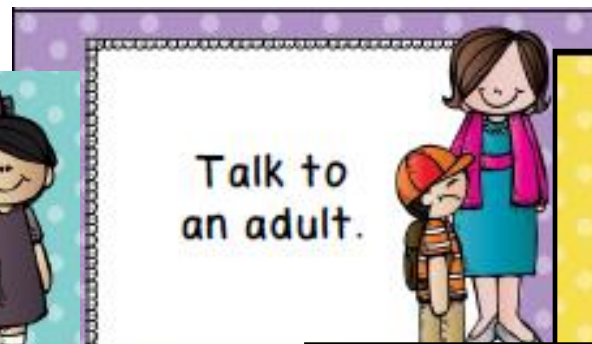
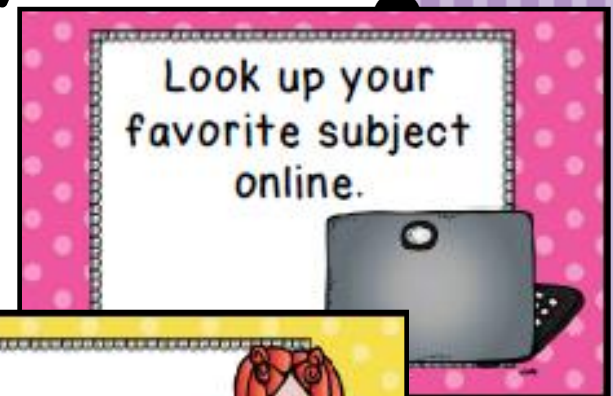
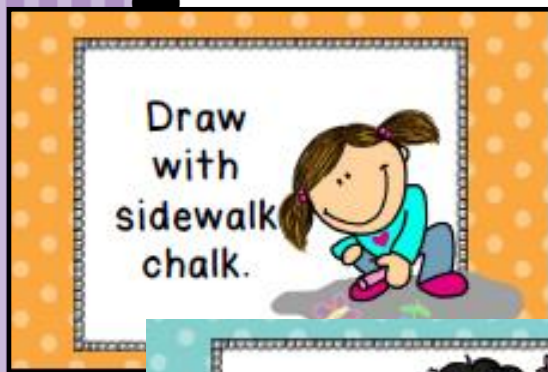


# Coping Skills: Power of Positive Behavior Cards & Activity (60 Card Set)



# Coping Skill Strategy Cards ✦ Activity Overview

## **Directions:**

- Print and cut out the cards. Laminate for durability.
- Print the worksheets as needed.
- After the child reviews the activity on the card, have them place each card in either the “Good Choice for Me” or “Not a Good Choice for Me” area of the worksheet.
- After the child has reviewed all of the cards, fill out the “Things I Can Do to Feel Better” worksheet.
- You can enrich the activity by having the child use a star rating system for the activities they have chosen. (1 star = might help - 5 stars = will definitely help)
- Follow up by reviewing which activities they tried when they were upset and how helpful they were.
- It’s a good idea to make an extra copy of the list of activities to either share parents/teachers or in case the first one is lost.

## **Cards can also be used as visual aides.**

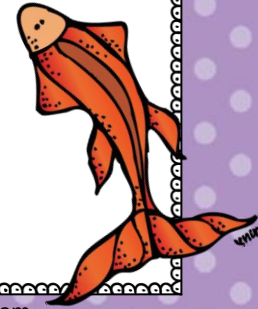
- Print and laminate.
- Hole punch the upper left hand corner and attach a ring or hook to bind them all together.
- Students may either keep their own set of cards or the cards can be placed in a “cool-down area”.

Talk to  
an adult.



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Watch  
fish  
swim.



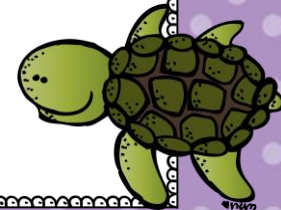
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Play with  
your pet.



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Slow  
down.



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Go  
outside.



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Take care  
of your  
pets.



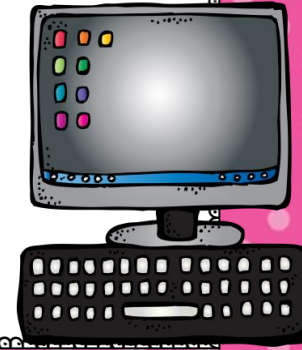
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Take pictures.



