

# Coping Skills for Kids Workbook

Cope with stress and support your mental health by tuning into your thoughts, expressing your emotions, and caring for your body and mind – designed for kids and parents.

- **Thought Record for Kids**
- **Encouraging Emotional Expression for Kids**
- **Self-Care Checklist for Kids**

# Coping Skills for Kids Workbook

Coping skills come in many forms, including deep breathing, talking about our feelings, healthy habits, and enjoying time with supportive friends and family. **This workbook is designed to introduce a variety of coping skills to kids and parents, so kids can better manage their feelings during times of stress.** By engaging with these worksheets, you can take active steps toward better mental health and well-being for your child.

Here is a brief introduction to each worksheet included in this package:

## Thought Record for Kids

This worksheet helps kids and their parents break experiences down into thoughts, feelings, sensations, and behaviors. This exercise helps kids and parents slow down, understand their difficult thoughts and big feelings, and decide how to cope.

## Encouraging Emotional Expression for Kids

This worksheet provides tools for fostering open conversations with your child about their emotions, helping them identify and express their feelings in healthy ways. It strengthens your emotional connection with your child and builds emotional intelligence.

## Self-Care Checklist for Kids

This worksheet helps you and your child assess their current self-care practices and identify areas where you could help them prioritize their own well-being. Self-care helps kids support healthy minds, bodies, and mood.

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# Thought Record for Kids

When our kids have big emotions, it can be helpful to check in with their thoughts, feelings, sensations, and behaviors. This check-in process helps them slow down, so you can understand their experience and you can decide how to cope together. We've written in a few examples below to show you how to use this worksheet.

**What happened?** Write about what happened. What caused your big feeling?

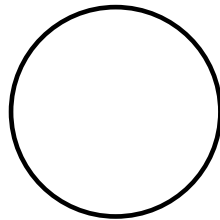
- *Someone teased me during recess and other kids laughed*
- *I got blamed for something that wasn't my fault*
- *My friend told me she can't come over to my house this weekend like we planned*

**What did you think?** What words or pictures went through your head?

- *Everyone must think I'm dumb. I don't think I can show my face at school tomorrow*
- *This always happens to me! It's not fair!*
- *Is she mad at me? Did I do something wrong? Does she not like me anymore?*

**How did you feel?**

Choose from the emojis below, or draw your feeling.



**How did your body feel?**

Check off any body sensations.

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Fast heartbeat    | <input type="checkbox"/> Tired     |
| <input type="checkbox"/> Fast breathing    | <input type="checkbox"/> Slouched  |
| <input type="checkbox"/> Shaky or dizzy    | <input type="checkbox"/> Curled up |
| <input type="checkbox"/> Tense muscles     | <input type="checkbox"/> Sweaty    |
| <input type="checkbox"/> Too much energy   | <input type="checkbox"/> Frozen    |
| <input type="checkbox"/> Fidgety           | <input type="checkbox"/> Unsteady  |
| <input type="checkbox"/> Flushed face      | <input type="checkbox"/> Pressure  |
| <input type="checkbox"/> Teeth clenching   | <input type="checkbox"/> Numb      |
| <input type="checkbox"/> Lump in my throat | <input type="checkbox"/> Pain      |
| <input type="checkbox"/> Too hot           | <input type="checkbox"/> Other:    |
| <input type="checkbox"/> Too cold          | <input type="checkbox"/> _____     |

**What did you do?** What actions did you take? Or, what did you feel like doing?

- *I just stood there and looked at the ground. I felt like crying and running away*
- *I clenched my fists and stomped my feet. I felt like yelling and throwing something*
- *I just said "Okay" and walked away. I didn't want her to look at me*

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# Thought Record for Kids

When our kids have big emotions, it can be helpful to check in with their thoughts, feelings, sensations, and behaviors. This check-in process helps them slow down, so you can understand their experience and you can decide how to cope together. This page is blank so you and your child can write in their answers.

