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Coping Skills *for Kids*



Eight little tricks for big feelings. Pick one, try it together, and see which ones become your favorites.

1 PICK ONE SKILL · 2 TRY IT TOGETHER · 3 PRACTICE WHEN CALM

1 Balloon Breathing

WHEN YOUR HEART GOES FAST

- Pretend your belly is a balloon. Breathe in slowly through your nose and blow it up big and round.
- Now let the air out even slower, like a balloon going *pfffffft*. Do it 4 more times.

SUPERPOWER Slow breaths out tell your body all is safe.

2 The 5 Senses Detective

WHEN WORRIES FEEL LOUD



- Detective time! Find 3 things you can **see**, 2 things you can **hear**, and 1 thing you can **touch**.
- Say each clue out loud. Case closed!

SUPERPOWER Busy senses leave no room for worries.

3 Butterfly Hug

WHEN YOU NEED COZY

- Cross your arms over your chest so your hands rest on your shoulders, like butterfly wings.
- Tap slowly: left, right, left, right. Keep flapping gently until you feel a bit softer inside.

SUPERPOWER It's a hug you can give yourself, anywhere.

4 Squeeze the Lemons

WHEN YOU FEEL LIKE A VOLCANO

- Pretend you're holding a lemon in each hand. Squeeze tight to make lemonade while you count to 5.
- Now drop the lemons! Let your hands go floppy like spaghetti. Squeeze and drop 3 times.

SUPERPOWER Squeezing teaches your muscles how to let go.

5 Turtle Time

WHEN IT'S ALL TOO MUCH

- Be a turtle: tuck into your cozy shell. Find a quiet spot, pull your knees in, wrap your arms around you.
- Stay as long as you need. Turtles come out when they're ready, and so do you.

SUPERPOWER Taking quiet time is brave, not hiding.

6 Blow the Worry Away

WHEN A WORRY STICKS

- Pretend you're holding a bubble wand. Take a big slow breath in through your nose.
- Blow the biggest, slowest bubble ever, and imagine your worry floating away inside it. Pop!

SUPERPOWER Worries get smaller when you breathe out big.

7 Teddy Breathing Buddy

GREAT AT BEDTIME



- Lie on your back and put your teddy on your belly.
- Breathe in slowly so teddy rides up, then out slowly so teddy rides down. Give teddy 5 gentle rides.

SUPERPOWER Teddy makes slow breathing feel like a game.

8 Color Hunt

WHEN YOUR BRAIN NEEDS A JOB

- Ready, set, hunt! Find 3 **red** things, then 3 **blue** things, then 3 **green** things.
- Too easy? Try rainbow order, or hunt for shapes instead.

SUPERPOWER Hunting colors gives your brain a calm job to do.

FOR GROWN-UPS

Practice when calm. Skills learned in sunshine are there in the storm.

Do it with them. Kids borrow your calm before they can make their own.

Name the feeling first. "You seem frustrated" opens the door to any skill.

For everyday big feelings, not a substitute for professional care. If worries are getting in the way of school, sleep, or play, a chat with your pediatrician or a child therapist is a great next step.