Schwarz, Parent Coach	www.imperfectfamilies.com
The Inspired Treehouse	www.theinspiredtreehouse.com
Jodi Aman	www.jodiaman.com
Lemon Lime Adventures	www.lemonlimeadventures.com
Lynne Kenney	www.lynnekenney.com
Amanda Morgan.....	www.notjustcute.com
Ashley Soderlund	www.nurtureandthriveblog.com
Special-ism.....	www.special-ism.com