

Coping Skills Journal For Kids



Patricia Barnes



This journal belongs to:

.....

.....



GROUNDING TECHNIQUE

Focus on your breathing and count to 20

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

STAR BREATHING



COPING TOOLS

- Take slow, mindful breaths
- Drink a warm cup of water
- Rest and take a break
- Stretch
- Journal or write a letter
- Listen to your favorite music
- Talk to someone you trust
- Get a hug
- Cuddle or play with your pet
- Use positive affirmations
- Use a stress ball
- Blow bubbles
- Make an artwork
- Hug or climb a tree
- Read a book or magazine
- Take a shower or bath

DRAW YOUR FEELINGS

Name:

Date:

Draw your feelings or facial expressions during each scenario below. You can label each feeling below every drawing.

My feelings last night
about
going back to school:

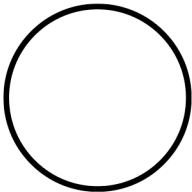

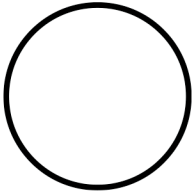

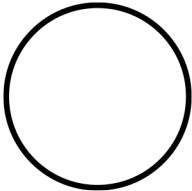

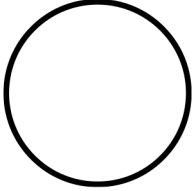

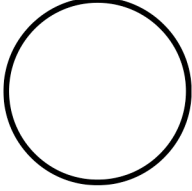

My feelings this morning
before going to school:

My feelings when
I met my friends in
school:

My feelings now that
I'm in school:

MOOD CHART

Color the circle depending on the mood you are feeling while doing each activity.

Activity	Mood	
Breakfast		 happy
Get Dressed		 sad
Class time		 annoyed
Homework		 scared
Free Time		 excited

GROUNDING TECHNIQUE

Focus on your breathing then Identify

5

Things
you can
see

4

Things
you can
touch

3

Things
you can
hear

2

Things
you can
smell

1

Things
you can
taste

CHECK IN

Breathe

Take 5 breathes in and centre yourself



.....

.....

.....

Feel

Check-in with your body and mind. How are you feeling today?



Thank

Name 3 things you are grateful for.



.....

.....

Affirm

Take a moment to say 5 nice things that you like about yourself.



.....

.....

.....

Need

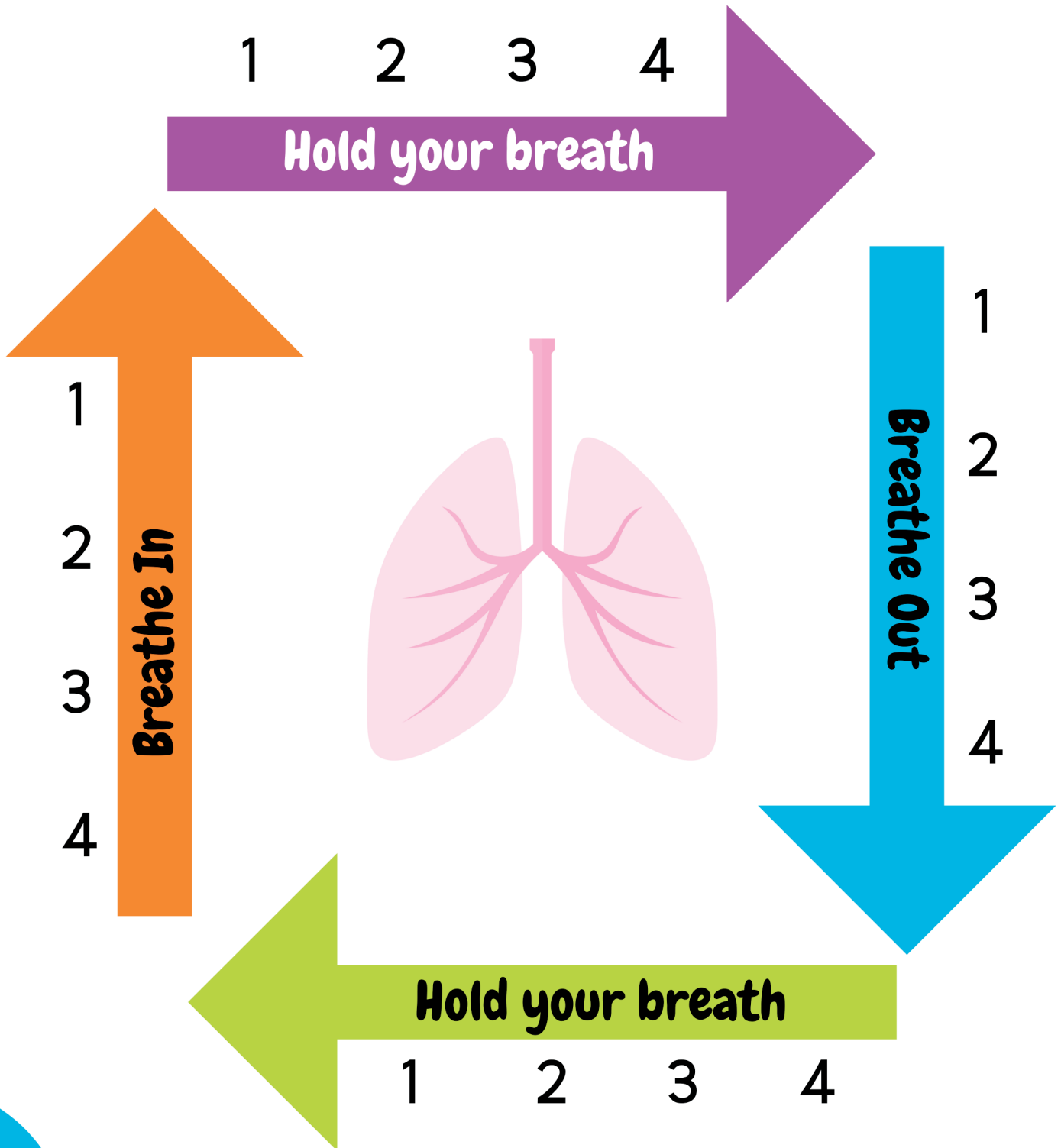
What do you need in order to make yourself feel better?



