

Create Coping Skills Champions at Home

Family Activity e-book

10 Activities you and your family can do together to identify feelings and practice coping skills

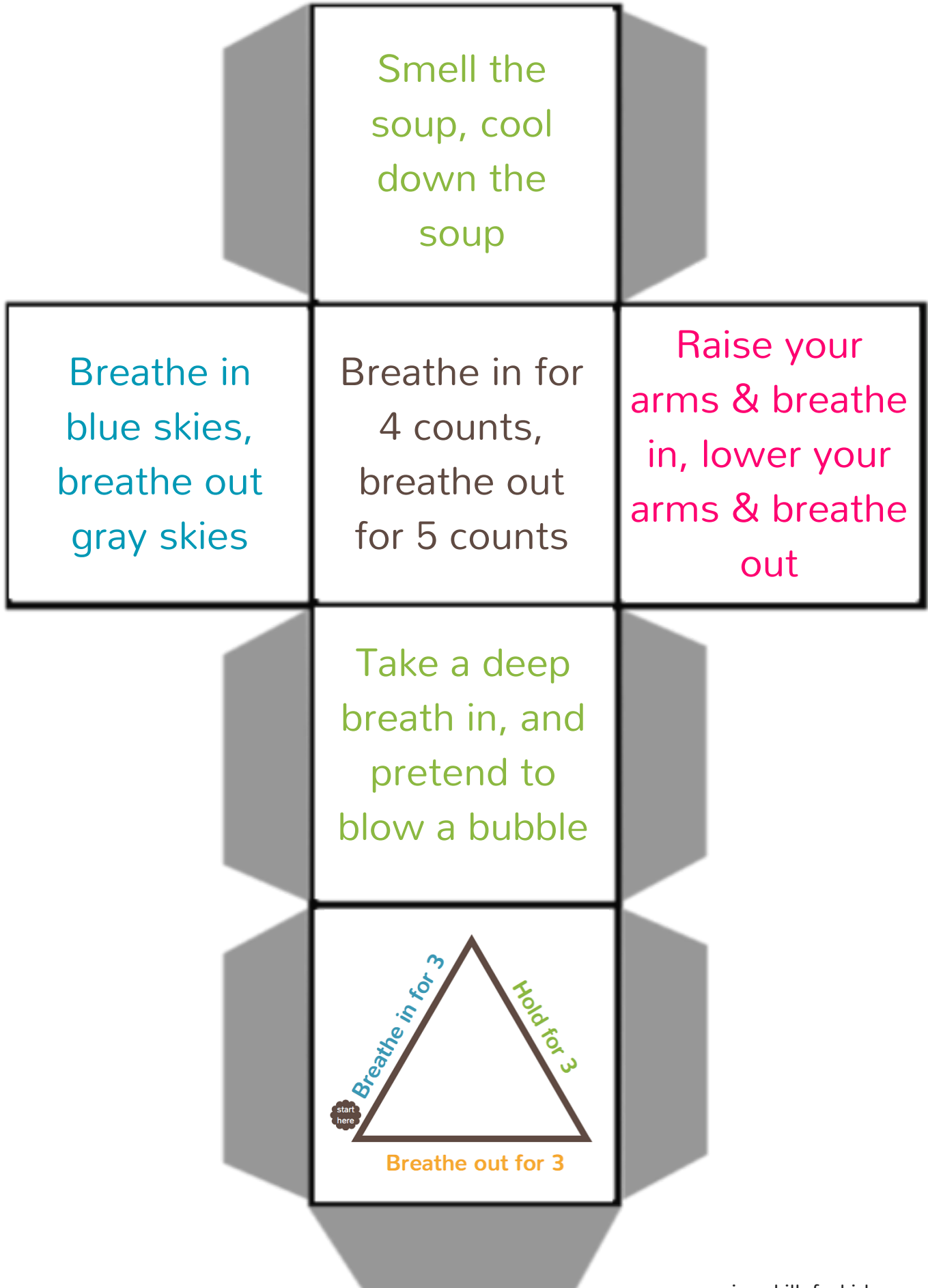


Family Activity: Deep Breathing Dice

This is a playful way to try several different ways of deep breathing. Print out the sheet (if you want a sturdier cube, print on card stock). Cut out the dice, and fold along the lines. Gently fold the paper into a cube. Tuck in the flaps and tape all the sides down. I find that scotch tape works best when taping the cube together. Once it's all done, take turns rolling the dice with your child and following the directions of the side that lands on the top.