## What happened?

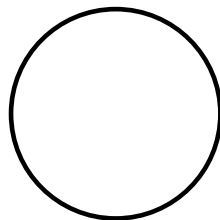
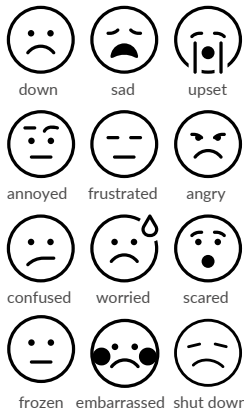
Write about what happened. What caused your big feeling?

## What did you think?

What words or pictures went through your head?

## How did you feel?

Choose from the emojis below, or draw your feeling.



## How did your body feel?

Check off any body sensations.

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Fast heartbeat    | <input type="checkbox"/> Tired     |
| <input type="checkbox"/> Fast breathing    | <input type="checkbox"/> Slouched  |
| <input type="checkbox"/> Shaky or dizzy    | <input type="checkbox"/> Curled up |
| <input type="checkbox"/> Tense muscles     | <input type="checkbox"/> Sweaty    |
| <input type="checkbox"/> Too much energy   | <input type="checkbox"/> Frozen    |
| <input type="checkbox"/> Fidgety           | <input type="checkbox"/> Unsteady  |
| <input type="checkbox"/> Flushed face      | <input type="checkbox"/> Pressure  |
| <input type="checkbox"/> Teeth clenching   | <input type="checkbox"/> Numb      |
| <input type="checkbox"/> Lump in my throat | <input type="checkbox"/> Pain      |
| <input type="checkbox"/> Too hot           | <input type="checkbox"/> Other:    |
| <input type="checkbox"/> Too cold          | <input type="checkbox"/> _____     |

## What did you do?

What actions did you take? Or, what did you feel like doing?

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# Thought Record for Kids

Our kids' thoughts and feelings are important! They give our kids (and you) important information. But sometimes, thoughts and feelings can be so out of proportion that kids may need some help regulating. Here are four sets of questions to help your child regulate using their thoughts, sensations, feelings, and/or behaviors.

## Thoughts

- Is my thought helpful, true, or kind?
- If not, is there another way to think about this situation?
- Learn about cognitive distortions
- Is there a problem to solve? Who could help me with that problem?

## Sensations

- Is my environment too hot, loud, bright, or crowded?
- Is my environment too cold, quiet, or dark?
- Is my body feeling too tense or energetic?  
Can I stretch, exercise, or take deep breaths?
- Is my body feeling too sluggish? How can I get my body moving again?

## Feelings

- Do I need to let my feelings out?
  - Talk to a family member, friend, or pet
  - Draw or write about my feelings
  - Sing, hum, dance, or move to music that helps me feel better

## Behaviors

- Do I need to take a break?
- Is there something I can do to get my mind off my feelings?
  - Make or draw something
  - Play a game, take a walk, ride my bike
  - Relax with music, reading, or a bath
  - Spend time with someone I love

## What did you try?

Did a regulation idea work the way you hoped?

## What will you try next time?

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# Encouraging Emotional Expression

This worksheet is designed for parents and children to complete together to help your child **identify, understand, and express their emotions in a healthy way**. By working through this exercise, you will create a safe space for open conversations about feelings and build your child's emotional intelligence.

## PART 1: Learning About Emotions

Explore with your child some of the different emotions we can experience throughout the day. By learning to recognize a wide range of emotions, you and your child can better understand your feelings and communicate them more effectively.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic

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# Encouraging Emotional Expression

## PART 2: Track Your Daily Emotions

Use these tables to track your child's emotions throughout the week. Write down all the emotions they experienced. Refer to the previous table to help your child identify specific emotions they experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

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# Encouraging Emotional Expression

## PART 3: Talk About What Caused the Emotions

Help your child explore what situations or events caused their emotions. Explain that it's okay to feel different things and that emotions can change throughout the day.

**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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**Emotion:**

**What made you feel that way? What happened before you felt that emotion?**

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# Encouraging Emotional Expression

## PART 4: Brainstorm Healthy Ways to Cope with Emotions

Together, think of healthy ways your child can cope with different emotions, especially difficult ones like anger, frustration, or sadness.

