

A to Z Coping Strategies

In advance of a situation where your child is upset, try to identify some strategies together that they think could be helpful to them to support them to calm. The chosen ones can go onto a single sheet, or be made into individual cards. When the situation does arise that causes them to feel anxious/upset - remind them of their chosen options and encourage them to select 1-2 and to try these out.

If your child is unable to self-select options, select some on their behalf and try to support your child to use these in the situations that they find difficult. This will also help you to focus on positive strategies and encourage you to also remain calm in times that can be stressful.

It will be beneficial to try the same strategies several times to give your child an opportunity to practise, rehearse and become familiar with a specific strategy. This can also be a helpful way to support consistency.



Here is a blank one to fill with your child, if you would like to make your own A-Z with your child.

COPING A TO Z!

Can you think of a positive coping skill that starts with each letter of the alphabet? For example "R"ide my bike or "L"isten to my favorite song!

A. _____	J. _____	R. _____
B. _____	K. _____	S. _____
C. _____	L. _____	T. _____
D. _____	M. _____	U. _____
E. _____	N. _____	V. _____
F. _____	O. _____	W. _____
G. _____	P. _____	X. _____
H. _____	Q. _____	Y. _____
I. _____		Z. _____



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