Deep Breathing Dice

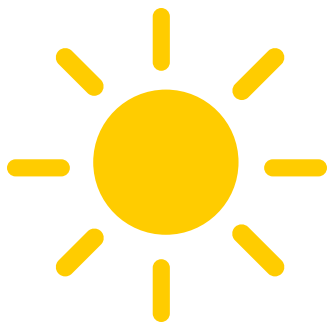


Family Activity: Encouragement Cards

Use these encouragement cards to do a random act of kindness. It can make someone's day when they receive something special and unexpected. It feels great to do something kind for someone and know that you made a difference for them. Plus, doing random acts of kindness are a great distraction. It allows you to focus on someone else, instead of dwelling on what's going on for you.

Decide as a family how you would like to use them. You can either give them to someone face to face, or leave it for someone to find as a surprise. You could leave one for the mail delivery person, or the secretary at school. Or you could encourage kids to give one to a family member, just because. Have some fun and encourage kids to be kind!





A little sunshine
to brighten
your day!

A smile just
for you!



You
Rock!

You're
Awesome!

Have a
great
day!



You make my
heart happy!

YOU MAKE
ME SMILE!

You're a
star!!



Family Activity: Feelings Memory

This is a playful way to get familiar with different feelings. It's like regular memory, but using feeling faces instead.

Print out the feelings memory printable on heavy paper and cut out all the feelings faces squares. Or print it out on regular paper, cut out all the feelings faces squares and paste on cardboard or heavy paper. You want to use heavy paper or paste it to heavy paper so you can't see through the cards.

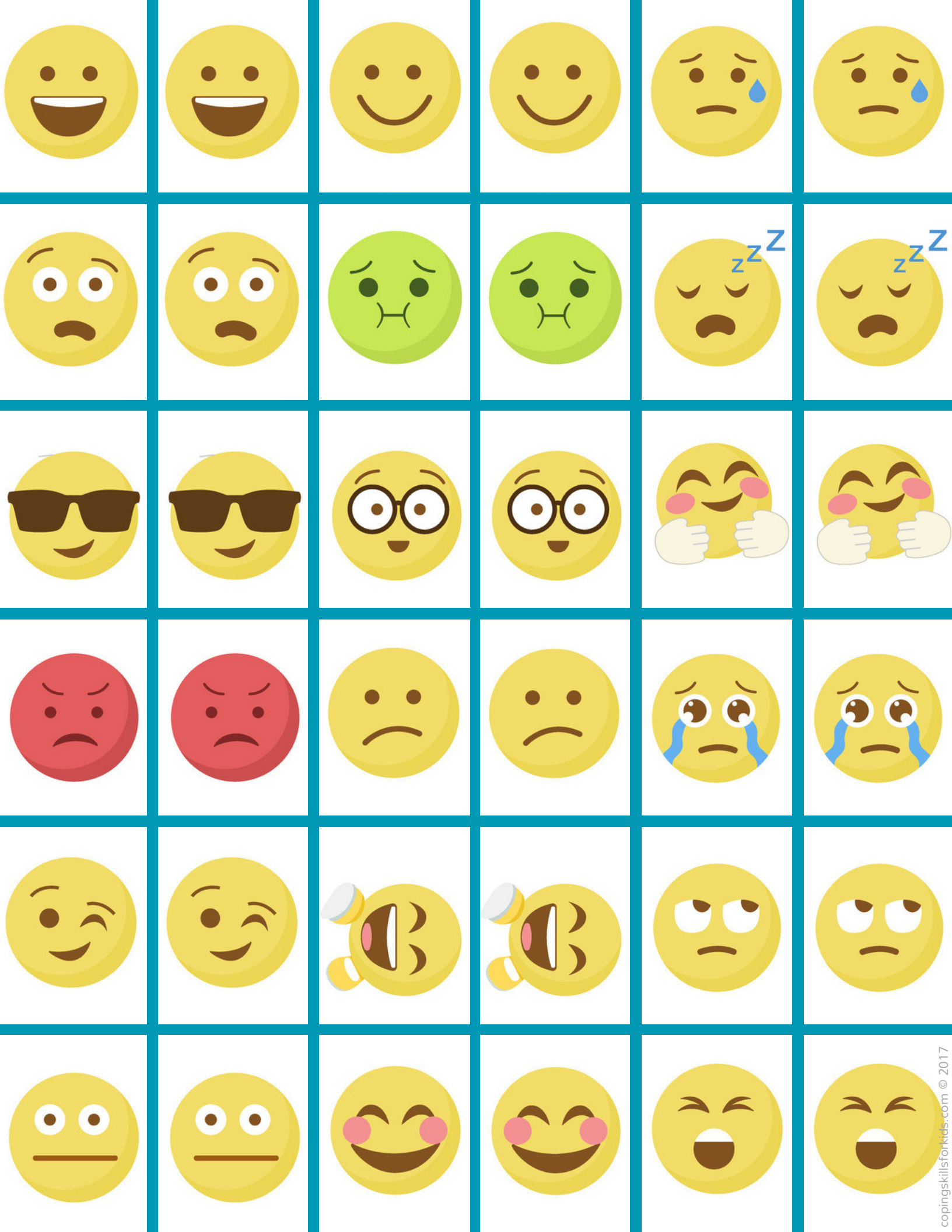
Turn over all the squares - mix them up so the pairs aren't next to each other!