- When you're feeling upset, try taking slow, deep breaths. Breathe in for a few seconds, then breathe out slowly. This can help you feel calmer and more in control.
  - If you're feeling mad or sad, grab some paper and crayons and draw how you're feeling. You can also color in your favorite picture. Drawing can help you feel better.
  - If you're upset, it's okay to talk about it. You can talk to a parent, a teacher, or someone who makes you feel safe. Sharing your feelings can help you feel less alone.
  - If you're feeling really mad, try counting slowly to 10 (or even 20!). It gives your brain a moment to calm down before you react.
- When you're frustrated, it's okay to take a break. You can go to your room or another quiet space for a few minutes to cool down. Taking a break gives you time to feel better.
  - If you're feeling angry or have a lot of energy, try moving around. You can jump, run in place, dance, or do jumping jacks. Moving your body helps release some of those big feelings.
  - When you're feeling sad, you can hug your favorite stuffed animal or blanket. Sometimes holding something soft and cozy can make you feel a little bit better.
  - When you're feeling upset, try listening to your favorite calming music. Music can help you relax and make you feel happier.

**Emotion:**

**What can we do next time you feel this emotion?**

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**Emotion:**

**What can we do next time you feel this emotion?**

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# Self-Care Checklist for Kids

**Self-care is how we take care of our minds and bodies.** When you help your kids engage in healthy habits consistently over time, you support their mood, self-esteem, and overall health. Healthy habits don't just include exercise and eating well - they also include play, creativity, and seeking support.

This worksheet is designed to help you and your child explore different types of self-care. For each activity, check off the 1, 2, or 3 box to show how often they do each activity. After this, you can check the "star" box for activities they would like to do more often. The goal of this worksheet is to help you and your child find out which healthy habits they are doing often, and which they would like to do more, and where you might support them.

## How often do you do this activity?

- 1 I don't do this, or I only do this every once in a while.
- 2 I do this on some days.
- 3 I do this on most days.
- ★ I want to do this more.

## 1 2 3 ★ Taking Care of My Body

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Moving my body (walking, playing, sports)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Going to sleep on time and waking up on time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating fruits, vegetables, and protein
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking water
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Brushing my teeth in the morning and at night
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Caring for my hair
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking showers or baths
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outside

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# Self-Care Checklist for Kids

How often do you do this activity?

- 1 I don't do this, or I only do this every once in a while.
- 2 I do this on some days.
- 3 I do this on most days.
- ★ I want to do this more.

## 1 2 3 ★ Taking Care of My Emotions

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Doing hobbies I enjoy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Listening to music that helps me feel better
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking deep breaths when I am overwhelmed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Writing down my feelings in a journal or diary
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Talking to someone about my feelings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Building myself up with positive words (like "I can do it" or "I am strong")
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Playing music, creating art, or other activities to let my feelings out
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time with people who care about me
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Having fun with my friends

## 1 2 3 ★ Taking Care of My Spirit

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Doing meditation, deep breathing, or yoga
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time in nature
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Praying
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Going to my church, temple, synagogue, or mosque
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Doing kind things for others

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# Self-Care Checklist for Kids

One of the most important things we can do to take care of ourselves is to talk to other people. People we trust can support our kids by understanding their emotions, giving them advice, and bringing them joy. They can also join you in helping your kids when they really need it.

For the next section, check the 1, 2, or 3 box to show how often your child talks to each group of people. You can make a note next to each group if you want to be more specific (for example, you could say which grandparent they connect with the most). Then, you can check the “star” box to show which people you they can talk to when they really need help.

## How often do you talk to this person?

- 1 I don't talk to them, or I only talk to them every once in a while.
- 2 I talk to them on some days.
- 3 I talk to them on most days.
- ★ I can talk to this person when I really need help.

## 1 2 3 ★ People I Can Talk To

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Parents / Guardians
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grandparents
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Aunts / Uncles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cousins
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teachers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Coaches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Therapists / Doctors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Friends
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neighbors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	My religious leader (minister, rabbi, imam)

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

