

Coping Skills Bookmark Activity

In this activity, students will identify various coping strategies they can use when feeling stressed, and either draw a picture or write these skills on a bookmark. The bookmark will serve as a reminder to use coping skills when they experience distress!

Materials needed:

- Art supplies, such as markers, crayons, colored pencils, glitter, etc.
- Thin slices of colorful paper or cardstock, to be used as the bookmark
- Hole puncher to cut hole in the top of the bookmark
- String, to put through the hole at the top of the bookmark

Activity:

As a class, discuss different coping skills used by students and/or teachers to help them relax when feeling stressed. Ideas include, deep breathing, muscle relaxation, listening to music that makes you feel good, talking to a trusted person, etc. It may be useful to have students practice skills, such as deep breathing or muscle relaxation as a class.

Next, students will identify their favorite coping skill and decorate a bookmark reminding them to use the coping skill when they feel a specific emotion or stressed. Student may choose to draw a picture of themselves using the coping skill, or make a list of the skills they enjoy using to help them feel relaxed.