

Coping Cards

Therapeutic art activity for kids and families.

Age range: 5 – 12 years old

Supplies

- A deck of cards
- Colorful cardstock
- Glue stick
- Scissors
- Hole punch
- Metal ring
- Blank sheet of paper
- Pencil

Directions

1. *Opening questions to discuss as a family:* Coping skills are how we make ourselves feel better when we are upset. How do you make yourself feel better when you are sad, angry, worried? What are ways we cope with our emotions?
2. Using your sheet of paper, start by making a list of healthy and unhealthy ways to deal with our emotions.
3. Cut the cardstock to the size of the playing cards.
4. On the cardstock squares, draw a picture of a healthy coping strategy you want as part of your “deck.” You can draw a symbol to represent the strategy (i.e. a basketball, if playing sports helps you cope) or a picture of you doing that activity (i.e. snuggling with a pet). You can choose strategies from the list you created in the beginning or think of new ideas.
5. Glue the card stock pieces to the playing cards.
6. Punch a hole in the corner of all your cards and put them on the metal ring. You now have a “deck of coping cards” to reach for every time you are feeling upset.
7. *Closing questions to discuss as a family:* Which coping strategies did you pick? What strategy do you think you will use the most?

