

Thank You!

Thank you so much for downloading this resource! I sincerely hope that it helps you to continue making a difference in the lives of students.

About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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Healthy Coping Skills Scoot Game

Objective:

- Students will differentiate between healthy and unhealthy coping skills.

Materials:

- Answer grid from page 3 (one grid per student)
- Task cards from pages 4-5 (one copy)
- Writing utensils (one per student)

Directions:

Distribute one answer grid to each student.

No-Prep version:

- Read the scenarios from the cards on pages 4-5 and have the students circle the correct answer on their answer grid. Another option is to have them give a thumbs up for “yes” or a thumbs down for “no.”

Low-Prep version:

- Cut out the cards on pages 4-5 and place them throughout the room. Have students travel from card to card and record the answers on their answer grids. Give them around 30 seconds at each station and then yell “scoot” when it is time for them to move to the next card. This game is meant to be fast-paced to keep students engaged. Review the answers after the activity to gauge understanding. Answer key can be found on page 6.

Name: _____

Coping Skills Scoot Game

1. Yes No	2. Yes No	3. Yes No	4. Yes No
5. Yes No	6. Yes No	7. Yes No	8. Yes No
9. Yes No	10. Yes No	11. Yes No	12. Yes No

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Name: _____

Coping Skills Scoot Game

1. Yes No	2. Yes No	3. Yes No	4. Yes No
5. Yes No	6. Yes No	7. Yes No	8. Yes No
9. Yes No	10. Yes No	11. Yes No	12. Yes No

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#1

Eva started to feel frustrated with her school work, so she asked if she could go get a drink. Is this a healthy coping skill?

#2

Branden was upset that his friends weren't playing by the rules, so he walked away and chose another game to play. Is this a healthy coping skill?

#3

James was worried about his mom, but he kept his feelings to himself because he didn't want to get made fun of. Is this a healthy coping skill?

#4

Nehemiah found out that his best friend is moving away. Nehemiah wrote his feelings down in a journal. Is this a healthy coping skill?

#5

Felicity was nervous about her big recital coming up. She refused to go to the recital because she knew she would mess up. Is this a healthy coping skill?

#6

Jaylan was mad that she wasn't allowed to go outside, so she yelled at her grandma. Is this a healthy coping skill?

#7

Gracie wanted to punch her brother, but she went into her room and punched a pillow instead. Is this a healthy coping skill?

#8

Olivia didn't want to take her test, so she hid under her desk. Is this a healthy coping skill?

#9

Connor was mad at his friend, but he told himself that he shouldn't do anything that he would regret. Is this a healthy coping skill?

#10

Lily found out that her grandpa was sick. She asked to see the counselor so she could talk about it. Is this a healthy coping skill?

#11

Armoni got mad in a basketball game and punched another player. Is this a healthy coping skill?

#12

Devon couldn't figure out how to do his science homework, so he crumbled up his paper and threw it away. Is this a healthy coping skill?

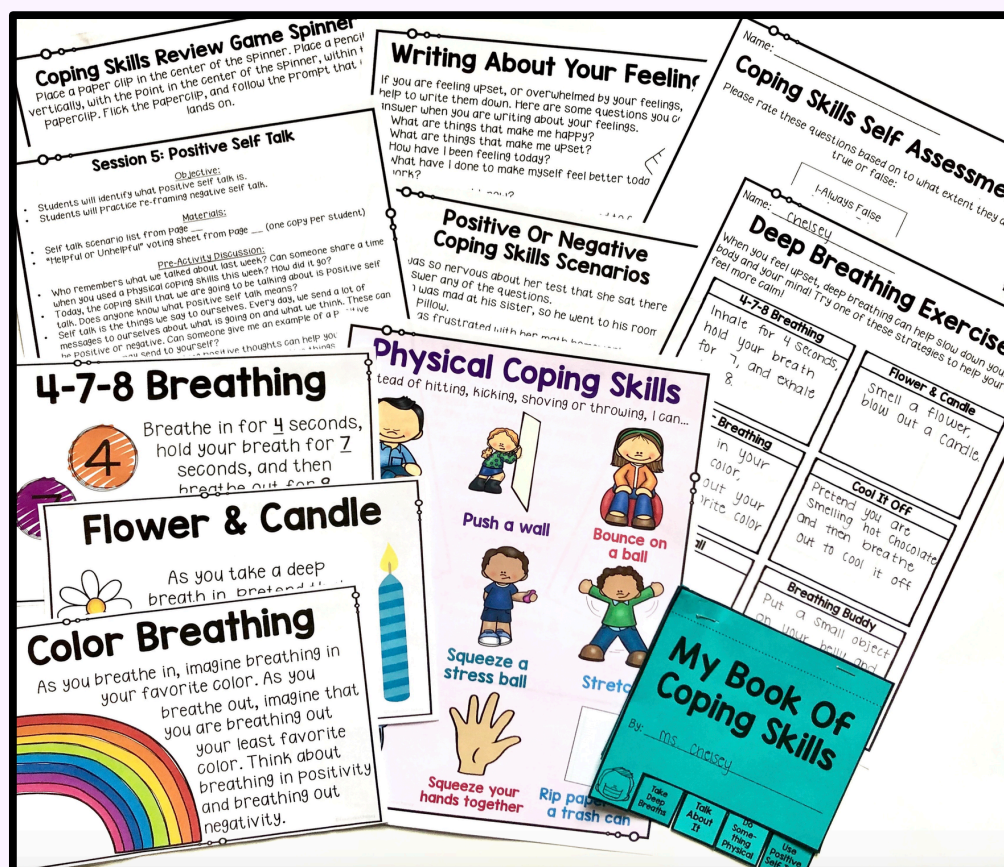
Coping Skills Scoot Game

Answer Key

1. <u>Yes</u> No	2. <u>Yes</u> No	3. Yes <u>No</u>	4. <u>Yes</u> No
5. Yes <u>No</u>	6. Yes <u>No</u>	7. <u>Yes</u> No	8. Yes <u>No</u>
9. <u>Yes</u> No	10. <u>Yes</u> No	11. Yes <u>No</u>	12. Yes <u>No</u>

Did you enjoy this scoot game?

This scoot game is part of my 6 session, NO PREP coping skills small group! The small group will help students learn what a healthy coping skill is and which coping skills will work for them. They will take a deeper look at deep breathing strategies, talking or journaling about their feelings, using physical coping skills and using positive self talk!



See it here:

<http://bit.ly/CopingSkillsGroup>