






My Safe Coping Choices

Cut the paper on the dotted line. Cut out the calm down strategies you can use for each feeling listed below. You can have more than one for each box!

 When I feel ANGRY, I can...	 When I feel SAD, I can...	 When I feel WORRIED, I can...
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Take a break to be alone 	Take a break to be alone 	Take a break to be alone 	Walk away 	Walk away 	Walk away 	Think of my favorite place 	Think of my favorite place 	Think of my favorite place 
Take 5 deep breaths 	Take 5 deep breaths 	Take 5 deep breaths 	Stretch 	Stretch 	Stretch 	Take a sip 	Take a sip 	Take a sip 
Safely squeeze something 	Safely squeeze something 	Safely squeeze something 	Count to 10 	Count to 10 	Count to 10 	Color or draw 	Color or draw 	Color or draw 
Read 	Read 	Read 	Write a note to my teacher 	Write a note to my teacher 	Write a note to my teacher 	Think positive thoughts 	Think positive thoughts 	Think positive thoughts 

Hi Families!

Today in our class counseling lesson, we learned about mindfulness and coping strategies for big emotions. Here's a summary of what we learned!

-Ms. Cox, School Counselor

Feeling Angry, Sad or Worried?

It's normal! Everybody has big emotions from time to time. Here's how you can handle these feelings safely.

1. Make sure you are safe.

Remember, our "guard dog" (amygdala) in our brain is there to keep us safe. Sometimes we feel a rush of emotions to help us act quickly if there is danger. For example, if it starts thunderstorming when we're playing outside, our guard dog's flight response will get us out of the rain quickly. If you are safe, and it's just your guard dog barking, go to step 2!

2. Choose a safe and appropriate coping choice to calm your inner "guard dog."

3. Problem solve using your inner "wise owl" (prefrontal cortex) and caring adults.