

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?

Taking a Walk

Walking away

Throwing Something

Which of the following are negative coping skills?

Avoiding the situation Stomping your feet

Yelling

Hitting

Journaling

Meditating



Screaming

Ignoring someone

Pushing

Which of the following are positive coping skills?

Journaling

Breathing

Taking a Walk

Screaming

Meditating

Hitting

Throwing Something Talking with someone about how you feel

Walking away

Drinking Water Drawing/Coloring

Crying all the time and whining

Asking for a break "I need a minute"

Hugging a bear/blanket/pet