Decide who will go first.

Take turns trying to find the pairs. On your turn, turn over two squares. If the squares are the same, you keep the pair. If you find a pair, you get another turn. If you don't find a pair, it's your partner's turn.

Keep going until all the pairs are found. The person with the most pairs wins!

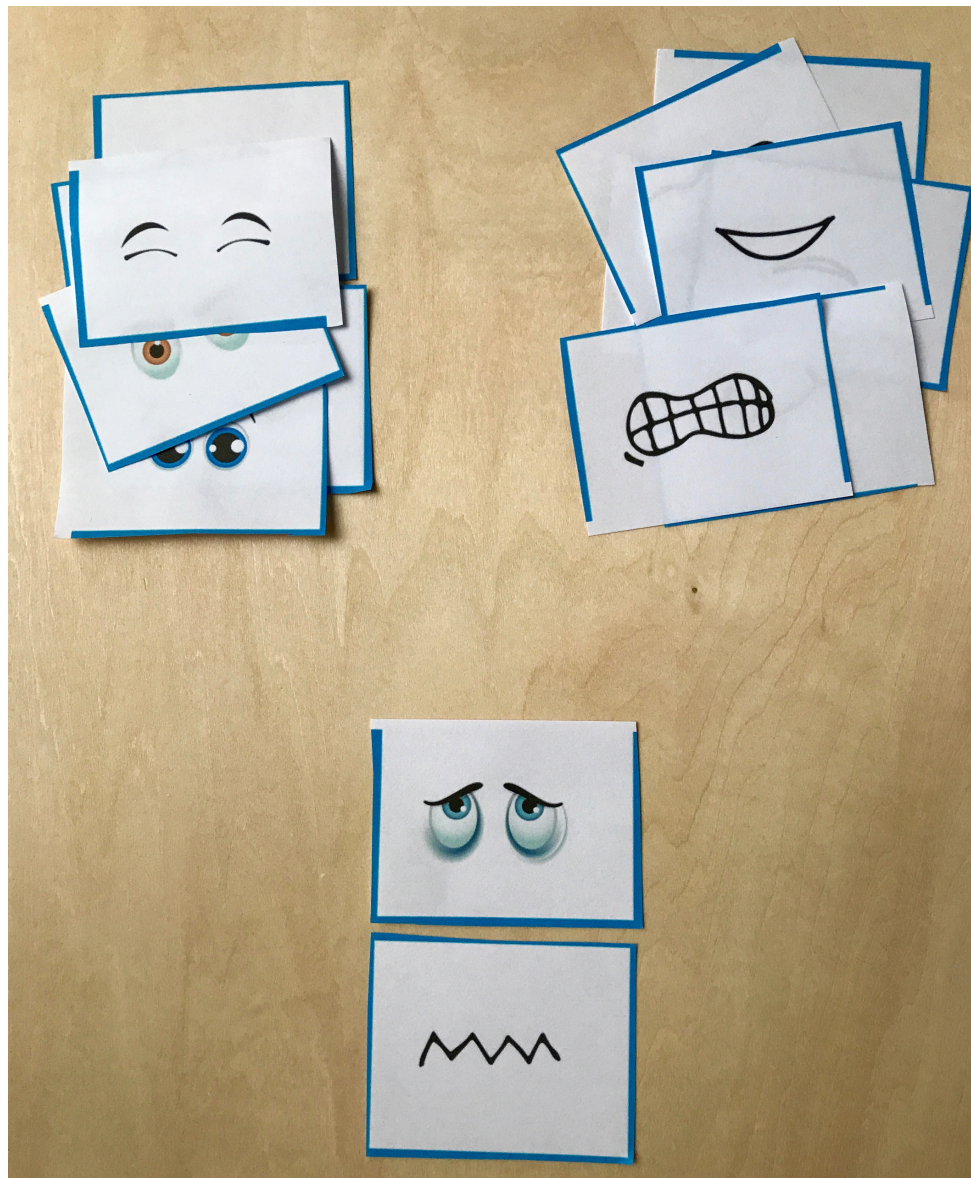


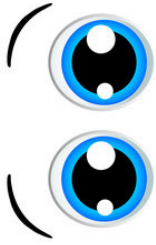


Family Activity: Mixed Up Emotion Faces

This is perfect for having a little fun while learning about how eyes and mouths look when people feel certain ways.

Cut out all the eyes and the mouths. Make combinations of eyes and mouths and try to figure out what that feeling is. Sometimes combinations work, and sometimes they don't. Try out a few and see what happens. You can try to make silly combinations or try to make the eyes and mouths match a specific feeling.

