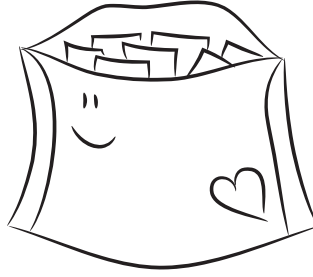


Make Your Own Coping Kit



Created by Sari Kopitnikoff
@thatjewishmoment | thatjewishmoment.com

About This Kit:

We all need coping skills: tools that help us when we're feeling stressed, sad, or anxious. Have you ever thought about what helps you relax or what helps you cope during challenging times?

That's exactly what this coping skills packet is for. It's always good to have a list handy of what you can do to help you unwind. And it's especially useful when the news seems dark and the world feels uncertain.

So, print these pages, and cut out and color the coping skills that speak to you. Of course, you can add some of your own. Finally, decorate your envelope and put your chosen squares in the envelope. Going through the activity will help you realize your coping skills, and it may even give you ideas for new ones. Plus, you can keep your kit somewhere safe and pull it out when you need it!

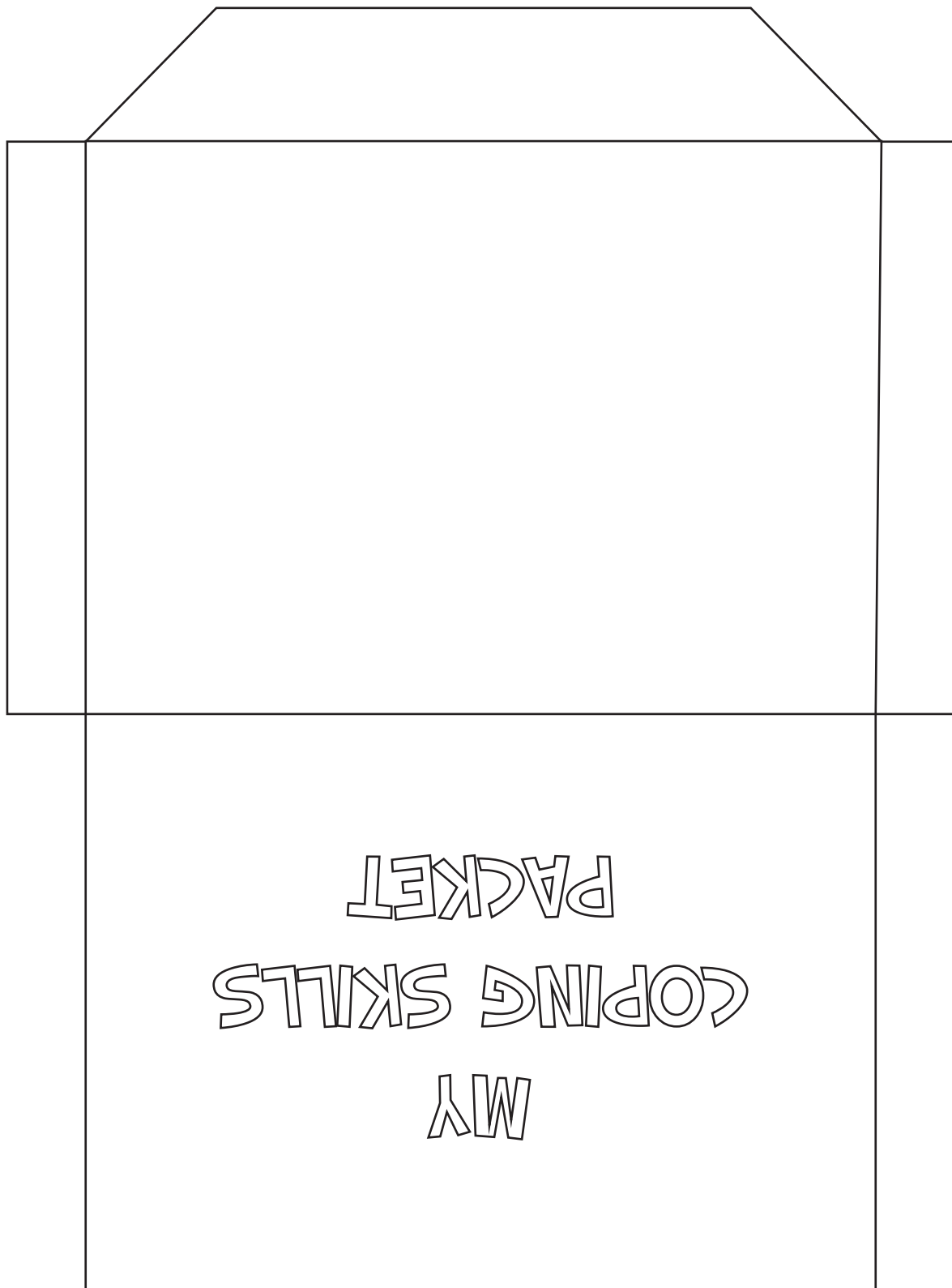
About Me:

My name is Sari Kopitnikoff, and I am an educator, illustrator, and author. I've taught for over 10 years, and I always enjoy doing this coping skills activity with students.

