



- You are annoyed at your teacher because she keeps doing something that you don't like. What should you do?
- A student makes fun of you in front of the whole class, what do you do?
- You're caught playing a game while in class, how should you respond to your teacher when she asks you to focus and stop playing the game?
- Another student spreads a false rumor about you, what should you do?
- A teacher gives you too much homework and you feel overwhelmed, what should you do?
- You are very stressed at home, and can't focus on schoolwork, what can you do with your missing assignments?
- Which of the following are negative coping skills?

Journaling	Yelling	Taking a Walk	Screaming
Meditating	Hitting	Throwing Something	Pushing
Avoiding the situation	Stomping your feet	Walking away	Ignoring someone

- Which of the following are positive coping skills?

Journaling	Breathing	Taking a Walk	Screaming
Meditating	Hitting	Throwing Something	Walking away
Drinking Water	Talking with someone about how you feel		
Drawing/Coloring	Crying	Crying all the time and whining	
Asking for a break "I need a minute"		Hugging a bear/blanket/pet	