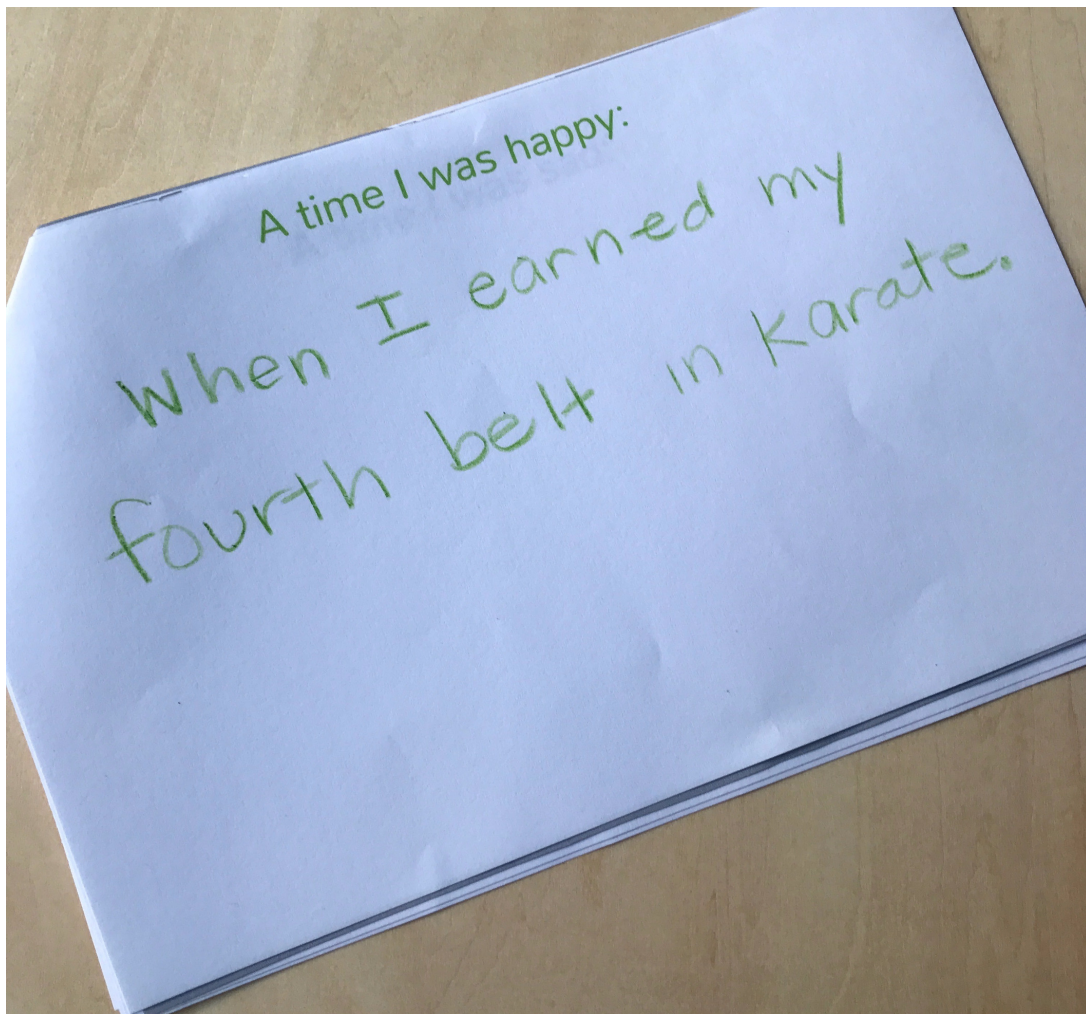




Family Activity: My feelings book

Making a personalized feelings book is a great activity for kids.

They can work on identifying and illustrating times when they felt certain ways. It's a creative way to start discussions and express themselves. Kids can use it to help them express how they are feeling now. It's also something you can add to when a new experience or feeling occurs:



My feelings book

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A time I was happy:

A time I was sad:

A time I was mad:

A time I was worried:

A time I was proud:



Family Activity: Be Silly Together!

Laughter and silliness can reduce stress, and it helps to connect and reset as a family. There are so many ways you can be silly and have fun together as a family.

- read a silly book (Mo Willems, Captain Underpants, Bad Kitty, 13 Story Treehouse)
- Do a Mad Libs
- Tell jokes or read a joke book together
- Make up a silly story
- Watch funny videos together
- Have a dance party
- Make funny faces



Family Activity: Paper Chain of Feelings

Use these paper chains as a visual to show how people in your family are feeling. Print off a couple of sheets and cut out the slips. Every day, every person in your family chooses how they feel, writes their name on the paper slip and adds it onto a chain. Keep going for a week or two and see what you notice.



Note: The paper chain printables only cover four feelings. Feel free to make your own for other feelings and add them to the chain too.

happy

happy

happy

happy

sad

sad

sad

sad

worried

worried

worried

worried

mad

mad

mad

mad

Family Activity: How would you feel?

This activity helps kids identify how certain situations might make them feel.

Cut out the feelings and place them on a table in front of you. Or if you want to add a little more movement into the game, tape them to a floor or rug.

Give examples of situations that kids may experience. Or use situations from your own life. Then have kids point or move to the feeling or feelings that they would have in that situation.

Here are some examples to get you started...

- You just got 3rd place in the spelling bee. How would you feel?
- You got an A on a test. How would you feel?
- Your friend stopped talking to you. How would you feel?
- You just found out there's no school today. How would you feel?
- Your grandma is coming for a visit. How would you feel?
- You have a playdate tomorrow. How would you feel?
- Tonight is movie night and your sister is picking the movie. How would you feel?

