

COPING STRATEGIES

SCENARIO CARDS



1 BIG FEELINGS

You feel really angry after someone takes your things.

What could help?



Take 3 deep breaths.



Take a break and walk away.



Draw or write about how you feel.

2 FEELING WORRIED

You have a test tomorrow and you're feeling worried.

What could help?



Make a plan and prepare.



Take slow, calm breaths.



Talk to someone you trust.

3 FEELING OVERWHELMED

You have too much to do and don't know where to start.

What could help?



Make a list and prioritise.



Do one small thing at a time.



Take a short stretch break.

4 LEFT OUT

Your friends are playing without you at break time.

What could help?



Talk to a friend or teacher.



Join in a different activity.



Remember your strengths.

5 SAD OR UPSET

You feel sad after hearing bad news.

What could help?



Let yourself feel it.



Do something you enjoy.



Talk to someone you trust.

6 NERVOUS

You are nervous about speaking in front of the class.

What could help?



Practice and prepare.



Take deep breaths.



Use positive self-talk.

7 HAVING A BAD DAY

Nothing seems to be going right today.

What could help?



Go outside for fresh air.



Listen to music you like.



Do something that relaxes you.

8 CONFLICT

You and a friend had an argument.

What could help?



Listen to their side.



Take turns to talk.



Find a solution together.

9 TIRED AND DRAINED

You feel tired and have no energy.

What could help?



Get enough sleep.



Drink water and eat a healthy snack.



Take a rest and recharge.