



# 4TH GRADE COPING SKILLS ACTIVITY

## MATERIALS

- Video: K.E.Y. Coping Skills
- Coping Skills worksheet
- Writing utensil
- Several 6-sided dice

## AIM

Students will learn to identify personal stressors and practice healthy activities to cope with them.

## GOAL

Students will learn about different stressors, the emotions they cause and learn a variety of coping strategies they can use to respond to those stressors.

## AREA OF CONCENTRATION

1. Coping skills
2. Stress

## OUTCOMES

### SOCIAL & EMOTIONAL DEVELOPMENT

**SE.1.C.04** Utilize coping skills for managing life changes or events

**ME.4.D.04** Identify personal stressors in daily living and describe strategies to deal with these stressors

### ACADEMIC DEVELOPEMENT

**Communication Arts** - Speaking and writing standard English (including grammar, usage, punctuation, spelling, capitalization)

## ACTIVATION

Introduce the lesson by asking students to name a situation that causes each of the following emotions: **nervous, sad, excited, angry, shy, disappointed.** Write the situations and corresponding emotions on the board.

Explain that there are special skills they can use to feel better faster when they feel these emotions.

Play the K.E.Y. coping skills video.

### **Optional Teacher's Dialogue:**

"The next part of your K.E.Y. Secret Agent training is to learn how to deal with any anger, confusion, sadness, etc. you may feel during a mission. Missions are not easy, and if you don't know what to do when something goes wrong, it will make it a lot harder to complete the mission. First, we are going to hear a message from Captain Cat to learn some of the skills we can use to make ourselves feel better when times get hard."

## **STATED OBJECTIVES**

1. Students will learn about different kinds of stressors and identify some they have in their own life.
2. Students will learn a variety of coping skills to deal with stressors and practice them in groups.
3. Students will describe their personal stressors and select coping strategies they will use to deal with each stressor in the future.

## **MODELED PRACTICE**

Explain that all of the emotions on the board are kinds of stress and the situations are stressors. Stress is your body's response to change, and it is a normal reaction to certain situations or events in your life. Stress can feel like being nervous, disappointed, excited, sad, angry lonely, shy or bored and it can be negative or positive. Stressors are situations that cause negative stress, or distress, and they can range from big events like the death of a family member to small events like running late to class. Ask students to name some stressors they experience in their daily life.

## CHECK FOR UNDERSTANDING

Have students split up into groups of 4 or 5 and give each group a list of stressors (page 4). For each stressor, allow 1 minute for groups to discuss what kind of feelings and emotions that stressor might cause. You may have one person from each group record responses. Have a speaker from each group share the group's thoughts after each 1 minute discussion.

## GUIDED PRACTICE

The students will now stay in groups and play the coping skills dice game. Give each group a die and a list of coping strategies (page 5). Explain that these coping strategies are tools that can be used to relieve feelings caused by stressors. Students will take turns rolling the die and practicing the coping skill that corresponds to the die number. Then they will list a stressor they believe that coping strategy would work well to relieve.

## INDEPENDENT PRACTICE

Students will now complete their coping skills worksheet independently. They will list personal stressors that cause them to feel different emotions and choose a coping strategy they can use for each stressor in the future.

The optional bonus mission asks students to write 10 things they like about themselves. Invisible ink pens may be used for this exercise to provide privacy.

## CLOSURE

Once students have completed their worksheets, ask the class questions like, **“what will you do if you’re stuck on your homework tonight”** or **“what will you do the next time a big game gets rained out?”**

Students should be able to identify the emotions they'd feel and healthy strategies to cope with these everyday situations.

## LIST OF STRESSORS

- 1. You are confused by your homework.**
- 2. You are running late to school.**
- 3. Your parents are fighting.**
- 4. A classmate is spreading rumors about you.**
- 5. You are walking through a crowd with a parent and could get lost.**

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## COPING STRATEGY LISTS FOR DICE GAME

- 1. Take 10 deep breaths**
- 2. Say 3 things you like about yourself**
- 3. Name 3 things you're thankful for**
- 4. Jump up and down as high as you can**
- 5. Say 2 things you can see and 2 things you can feel**
- 6. Smile**

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# COPING SKILLS MISSION

## INSTRUCTIONS:

Lots of situations and emotions can cause stress. Good agents are able to identify these stressors so they can cope with them. To start this mission, write about or draw a picture of a time when you feel each of the following emotions.

EX: I feel embarrassed when someone can't understand my accent.

NERVOUS

LONELY

EXCITED

CONFUSED

EMBARRASSED

DISAPPOINTED

JEALOUS

PROUD



# COPING SKILLS MISSION

## INSTRUCTIONS:

Read through this list of healthy coping strategies and circle at least 5 of your favorite ones.

Then go back to the first page where you described your stressors. Write the number of a coping skill you think would help for each stressor situation in the box.

1. Take 10 deep breaths.
2. Take a walk outside.
3. Name 3 things you're thankful for.
4. Sing your favorite song.
5. Squeeze a stress ball.
6. Say 3 things you like about yourself.
7. Take a cold shower.
8. Jump up and down as high as you can 10 times.
9. Go to a quiet room, close your eyes, and imagine your favorite place in the world.
10. Write down what you're upset about and why.
11. Do something nice for someone.
12. Read a few pages of your favorite book.
13. Play with your pet.
14. Ask a trusted adult.
15. Go hangout with your friends.
16. Make yourself smile and laugh.
17. Give someone a hug.
18. Drink some cold water.
19. Yell into your pillow as loud as you can.
20. Look at pictures from your favorite memories.



# COPING SKILLS MISSION

## BONUS MISSION:

**Write 10 things you like about yourself. You can use an invisible ink pen if you have one! Next time you get upset, you can look at this paper and remember just how awesome of an agent you are!**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_



# COPING SKILLS ANSWER KEY/DISCUSSION

## ANSWER KEY

### SECTION 1

Make sure each emotion square has a life event or situation drawn or written in. Each square should also have the number of a coping skill written in or next to it.

### SECTION 2

Make sure there are at least 5 coping skills circled.

## DISCUSSION QUESTIONS

Following up this activity with a few discussion questions helps students solidify the concepts and skills taught, especially when it is completed as an at-home lesson.

Share what you wrote/drew for 2 of the emotion boxes at the beginning of the worksheet.

Have you ever used one of the coping skills on the list before to calm down in a stressful situation?

Can you come up with any coping skills that you use that you did not see on the worksheet?

What were your favorite coping skills that you saw on the worksheet?