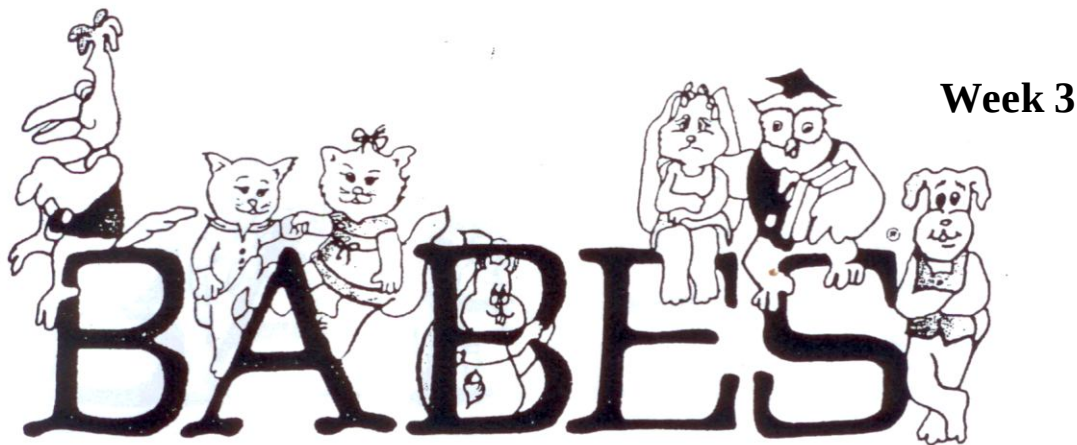




Week 3

Donovan Dignity says: Learning to cope is as easy as 1-2-3:

- Step 1:** Think and ask “Is there anything I can do about this problem?”
- Step 2:** If the answer is “no,” then say “OK, I guess that’s the way it is.”
- Step 3:** Think of how to change your sad feelings and do something to make yourself feel better.

REMEMBER: Drawing a coping sun will help you cope with any situation.

Dear Parent/Guardian:

Today your child learned about how to handle a disappointment through coping skills. Sometimes things happen that children cannot control, like the weather, and they cannot change these things. The story today explains that even when children cannot change things they don’t like, they can change their own feelings about what happened and make themselves feel better. The most important thing your child learned is that there are choices available to them in any situation.

Some suggestions for helping your child develop good coping skills include:

- Write different situations down on strips of paper or make a spin wheel and write them down. Have your child pick a paper, or spin the wheel and tell how he/she would react in that situation and what they could do to make things better. This shows children that their words are very important in handling a situation, rather than hitting or striking out in anger.
- Show children there are “natural” ways of relaxing and handling uncomfortable stresses. Direct children in some relaxation exercises such as shaking their arms and relaxing different parts of the body.
- Model effective coping behavior yourself. Be mindful of reaching for a pill or a drink to relax or calm down after a bad day. Remember, children learn first from you.

If you are interested in more information, feel free to contact Amanda Persaud or Candy Varroney at (732) 248-7361.

Turn Page Over



Student's Name: _____

BABES LESSON 3: COPING SKILLS

Dear Parents/Guardians,

This week, your son/daughter learned about coping skills. A coping skill is something that you do to help you through an unhappy situation you cannot change. For example, if your best friend moves away, you might feel lonely and unhappy. You can't make your friend move back but you can make a new friend or keep in touch with your friend who moved by telephone, letters or arrange to visit each other. Often a coping skill can help you change your feelings. After I tell or share an unhappy experience or feeling, I begin to feel better.

ASSIGNMENT:

Please help your child make a "coping sun." On the back of this page is a sun. On each ray help your child to name a coping skill he/she uses to help them through an unhappy situation. Each time they use a new coping skill they should add it to their sun.

