

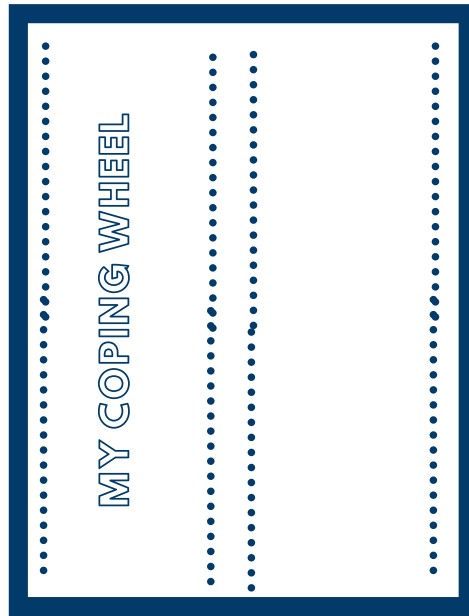
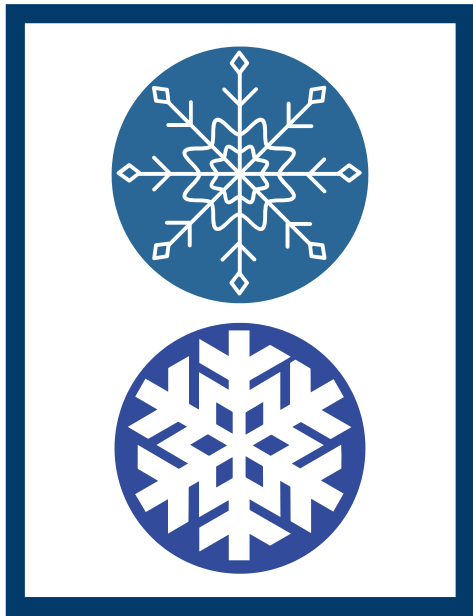
MY COPING WHEEL

When we feel big emotions, our body often reacts physically! By being a detective, you can identify how different emotions feel, and figure out which coping strategies work best for you!

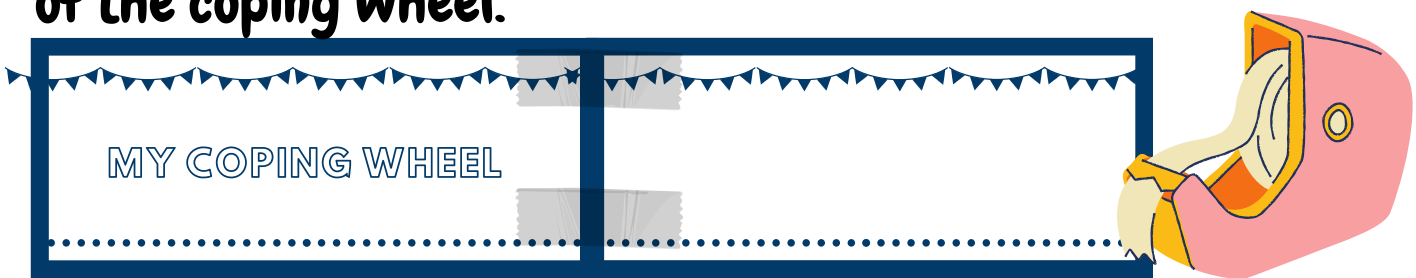


1. Cut out the pieces for the activity using the picture instructions bellow.
2. Choose 6 emotions and cut them out.
3. Glue one emotions card on each snowflake.
4. On the snowflake, write down all the ways you can cope with each emotion.
5. Attach the snowflake to the wheel and hang it up!

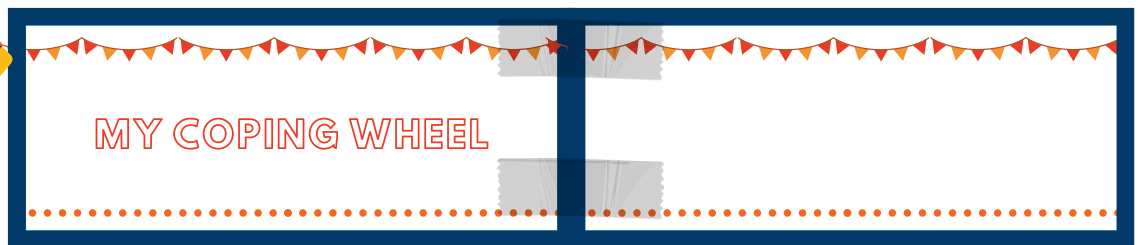
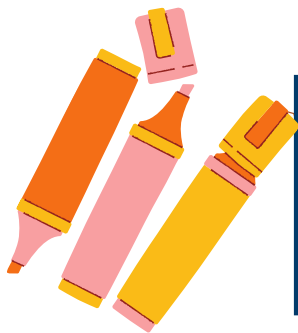
Step 1. Cut out each snowflake and the coping wheel.