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Play the computer.



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Look up your favorite subject online.



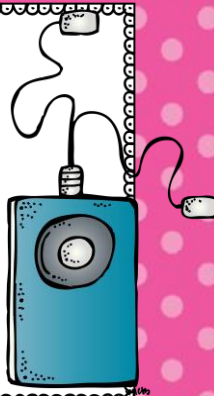
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Use the iPad or tablet.



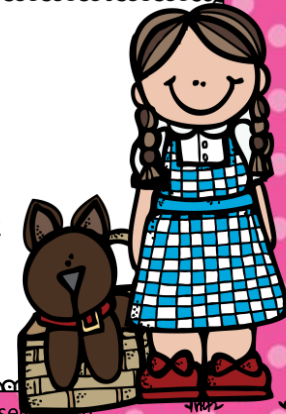
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Listen to music.



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Watch your favorite movie.



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Exercise.



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Play your  
favorite  
game.



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Try  
something  
new.



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Stop  
what you  
are  
doing.



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Stretch  
or do  
yoga.



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Get a  
drink of  
water.



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Jump  
rope.



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Dance or  
rock out  
to music.



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Run.



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Make a  
list of  
the good  
things in  
your life.



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Go for a  
walk.



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Go  
swimming.



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Be  
creative.



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Do  
something to  
make the  
world a  
better place.



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Read a  
good  
book.



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Draw or  
write in  
your  
journal.



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Do  
something  
that makes  
you smile.



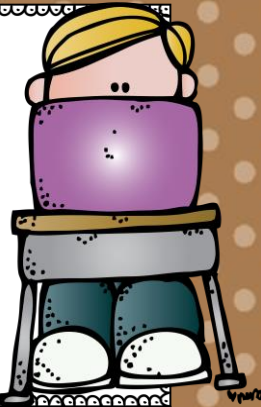
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Learn  
something  
new.



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Get  
caught  
up on  
your  
work.



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Eat  
balanced  
meals.



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Play  
sports.



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Play  
number  
games.



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Take a  
short  
break.



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Research  
something  
interesting.



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Show  
you  
care.



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Hang  
out  
with  
your  
friends.



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Help  
a  
friend.



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Express  
yourself.



© thehelpfulcounselor.com

Sing a  
song.



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Play an  
instrument.



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Do 10  
sit-ups.



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Do 10  
jumping  
jacks.



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Do 10  
toe  
touches.



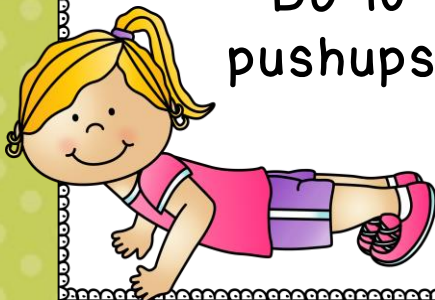
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Do 10  
knee  
bends.



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Do 10  
pushups.



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Jog in  
place while  
you count  
to 10.



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Ride the merry-go-round.



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Fly a kite.



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Play with a friend.



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Swing on the swings.



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Climb the monkey bars.



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Slide on the slide.



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Draw  
with  
sidewalk  
chalk.



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Act out a  
play or your  
favorite  
movie.



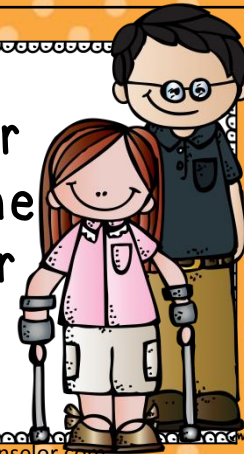
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Eat a  
healthy  
snack.



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Talk to or  
spend time  
with your  
dad.



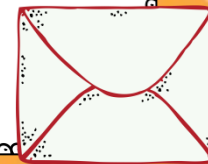
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Talk to or  
spend time  
with your  
mom.



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Write a  
letter or note  
to a friend or  
family  
member.



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**Which ones are  
best for me?**

**Good choice for me.**

**Not a good choice for  
me.**



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