


Coping Skills

TAB BOOK

- ✓ FUN
- ✓ PERSONAL
- ✓ NO-PREP

I CAN COPE

Name: _____



TRIGGERS THOUGHTS FEELINGS ACTION

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Coping Skills Tab Book

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Teaching social-emotional skills doesn't have to be difficult! With Tab Books, students' drawings, writing, and graphic organizers come together to create a customized book they can be proud of and use a reference whenever they need reminders! Great on their own or as part of an [Interactive Notebook](#), Tab Books are a tried and true way to get your students excited about learning - with little to no prep for you!

This books helps students learn stress management and coping skills.

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Credits

These awesome creators help make my products possible!



I CAN COPE



Name:

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Cut out each page along the dotted lines. Then staple along the top.

I CAN COPE



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WHEN YOU ARE STRUGGLING TO COPE:

4 THINGS YOU 	3 THINGS YOU 	2 THINGS YOU 
_____	_____	_____
_____	_____	_____
_____	_____	_____

"Grounding" is a way to help your body calm down. Look around and name 4 things you can touch, 3 things you can

GROUNDING

_____ for a bonus, I
_____ that you can smell.

CHANGING THOUGHTS

negative ☹️

positive 😊

This is too hard.

I can't handle this.

I want to hit something.

I'll never make it through.

MIND

Sometimes when we're struggling, the thoughts in our mind can make things even worse. Change the negative thoughts above into more healthy, positive thoughts. The last line is blank for you to write both the negative and positive thought.



We aren't meant to go through difficult times alone, in each finger above, write the name of someone in your life that can help you through the hard stuff.

SUPPORT

We aren't meant to go through difficult times alone, in each finger above, write the name of someone in your life that can help you through the hard stuff.

STRATEGIES

Cut out the pictures on this page. Decide which coping skills work best for you and glue them on them on the page called "STRATEGIES." There are a couple blank boxes for you to draw your own!

 <p>exercise</p>	 <p>ask for help</p>	 <p>think positive thoughts</p>	 <p>talk about your feelings</p>
 <p>one step at a time</p>	 <p>take a break</p>	 <p>spend time with friend</p>	 <p>take a nap</p>
 <p>take deep breath</p>	 <p>do some yoga</p>	 <p>draw</p>	 <p>read a book</p>
 <p>listen to music</p>	 <p>use a stress ball</p>		

PREVIEW ONLY