



I Can Handle It... I Got It (🌈 A Social Health Story)
(4th Grade – 9-10 yrs.)
Think, Pair, Share: Coping Strategies



STORY CONNECTION – SLIDE 10 (Approx Time: 20-25 mins)

You need to understand that there are different ways to cope depending on the situation that you are in. If you are working on your project and you are feeling overwhelmed, then do something that will help you to calm down so that you can focus on your project. Go for a walk, exercise, bake, clean something, talk to someone about the project, whatever you like to do that will help to calm you down. These are some ways to cope, but remember, you need to find something that works for you. You want to be able to say, “I can handle it...I got it.” Now, let us say that your project is done, and you are now getting ready to present it to the class. You are again feeling **like** you in “over your head.” What do you do? You cannot go for a walk or exercise now – so what do you do to cope with the situation?

Materials needed:

- Coping Strategies Chart (included below- optional) or paper
- Pencils
- Highlighters, markers, colored pencils

Preparation needed:

- Determine if student(s) will use included worksheet.
 - If so, print 1 per student.
 - If not, display chart for student(s) to copy.
- Determine student grouping.

Instructions:

1. In this activity, student(s) will think about ways they can cope with different situations by doing different things. Student(s) will focus on five different areas when thinking about coping strategies: active, relaxing, creative, social, and mindset changes.
2. Start the activity by giving each student Coping Strategies Chart.
3. Discuss what each category on the chart means. See below for the types of Coping Strategies.
NOTE: There are many examples for each category [here](https://www.strong4life.com/en/emotional-wellness/coping/healthy-coping-strategies-for-kids) to help student(s) understand more thoroughly. (<https://www.strong4life.com/en/emotional-wellness/coping/healthy-coping-strategies-for-kids>)
4. Explain to student(s) they will have few minutes to think about each category and list things they can do in each category to cope with a difficult situation.
5. Give student(s) an allotted amount of time to work independently on the chart.
6. Next, student(s) will share their ideas with each other.

7. Have the student(s) pair up and work together for an allotted amount of time.
8. Student(s) can add ideas to their charts as they share ideas with each other.
9. When time is over, have the student(s) come back together as a whole group and share ideas they put on their charts. Again, have student(s) add ideas to their charts that they think would be good coping strategies for them to use.
10. By now, student(s) should have full charts.
11. Lastly, have each student use a highlighter, marker, or colored pencil to mark any strategy they have on their chart that they would really like to try. These colorful strategies will stand out as a reminder that they have more tools in their toolboxes to cope with when things get difficult.
12. In closing, remind student(s) that how we cope with things depends on the situation we are in. Some strategies are not appropriate for every situation, so we need to have others to use. We want to be able to say "I can handle it. I got it!" To do this, we need to have various coping skills and strategies.

Activity Idea Credit: <https://www.strong4life.com/en/emotional-wellness/coping/healthy-coping-strategies-for-kids>

COPING STRATEGIES

Active coping strategies:

- Go for a walk, run or hike.
- Do some yoga or stretching.
- Do jumping jacks.
- Run in place.
- Put on some music and dance.
- Bounce or kick a ball.
- Jump rope or hula hoop.
- Squeeze a stress ball.
- Go for a bike ride.
- Play a family game of tag or basketball.

Relaxing coping strategies:

- Listen to calming music.
- Take some deep breaths ([deep breathing](#)).
- Think of a calm, happy place ([guided imagery](#)).
- Tense and relax your muscles ([progressive muscle relaxation](#)).
- Take a quiet break or rest.
- Have a drink of cold water.
- Close your eyes, and count to 10 or backward from 100.
- Read a book or magazine.
- Take a bath or shower.
- Blow bubbles.
- Hug a stuffed animal.
- Spend time outside. Sit and look at the clouds, or close your eyes and listen to the sounds around you.

Creative coping strategies:

- Color, draw or paint.
- Write a poem.
- Make up a song.
- Play an instrument.
- Write about your thoughts or feelings ([journal](#)).
- Play with Play-Doh.
- Build with Legos or blocks.
- Play with different textures, such as dry rice or shaving cream.
- Make up a new game.

Social coping strategies:

- Play a game with the family.
- Call a friend.
- Cuddle or play with your pet.
- Read a book together.
- Facetime with relatives.
- Share your feelings with someone you trust.

Coping strategies that shift your mindset:

- Think of something positive.
- Focus on 1 thing you are grateful for.
- Close your eyes, and think about something you are looking forward to.
- Look at pictures, or think about a happy memory.
- Focus your energy on the present moment ([grounding](#)).
- Think about something that makes you laugh.
- Create a time capsule with your favorite artwork, homework, report cards and pictures from the past year.
- Practice reframes. Instead of “I am stuck at home,” try thinking, “I’m lucky that I am healthy and safe at home.”
- Focus on what you can control. Create a list of ways to stay healthy (washing hands, eating healthy, getting exercise, etc.). Sometimes just having a plan can help us feel calmer and more in control.

Coping Strategies Chart

NAME:

Active Strategies	Relaxing Strategies	Creative Strategies	Social Strategies	Mindset Changes