.....

SQUARE BREATHING


Distract your mind as you count to four, calming your nervous system and decreasing stress in your body.







**THIS FEELING ISN'T
COMFORTABLE,
BUT I CAN
HANDLE IT.**






BY RELAXING THROUGH
THESE FEELINGS
I LEARN
TO FACE MY FEARS.





**BY STAYING PRESENT
AND FOCUSED
ON MY TASK, MY ANXIETY
WILL DECREASE.**





FEELING TENSE IS NATURAL

IT TELLS ME

IT'S TIME TO USE COPING

STRATEGIES



RAIN MINDFULNESS



R

Recognize
what is
going on.

A

Accept the
experience
as it is.

I

Investigate
the thought or
emotion.

N

Non-
identification,
you are not
the emotion.

GROWTH MINDSET

Insted of this

This is the best I can do

I can do this

I'll give up

This is too difficult

I'm araid of making mistakes

I don't understand

I have failed

Say this

I can keep improving

I can practice more

I'll try another way

Challenges help me to grow

Mistakes help me to learn

I can keep learning

I won't give up

SELF CARE CHECKLIST

Today I will

- Be creative
- Read
- Eat healthy
- Take a brain break
- Dance
- Solve a puzzle
- Spend time with family
- Exercise
- Cuddle with a teddy bear
- Write or Journal
- Take a Nap
- Watch a funny show or movie
- Be kind
- Drink water
- Read a book or magazine
- Sleep well

THINGS I CAN CONTROL

My behaviour

My goals

Being Kind

My mood

Willingness to
ask for help

THINGS I CAN'T CONTROL

Being sick

The weather

How others
behave

How others
think

Previous
mistakes

CONTROL ANGER

For parents

Get down on your child's level & communicate with them in a low, soothing voice while maintaining eye contact.

Bring some laughter to the situation, but never at the expense of your child.

Interact with your kid to affirm their emotions and assist them in expressing them.

GROWTH OR FIXED MINDSET WORKSHEET

Tick the correct column then self-assess your work

GROWTH MINDSET

FIXED MINDSET

1. I'm not good at this

2. I love challenges

3. I don't like it when I make mistakes

4. This is too difficult

5. Practise makes perfect


6. I want to try again

7. When I get frustrated, I persevere


8. I can always improve, so I'll keep trying


9. When I fail, I learn

10. I'll never be as smart as her




IT'S NOT
THE WORST
THING THAT
COULD
HAPPEN






I don't need to
eliminate stress
I just need to
keep it under
control






Once I label
my stress
from 1 to 10
I can watch
it go down.





I HAVE SURVIVED
PANIC ATTACKS
BEFORE AND I
WILL
SURVIVE
THIS AS WELL



MINDFULL MINUTE

Breathe

Take a deep breathe & let it out slowly.

Smile

Open your eyes, Take in the world & smile.

Listen

Listen to the sounds around you.

Touch

Use your fingers to feel the air around you.

See

Look around you, What do you see?

STOP WORRYING

Mental distress or agitation resulting from concern usually for something impending or anticipated

**Talk to supportive
relatives & friends**

Meditate

**Inhale & exhale
deeply**

**Keeping a daily
journal of your
feelings**

NOTES

A series of 20 horizontal dotted lines for writing notes.



NOTES

A series of 22 horizontal dotted lines for writing notes.



NOTES

A series of horizontal dotted lines for writing notes.