Questions? Comments? Please reach out. Find me on Instagram, Facebook, and TikTok at @thatjewishmoment or send me a note on thatjewishmoment.com. There, you can subscribe to my newsletter to get more educational resources.






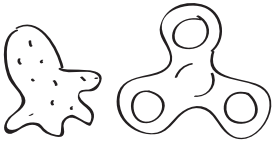
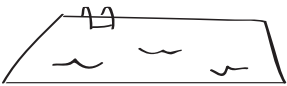



And a Thank You:

Thank you so much to Rachel Tuchman, LMHC, for looking through this packet and offering your insights. For helpful and relevant mental health tips, you can find Rachel on Instagram: @rachel_tuchman_lmhc.



Cut out the full envelope above. Then, fold down the front flap (with the words). Fold side tabs down and tape them to the front tab. And... Tada! You have your envelope.

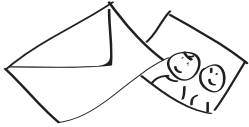




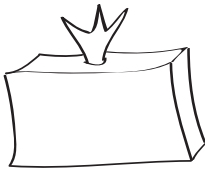





Physical Activity

			
sports	bike riding	walking	trampoline
			
Martial arts	slime / fidget toys	swimming	punching bag
			
	dance/work out	screaming	



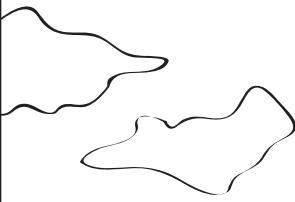


Helping Others

			
praying for others	showing appreciation	volunteering	fundraising
			
babysitting	helping at home	kind phone calls	sending a craft/letter

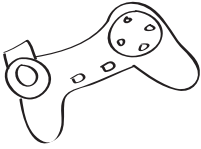
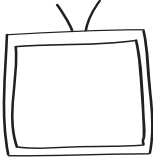
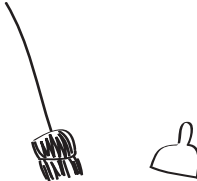

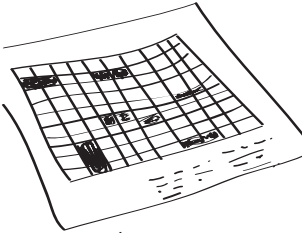

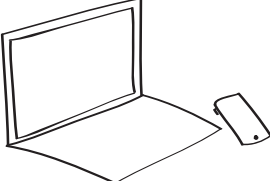

Relaxing

			
looking at memories	candles	scented lotions	stress balls
			
massage	crying	puzzles	deep breathing
			
car rides	resting	muscle relaxation	



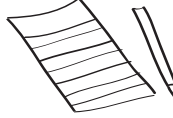



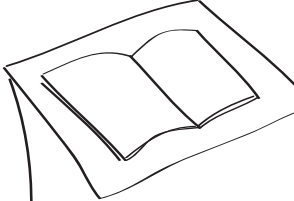


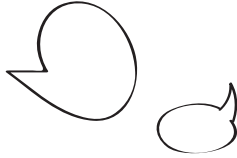
Nature

		
interacting with water	animals	looking at the sky
		
gardening	hiking	

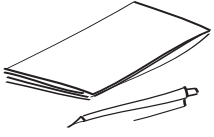

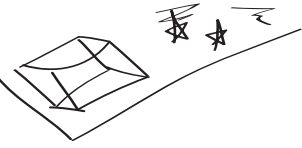
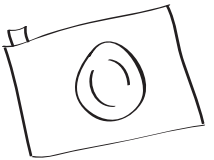

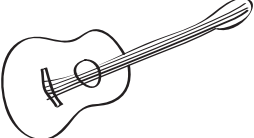
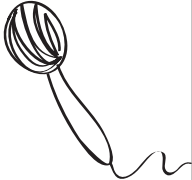
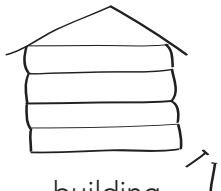

Getting Busy / Distraction

			
video/computer games	movies/shows	cleaning/organizing	card/board games
			
mind activities	reading	electronic devices	collections

Seeking Comfort

			
prayer	hugs	grateful lists	listening to music
			
thinking/meditating	hot shower/bath	Torah/inspiration	talking to a mentor
			
	family	friends	

Self Expression

 <p>writing</p>	 <p>art</p>	 <p>scribbling/doodling</p>	 <p>laughter/humor</p>
 <p>photography</p>	 <p>cooking/baking</p>	 <p>playing music</p>	 <p>singing</p>
 <p>building</p>	 <p>acting/pretending</p>	 <p>coloring</p>	

Make Your Own