Step 2. Tape together the two pieces of the coping wheel.



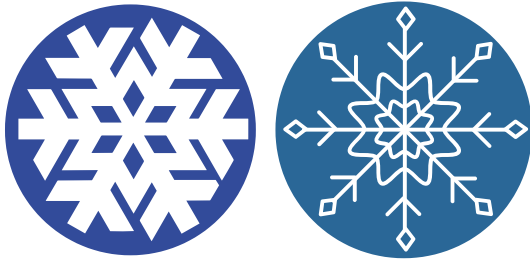
Step 3. Decorate the coping wheel.



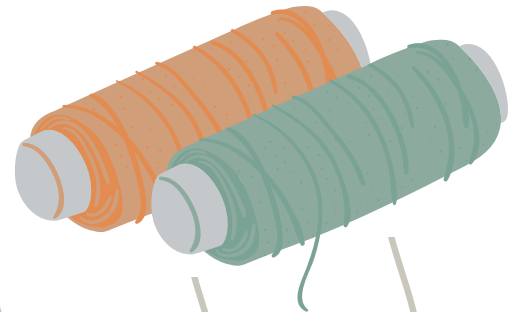
Step 4. Tape the two ends together to make a wheel.



Step 5. Cut and past one emotions face onto each snowflake. Then write ways to cope with that emotion on the back.



Step 6. Tape a piece of string on each snowflake.



Step 7. Connect the pieces together to make a coping wheel.





MY COPING WHEEL



COPING IDEAS



MEDIATION



PUZZLES



PET AN
ANIMAL



BELLY BREATH



SQUEEZE A
PILLOW



LISTEN TO
MUSIC



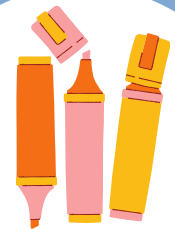
DRINK A
COOL DRINK



CUDDLE
STUFFED
ANIMAL



READ



DRAW OR
COLOR



GO FOR
A WALK



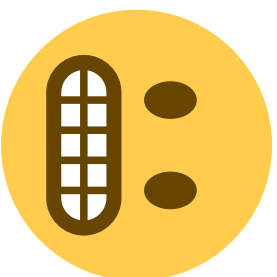
WRITE IN
A JOURNAL



ANNOYED



TIRED



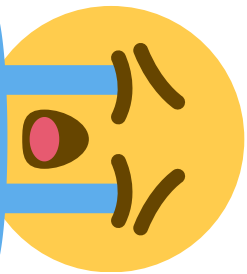
NERVOUS



SAD



SICK



DISTRAUGHT



ANGRY



FRUSTRATED



LONELY



WORRIED



CONFUSED



EMBARRASSED



DISAPPOINTED



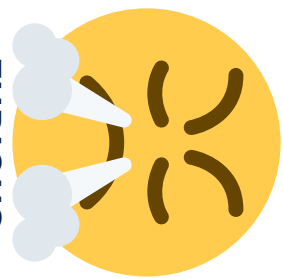
ASHAMED



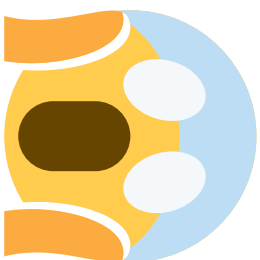
UNCOMFORTABLE



ANXIOUS



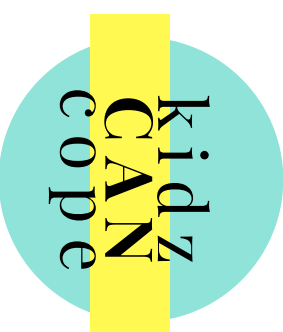
FURIOUS



SCARED



SHOCKED



**Kidz
CAN
cope**