Angry

Sad

Happy

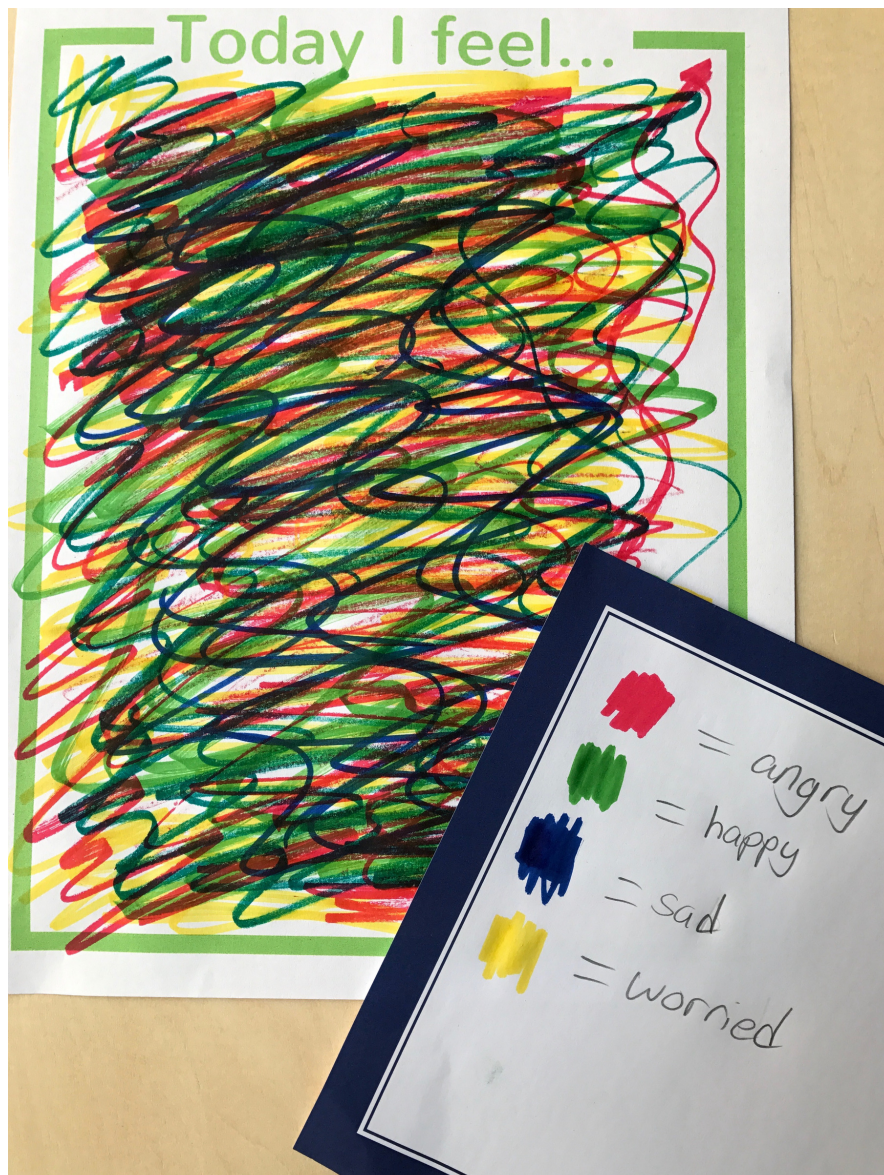
Stressed

Scared

Anxious

Family Activity: Today I feel... printable

We want our children to get familiar with what they are feeling. Kids can use the Today I Feel printable to scribble, write or draw their feelings out. Let them do whatever works for them, based on their abilities and choices at that moment. Some kids may choose to scribble one time, then the next time may choose to write about how they feel. Use this printable as often as you'd like.



Today I feel...

Family Activity:

Make your own feeling faces chart

Start with identifying a few feelings you want to focus on. You could keep it as simple as happy, mad, sad, and scared. Or you could make it a little bit more complex and add in feelings like embarrassed and worried or frustrated or silly or confused.

Take pictures of your own children showing these different emotions. Use this as a teachable moment. Have conversations about what happens to somebody's face when they feel certain ways. For instance:

MAD



When a person is mad, a person's eyebrows are pulled down and their lips may be tight

HAPPY



When a person is happy, their cheeks are raised and their lip corners are raised diagonally

SAD



When they are sad, inner corner of eyes raised, eyelids are loosed, corners of the mouth are pulled down

SCARED



When a person is scared, their eyebrows pulled up and together and their mouth is stretched

Print the photos and write the feeling each face represents underneath the photos. Post it someplace that can be easily accessed. Next time you want to use a feelings face chart, you can now use this personalized kid friendly chart.