

Coping Skills Candy Land

Red

How do you take care of yourself? What does self-care look like to you? (Eat healthy, sleep well, understand how you feel).

Orange

What are things you enjoy doing?

Yellow

How do you change your thoughts when you are upset? These are called distraction skills. (Read, write a story or poem, set a goal, learn something new, journal).

Green

What are some of your stressors or triggers?

Blue

Demonstrate a breathing technique or grounding technique to the group. (Sample breathing techniques: elevator breath, star breathing, count breathing).

Purple

Name things you can and can't control. What do you do when you are angry?

Pink

What are some negative coping skills?

Extras (for when you get a card twice):

Tell about a time you felt stressed.

How does your body feel when you are triggered?

What can you do when you feel those?

How does your family comfort you when you are upset?

How can your attitude help you stay cool?

End discussion question: What did you learn? What is in your coping skills toolbox?

Anxiety Skills Candy Land

Red

How do you take care of yourself? What does self-care look like to you? (eat healthy, sleep well, understand how you feel).

Orange

Support—list the people you can call or text if you are anxious. Or list items that calm you down when you are anxious (blanket, safe space, special toy, etc.).

Yellow

How do you change your thoughts when you are anxious? These are called distraction skills. (Read, write a story or poem, set a goal, learn something new, journal).

Green

What situations or events make you anxious? What do you do once you feel anxious?

Blue

What are your bodily symptoms of anxiety? (headaches, sweating, dry mouth, tension, nausea, flushing/chills, loss of appetite or craving for food, trembling, pins or needles, butterflies, shakiness, jelly legs, choking sensation, chest pains, etc.).

Purple

Name 3 things you can and can't control.

Pink

How do you care for yourself when you are anxious? Name two healthy actions, and one unhealthy action.

Extras:

Tell about a time you felt anxious.

What is a way to reduce anxiety? (sleep, diet, daily journaling, 30 minutes in sunlight, declutter).

Take three deep breaths. Name a breathing technique you use when you are anxious.

What is a way to reduce anxiety? (sleep, diet, daily journaling, 30 minutes in sunlight, declutter).

Can you control other people? Their thoughts? Their actions?

What are three things you are grateful for.

How can people comfort you when you are anxious? What works and doesn't work?

End discussion question: What did you learn? What is in your anxiety skills toolbox?