

# COPING SKILLS SORTING GAME

Prior to the lesson, cut out the following coping skills and place them in an envelope. In groups of 3-4, students will identify the coping skills as either positive (right column) or negative (left column). Make enough envelopes for each group to have one envelope.

PROCRASTINATION	JOURNALING
YELLING	READING
VIOLENCE	DRAWING
ALCOHOL	GOING FOR A WALK
DRUGS	YOGA
SELF-HARM	BREATHING
BLAMING	TALK TO A FRIEND
OVER OR UNDER-EATING	SET BOUNDARIES
OVER OR UNDER-SLEEPING	SELF-AFFIRMATIONS
WITHDRAWING	PLAY WITH PETS
AVOIDING PROBLEMS	PLAY A SPORT
BEING CRAZY BUSY	TAKE A BATH
DEFENSIVENESS	SET PRIORITIES
BOTTLING-UP EMOTIONS	MAKE A GRATITUDE LIST
DAMAGING PROPERTY	LISTEN TO MUSIC

