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Coping Cards

The boxes show things that people sometimes do if something bad is happening.

If possible cut out the boxes to make them into cards. Sort the cards into two piles - things that you have done and things that you have not done.

Or you could just look through them and tick the ones that you have done. Think about-

- Did it make you feel better?
- Did it help the problem go away?
- Did it hurt anyone?
- Did anything get broken?
- Would it have been better to do something else instead?

Remember:

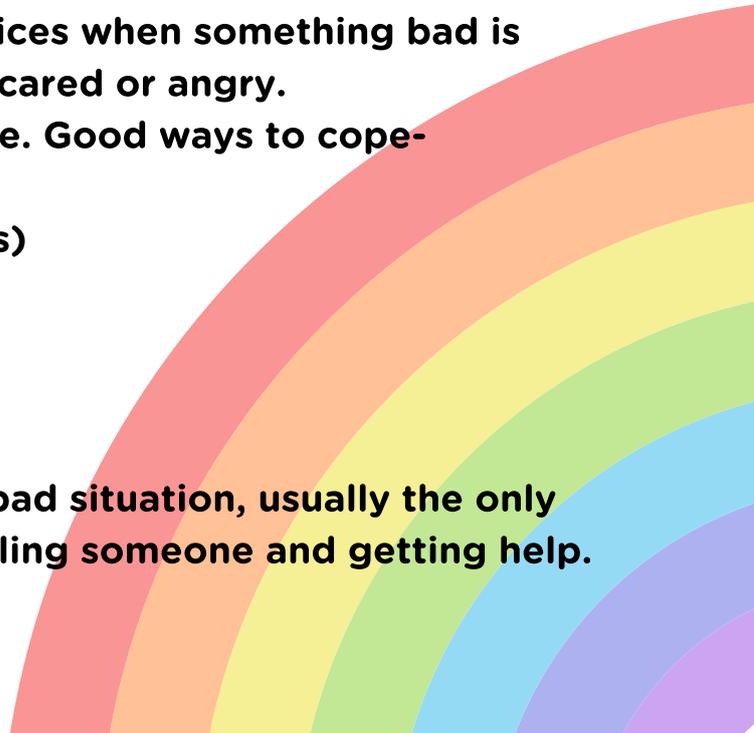
When something bad happens, people do things to try to COPE, which means to try to stay safe and to make themselves feel better.

It can be hard to make good coping choices when something bad is happening- especially if we are feeling scared or angry.

We can try to think of good ways to cope. Good ways to cope-

- Don't hurt anyone (including ourselves)
- Don't break anything
- Help us to feel better
- Help to solve the problem

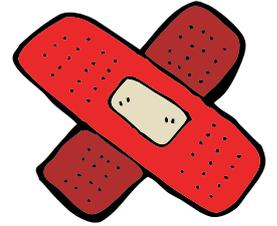
Even if we feel that we can cope with a bad situation, usually the only way to get the problem to stop is by telling someone and getting help.



Cried



**Hurt
Myself**



**Got
Angry**



**Ran
Away**



**Stopped
seeing my
friends**



**Had a
Bath**



**Told a
Teacher**



**Stayed in
my room
alone**



**Carried on
as Normal**



**Hit
Someone**



**Blamed
my
family**



**Rang for
help**



**Listened
to music**



**Made
friends
online**



**Wanted
to stay
in bed**



**Play on my
computer
or console**



**Drew a
picture**



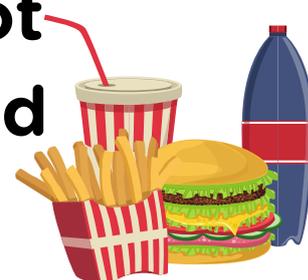
**Ignored
the
problem**



Exercised



**Eaten a lot
or stopped
eating**



**Laughed
it off**



Prayed



**Broken
something**



**Said
something
I didn't
mean**

