

Coping Strategies Reflection Mat

Name: _____

Date: _____

1. WHAT HAPPENED?

What was happening?



2. HOW DID I FEEL?

Circle or list how you felt.



Happy



Calm



Worried



Sad



Angry



Overwhelmed

Other: _____

3. WHAT DID I DO?

What did you do at the time?



4. COPING STRATEGIES

Which strategies could help? Choose or write your ideas.



Deep breathing



Move my body



Write or draw



Listen to music



Talk to someone



Take a break



Positive self-talk



Other ideas: _____

5. WHAT WILL I TRY NEXT TIME?

Which strategy will you try?



6. HOW MIGHT THIS HELP?

How might this help you?



7. REFLECTION

What went well?



What could I do differently?



What is one thing I am proud of?

