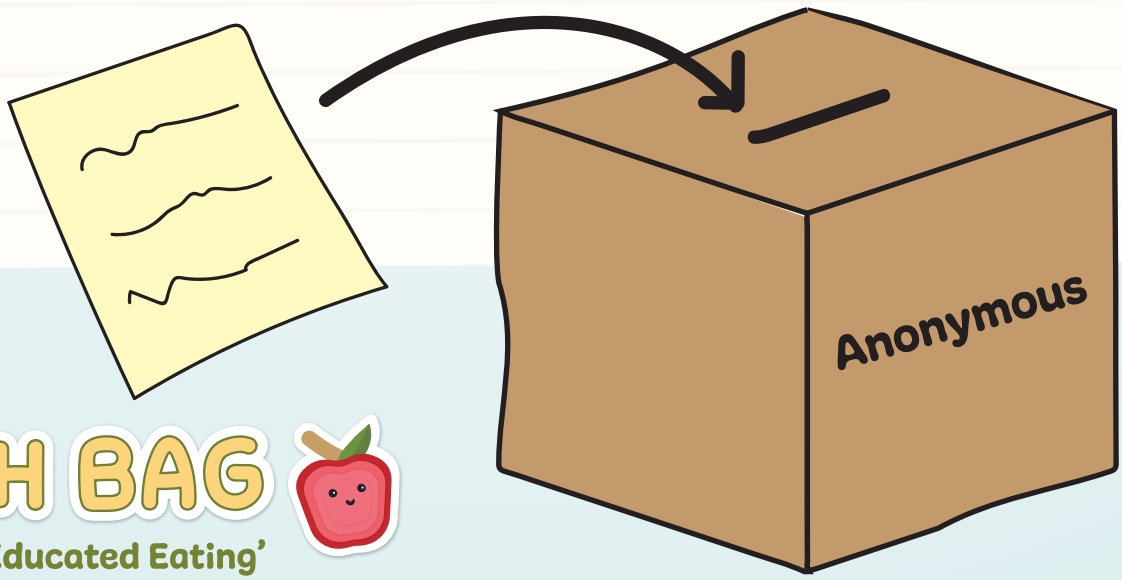
Coping Strategies

Lets put it into practice:

- On a piece of paper, write down 2/3 things that you are grateful for.
- Write down 2/3 people that you can go talk to if anything is worrying you.
- As a class, make a box that you can put pieces of paper into.
- This is an anonymous box for the children's worries and is completely private. Only the teacher will read them.