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.

A TO Z	OF CO	PING S	Kills
ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	FIND a safe place	G GO to your happy place	HUG a friend or family member
IGNORE people who are annoying you	J JOKES to help you laugh	KIND hands. Keep them to yourself	LISTEN to calming music
MEDITATE use yoga or mindfulness	NAME the emotion you are feeling	OBSERVE Use mindfulness techniques	PAINT your feelings
QQ QUESTION your thoughts	RUN as fast as you can	SEPARATE yourself from the situation	THOUGHTS regative to positive
U USE your safe place	VOICE your concerns	WRITE down your feelings	EXHALE breathe out your feelings
elsa supporte su	YELL as loud as you can into a pillow	Z ZONE out and relax yourself	

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	5	
C	<u>L</u>	T	
D	M	<u> </u>	
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F	Ø	W	
G	P	X	
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