



3RD GRADE COPING SKILLS ACTIVITY

AREA OF CONCENTRATION

1. Coping Strategies
2. Stress

MATERIALS

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

AIM

Students will learn to respond to uncomfortable feelings and negative stress with healthy coping strategies.

GOAL

Students will learn the difference between distress and eustress, how they affect a person, and healthy coping skills to deal with those feelings.

OUTCOMES

SOCIAL & EMOTIONAL DEVELOPMENT

SE.1.C.03 Identify coping skills for managing life changes or events.

ME.4.D.03 Describe healthy activities and coping strategies to deal with uncomfortable feelings and emotions. Differentiate positive and negative stress and how they can affect a person

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 stress and other negative emotions 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 things get hard.”

STATED OBJECTIVES

1. Students will identify situations that cause stress and how those situations make them feel.
2. Students will learn the difference between negative stress (distress) and positive stress (eustress) and how they can affect a person.
3. Students will learn the difference between healthy and unhealthy reactions to stress and practice identifying them.
4. Students will learn a variety of coping skills and make their own list of skills to use in different situations.

MODELED PRACTICE

Explain that all of the emotions on the board are kinds of stress. 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. Not all stress is bad. In fact, sometimes stress is necessary and it can motivate you to be your best.

Explain that **positive stress is called “eustress” and negative stress is called “distress.”** You may write these terms on the board. Ask students which kind of stress each of the situations on the board would cause.

CHECK FOR UNDERSTANDING

Have students split up into groups of 4 or 5. Give each group a stress scenario (page 4) and allow 3 minutes for them to discuss what kind of feelings and emotions that situation would cause and decide if it is a eustress or distress situation. You may have one person from each group record responses. Have a speaker from each group share the group's thoughts. Correct a group if they chose the wrong form of stress.

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 distress. Students will take turns rolling the die and practicing the coping skill that corresponds to the die number.

INDEPENDENT PRACTICE

Students will now complete their coping skills worksheet independently. Students will practice identifying situations that cause distress and eustress, differentiate between healthy and unhealthy reactions to stress and choose from a list coping skills they can use 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 the students have completed their worksheet, 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 list healthy coping strategies they can apply to these everyday situations.

STRESS SCENARIOS

It's your first day of summer camp. None of your friends from school are going, but your parents wanted you to go anyway.

You get in a fight with your sibling, and they call you stupid in anger.

Your parents have been fighting a lot lately, so you try to stay in your bedroom most of the time.

You have to give a speech to your class tomorrow, but you don't like talking in front of big groups of people.

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:

Stress is your body's response to change. Stress is a normal reaction to certain situations or events in your life. Not all stress is bad. Some stress is necessary. Positive stress (eustress) can motivate you to do your best.

Read each situation and choose if it causes distress (negative stress) or eustress (positive stress).

1. Bravo is about to start his first day of school.

- A.** eustress **B.** distress

2. Echo just failed a test.

- A.** eustress **B.** distress

3. Delta's dad did not make what she wanted for dinner.

- A.** eustress **B.** distress

4. Charlie has a big soccer game coming up.

- A.** eustress **B.** distress

5. Bravo's parents are getting a divorce.

- A.** eustress **B.** distress

6. Captain Cat is trying a new hobby, but it's pretty hard to learn.

- A.** eustress **B.** distress



COPING SKILLS MISSION

INSTRUCTIONS:

When agents feel negative emotions like stress, they can choose to react in a healthy way or an unhealthy way. Healthy reactions help you feel better faster. To complete this mission, separate the healthy reactions and the unhealthy reactions.

1. Go for a walk
2. Listen to music
3. Slam a door
4. Take a deep breath
5. Throw something
6. Squeeze a stress ball
7. Say 3 things you like about yourself
8. Stomp your feet
9. Sing your favorite song
10. Get into a fight

HEALTHY REACTIONS

UNHEALTHY REACTIONS



COPING SKILLS MISSION

INSTRUCTIONS:

Read through this list of healthy coping strategies and circle at least 5 of your favorite ones. Use these strategies the next time you are in a stressful situation.

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.



ANSWER KEY

SECTION 1

1. A
2. B
3. B
4. A
5. B
6. A

SECTION 2

Healthy Reactions:	Unhealthy Reactions:
1	3
2	5
4	8
6	10
7	
9	

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.

What is the difference between eustress and distress?

Can you give an example of eustress that you have experienced before?

Can you give an example of distress that you have experienced?

Can you share 2 healthy reactions to a distress situation and 2 examples of unhealthy reactions?

Have you ever done any of the healthy or unhealthy reactions listed on the worksheet?