

# My Coping Puzzle

## Social Emotional Workshop Exclusive Toolbox Freebie

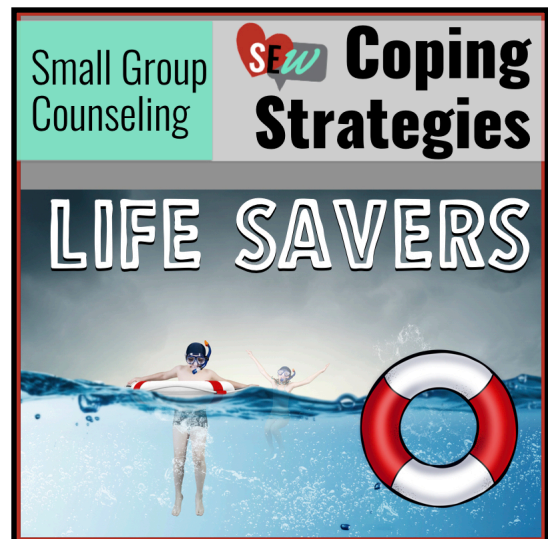
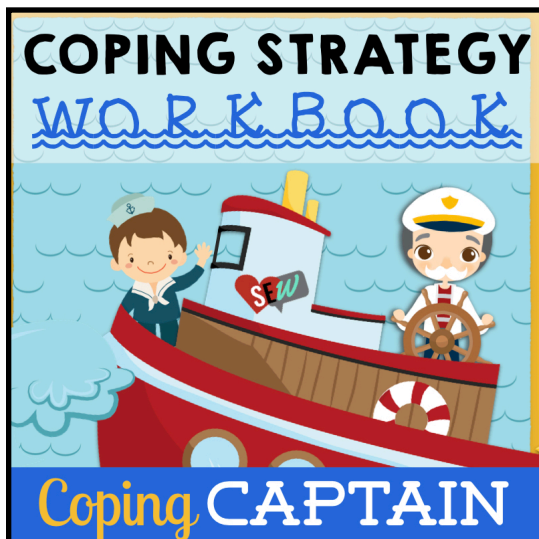
Once students develop self-awareness of their emotions and coping strategies that work for them, it is essential to go the next step that will be make self-management possible.

Have students consider which coping skills match which emotion. For example, you don't want students to use a coping strategy that would be better suited for being frustrated when they are furious. Matching emotion intensity to an effective coping strategy allows students to be independent in managing their emotions and behavior.

Emphasize that everyone's puzzle will look different because different strategies work for each of us. This activity works best when students have a better idea of the range of emotions and have practice with different coping strategies.

Check out Exploring Emotions: Anger Management Activities blog post for additional ideas.

