

Respectful Relationships at home

ACTIVITY #3:

Positive Coping Strategies



Conversation Starters:

- What is something that has made you sad?
- What is something that has made you happy?
- What is something that has made you nervous/anxious?
- When was the last time you were really angry? How did you deal with it?

Positive Coping Strategies

It's useful to share ideas of positive coping strategies to use in our everyday lives. Ask the members of your family about the coping strategies they use.

Coping Styles	Positive coping strategies
A. Energetic Activity	Includes things like exercise, sport, dance, active play which can help lift your mood
B. Self-calming Activity	Includes things that calm you down like drawing, meditation, playing, being in a quiet space, listening to soothing music, taking a shower, snuggling in bed, walking the dog, stroking the cat, cuddling a teddy
C. Social Activity	Includes things like talking things over, help-seeking or connecting with or spending time with others
D. Shifting Attention	Includes things that take your mind to a different place like reading, watching appropriate TV, playing games, doing a favourite hobby
E. Getting Organised	Includes activities that help you plan or get organised, like making lists, tidying up, making a plan, organising an activity, making a game plan or setting goals

- Which coping styles (categories) do you mostly use?
- What coping styles (categories) do you use least or not use at all?
- What positive coping strategies do you use:
 - When you feel stressed or angry?
 - When you feel tired?
 - Regularly (most days or every week) to help you feel happy and content?
- What's one new positive coping strategy that you could try over the next week?

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