

Coping Strategies Choice Board



In the Classroom

When students feel overwhelmed, guide them to choose a coping strategy from the board (e.g., deep breathing, journaling, movement break). Have them reflect on how it helped.



At Home

Encourage your child to pick a coping strategy when upset or frustrated, then discuss how it helped them manage their emotions.



Coping Strategies Choice Board

Directions: Choose a coping strategy from the board (e.g., deep breathing, journaling, movement break). After you complete the action, reflect on how it helped you cope.

 <p>Write in a journal.</p>	 <p>Take a movement break (jumping jacks, yoga).</p>	 <p>Write two or three positive affirmations (I can handle this).</p>	 <p>Do a body scan to notice how you feel.</p>
 <p>Go to a quiet corner to reset.</p>	 <p>Talk to a friend or trusted adult.</p>	 <p>Use a fidget tool.</p>	



Self-Regulation Scenarios

Grades 3-5



In the Classroom

In pairs or small groups, have students pick a scenario card, discuss how they would handle the situation, and share their responses with the class.



At Home

Read a scenario card with your child and ask them how they would respond. Help them brainstorm assertive, respectful ways to handle challenges.



Self-Regulation Scenarios

Grades 3-5

Directions: Pick a scenario card in your group or with a partner. Discuss how you would handle the situation, and be prepared to share your responses with the class.

Scenario 1

You feel really nervous before presenting in front of the class.

- What thoughts are running through your mind?
- What can you do to calm yourself down?
- Who can help you feel more confident?

Scenario 2

Your friend says something that hurts your feelings, but they don't seem to notice.

- How do you feel in this moment?
- What are some ways you could respond?
- How can you communicate your feelings in a respectful way?

Scenario 3

You forgot your homework and feel really frustrated with yourself.

- What self-talk could help you manage frustration?
- What actions can you take to prevent this from happening again?
- How can you take responsibility without being too hard on yourself?