## Related Resources

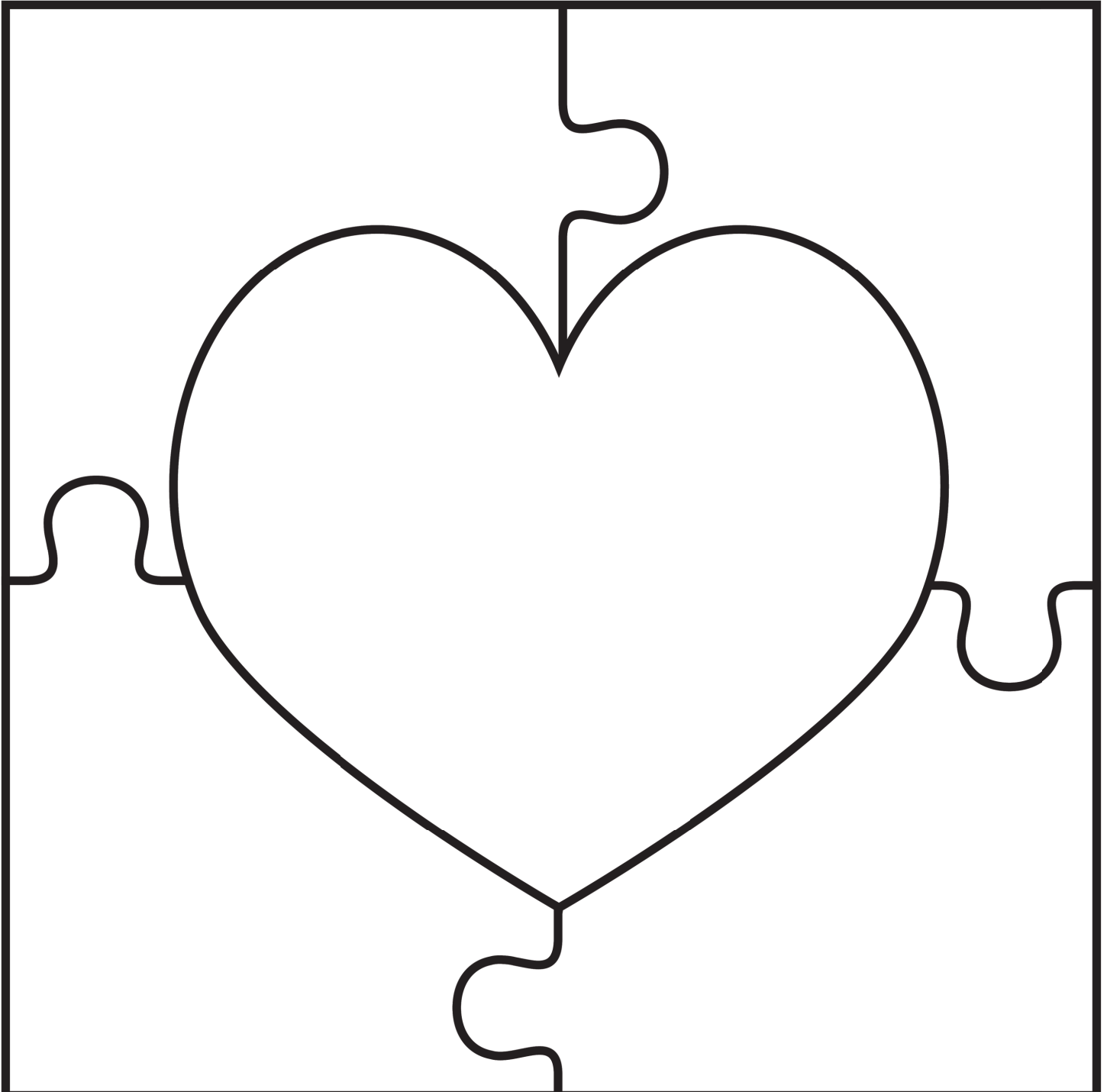


# My Coping Puzzle

Write down an emotion in the heart. In the surrounding puzzle pieces, write down a coping skill you could use to help manage the emotion better. Think carefully about what coping skills would work best.

**Possible Emotions:** frustrated, furious, terrified, depressed, down, bothered, jealous, etc.

**Possible Coping Skills:** deep breaths, drawing, 5-minute break, fidgets, reading, positive thoughts, etc.,





# Social Emotional *Workshop*

In-depth resources that are flexible, evidence-based, and engaging



Hi there! My name is Laura. I am a school psychologist and educational consultant in New York City. During my career, I have also been a Special Education Director and a Director at a camp for children with Autism. Before I knew what to call it, social and emotional learning was my passion. It seems like without that, not much else works very well, amirite? I am truly grateful for the opportunity to share that passion and knowledge with countless professionals and students. What a gift.

[My store](#) is dedicated to in-depth, evidence based resources that school counselors, psychologists and teachers can use flexibly to engage some of our neediest students.

## *Did we just become best friends?*

Please, and I mean please, [contact me](#) with questions or suggestions. I love hearing what you loved or less than loved about a resource, what you are struggling with in your practice, or if you want to grab coffee on a trip to New York. Suggestions are handled quickly, and you will be able to redownload any future revisions. ❤️

Catch a **typo or mistake**? Definitely email me and be kindly rewarded with a freebie from my store. I want a perfect resource as much as you do.

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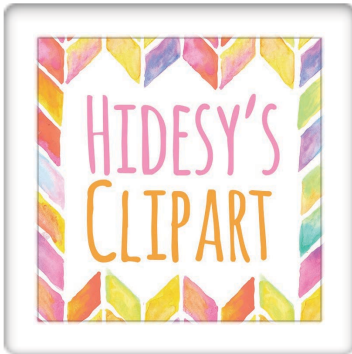
*-laura*



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