

# Counselor Lesson

## Emotional Regulation and Coping Strategies

### Message for Parents:

All kids need coping strategies to help them manage feelings and emotions, like anger, sadness, worry, and frustration. Our coping strategies are the activities we engage in that calm us down and make us feel better. It's important to teach these strategies explicitly so that kids can learn healthy ways of dealing with those emotions.

### Guidance Lesson

Coping strategies are the skills and activities we use to help us deal with big emotions. It's normal to feel all different emotions. You might feel worried when you remember you have a test, frustrated if you don't know how to solve a problem, angry if your favorite class is canceled, or sad when you miss a friend. It's important to learn how to cope, or deal, with those emotions so you can help yourself feel calm and happy again. Practicing these strategies ahead of time is important so you can use them when you need them.

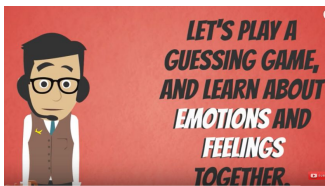
Prek-2nd: How to cope with your feelings and emotions

Click [here](#) for Mrs. Flores' Lesson

3rd-5th: Managing and coping with your feelings and emotions

Click [here](#) for Mrs. Flores' Lesson

Let's start by identifying emotions and feelings. Click on the image below to play a game of emotions and feelings.



Activity: Make your own list of coping skills by using the letters in your name. Reference the chart below.

Click on the image below to open the A to Z Coping Skills Resource.

A TO Z OF COPING SKILLS			
<b>A</b> ASK for help	<b>B</b> BREATHE slowly and slowly	<b>C</b> COUNT forwards or backwards	<b>D</b> DRINK some cold water
<b>E</b> EXERCISE run, jump, skip, kick a ball or walk fast	<b>F</b> FIND a safe place	<b>G</b> GO to your happy place	<b>H</b> HUG a friend or family member
<b>I</b> IGNORE people who are annoying you	<b>J</b> JOKES To help you laugh	<b>K</b> KIND Hands. Keep them for yourself!	<b>L</b> LISTEN To calming music
<b>M</b> MEDITATE use paper or mindfulness	<b>N</b> NAME the emotion you are feeling	<b>O</b> OBSERVE like mindfulness techniques	<b>P</b> PAINT your feelings
<b>Q</b> QUESTION your thoughts	<b>R</b> RUN as fast as you can	<b>S</b> SEPARATE yourself from the situation	<b>T</b> THOUGHTS negative to positive
<b>U</b> USE your safe place	<b>V</b> VOICE your concerns	<b>W</b> WRITE down your feelings	<b>X</b> EXHALE breathe out your feelings
<b>Y</b> YELL as loud as you can into a pillow	<b>Z</b> ZONE out and relax yourself		

Review the coping skills that you identified using your name: **In red are possible scenarios of when to use these skills.**

Click on the image below to watch a video about why we lose control of our emotions.



Read the following scenarios and think about how to cope with your emotions in a healthy way. **In red are possible coping skills that you can use.**

1. You were going to ride your bike, but now it is raining. How are you feeling? Disappointed, upset, frustrated... **I can ask my parents to allow me to do a different activity while it rains remembering that I will have other opportunities to ride my bike.**
2. You woke up from a nap and didn't hear anyone in the house. How are you feeling? Scared, lonely, confused... **I can stop and practice my breathing techniques by breathing deeply and slowly while thinking about where my family said they would be while I took a nap.**
3. You got a late start on your school work and now you

## **EXAMPLE**

**Mrs. Flores:**

**M** -Meditate when you are feeling overwhelmed or anxious

**R**- Run as fast as you can when you are angry about a situation

**S**-Separate yourself when you are angry about the situation

**F** - Find a safe place to go when your emotions feel out of control

**L** - Listen to calming music when you have worries

**O**- Observe the world around you- use your senses to connect with your environment to gain control of your emotions

**R**- Reach for something that brings you joy when feeling sad, lonely, or angry

**E** - Exercise when feeling upset, angry, or overwhelmed

**S** - Sketch- draw out or write out your feelings

think you're not going to finish. How are you feeling?  
Worried, nervous, upset...

I can listen to calming music while I organize my assignments due. Prioritizing which ones need to be turned in first.

4. You were going to watch TV when your parents said it was time to clean up. How are you feeling? Mad, frustrated, disappointed....

I can voice my concerns with my parents by asking if I can watch TV after I finish cleaning up.

Remember that we all feel emotions, but sometimes we feel them in different ways and at different times. We are all different and need coping strategies for different reasons!

## Additional Resources

<u>PreK-2</u>	<u>3-5</u>
<p>I Can Handle It! A book reading of different scenarios kids face and how to handle it. <a href="https://www.youtube.com/watch?v=NxIOfHOiAqs">https://www.youtube.com/watch?v=NxIOfHOiAqs</a></p> <p>Breathing with Elmo <a href="https://www.youtube.com/watch?v=_mZbzDOpyIA&amp;list=PLXnG6o_p4RhUVIDcy75g87daGCmhB-iBq&amp;index=1">https://www.youtube.com/watch?v=_mZbzDOpyIA&amp;list=PLXnG6o_p4RhUVIDcy75g87daGCmhB-iBq&amp;index=1</a></p> <p>Breathe with me <a href="https://www.youtube.com/watch?v=2PYHmihv3wY">https://www.youtube.com/watch?v=2PYHmihv3wY</a></p>	<p>Listening to my body <a href="https://www.youtube.com/watch?v=NIV00-BUvlo">https://www.youtube.com/watch?v=NIV00-BUvlo</a></p> <p>My Magical Breath <a href="https://www.youtube.com/watch?v=VGmauNIYPCo&amp;t=29s">https://www.youtube.com/watch?v=VGmauNIYPCo&amp;t=29s</a></p> <p>Bobby- taking a break <a href="https://www.youtube.com/watch?v=YMM67Le2VHA&amp;list=PLXnG6o_p4RhUVIDcy75g87daGCmhB-iBq&amp;index=2">https://www.youtube.com/watch?v=YMM67Le2VHA&amp;list=PLXnG6o_p4RhUVIDcy75g87daGCmhB-iBq&amp;index=2</a></p>