



Lesson 5
Coping Skills

Student Name _____

During story five, Betsy Beaver sprains her ankle and needs to learn how to cope with her feelings about not playing soccer. All of the players learn about choosing healthy coping skills to deal with disappointing feelings.

1. What is a coping skill? _____

2. List four healthy coping skills that you can try. _____

3. Pretend your best friend just moved away and you feel angry and sad.

What are some healthy coping skills you can do to help yourself feel better? _____

Parent/Guardian Signature: _____

