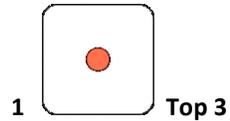
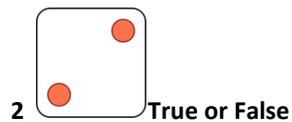


Talk about coping!

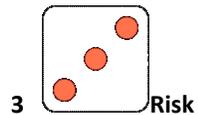
Need: 1 dice. Roll once to pick which category. Roll the second time to pick which prompt.



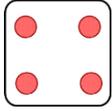
1. Top 3 ways to feel calm?
2. Top 3 ways to treat yourself with kindness?
3. Top 3 things you are grateful for?
4. Top 3 things that make you laugh?
5. Top 3 coping strategies that help
6. Top 3 songs or movies when you are stressed?



1. Everyone experiences tough moments sometimes
2. Exercising and eating healthy and getting enough sleep helps your mood.
3. The thought you have about a situation influences your mood.
4. Taking slow deep breaths is helpful.
5. Crying helps release emotion and eventually helps you feel better.
6. Screaming into a pillow helps.

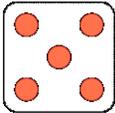


1. Close your eyes and send a positive thought to yourself
2. Hum or sing a song out loud that makes you want to smile or dance
3. What are 3 questions you could ask someone you want to get to know better
4. Smile for 10 seconds and notice how you feel
5. Stretch for 20 seconds and notice how you feel
6. Give someone a compliment and notice how you feel



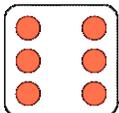
4 **What If..**

1. What if you were feeling down and knew doing something nice for someone or complimenting them would help your mood- what would you do?
2. What if an emotion (like sad or mad) could talk? What would it say? What animal would it be? What would it need?
3. What if you were feeling overwhelmed? Would cleaning your space, organizing, or making a list help?
4. What if a friend asked for advice on how to cope with overwhelm? What would you say?
5. What if you were feeling angry? What would help you the most?
6. What if you told a cheesy joke and someone laughed? What would you say?



5 **Complete it..**

1. My favorite way to exercise or get out energy is..
2. Someone I turn to when I am having a rough time is..
3. Something at home that stresses me out is..
4. When I feel upset I..
5. Something at school that stresses me out is..
6. Something at school that calms me is..



6 **You just..**

1. You just got upset.. do you prefer to be alone or with someone you trust?
2. You just got home from school and are overwhelmed. Would you rather journal, go outside, or listen to music?
3. You just got in a fight with a friend.. would you rather go on a walk, read, or take a bath/shower?
4. You just took slow, mindful breaths... what happened right before?
5. You just laughed so hard you have tears in your eyes.. what happened right before?
6. You walk in and say hello ... and then you say.. I am pretty good... what happened right before?