



# Poor Coping Skills

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<u>General</u>		
<a href="#">The Stress Response in Kids</a> <a href="#">Coloring Pages</a> <a href="#">Deep Breathing</a> <a href="#">Coping Style: Sensory</a> <a href="#">How to Teach Conflict Resolution</a> <a href="#">Angry Volcano</a>	<a href="#">Circle of Control</a> <a href="#">Mindfulness for Parents and Kids</a> <a href="#">Coping Style: Relaxation</a> <a href="#">Coping Style: Movement</a>	<a href="#">Coping with Anxiety</a> <a href="#">Calming Anxiety</a> <a href="#">Coping Style: Distraction</a> <a href="#">Coping Style: Processing</a> <a href="#">Handling Stress</a>
<u>Early Childhood</u>		
<a href="#">Calming Down</a>		
<u>Elementary</u>		
<a href="#">Calming Down</a>	<a href="#">Journal Writing</a>	<a href="#">Dealing with Feelings</a>
<u>Intermediate</u>		
<a href="#">Journal Writing</a>	<a href="#">Dealing with Feelings</a>	
<u>Middle School</u>		
<a href="#">Control Your Anger Before it Controls You</a>	<a href="#">Journal Writing</a>	
<u>High School</u>		
<a href="#">Control Your Anger Before it Controls You</a>	<a href="#">Journal Writing</a>	<a href="#">Coping with Pressures</a>