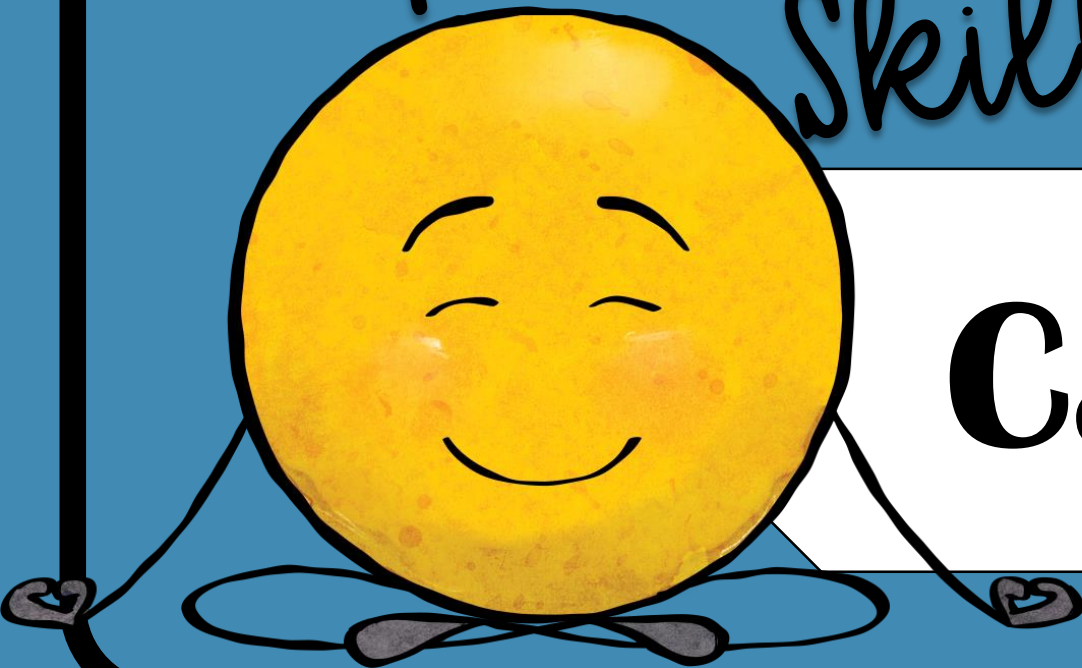


I Know

Coping Skills



Card Game





Coping Skills

Contents:

124 cards:

52 number and special play cards (change directions, lose a turn, switch 2)

52 coping skill question cards (on number and special play cards)

4 Change It Up Cards

4 Change It Up +4 Cards

12 Make Your Own 0 Cards

Set Up:

Print cards double sided and cut out. You may wish to print on heavy cardstock and laminate for longer durability.

Directions:

Every player starts with seven cards. The rest of the cards are placed in a Draw Pile face down. Next to the pile a space should be designated for a Discard Pile. The top card should be placed in the Discard Pile, and the game begins! Every player views his/her cards and tries to match the card in the Discard Pile.

You have to match either by the number, color, or the symbol/action. For instance, if the Discard Pile has a blue card that is an 8 you have to place either a blue card or a card with an 8 on it. You can also play a Change It Up card (which can alter current color in play). If the player has no matches they must draw a card from the Draw pile. If that card can be played, play it. Otherwise, the game moves on to the next person in turn. You can also play a Change It Up card, or a Change It Up +4 card on your turn.

If a played card has a question on it, the player must answer it before discarding.

The game continues until a player has one card left. The moment a player has just one card they must yell “**I Know!**”.

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Name one coping skill you have used successfully.

1

2

2

2

3

Why is yelling at someone an unhealthy way to handle stress?

3

4

4

4

5

What feelings often accompany stress?

5

6

6

6

7

Name a warning sign you are getting angry.

7

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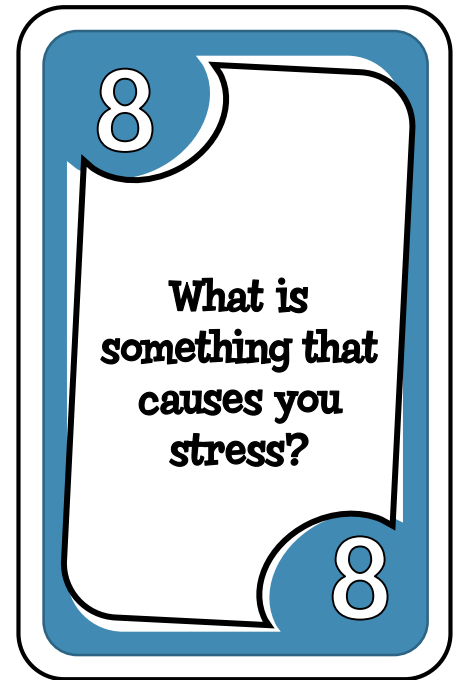
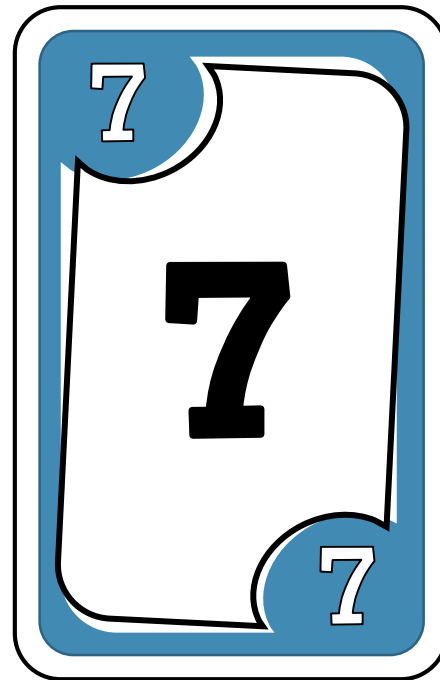
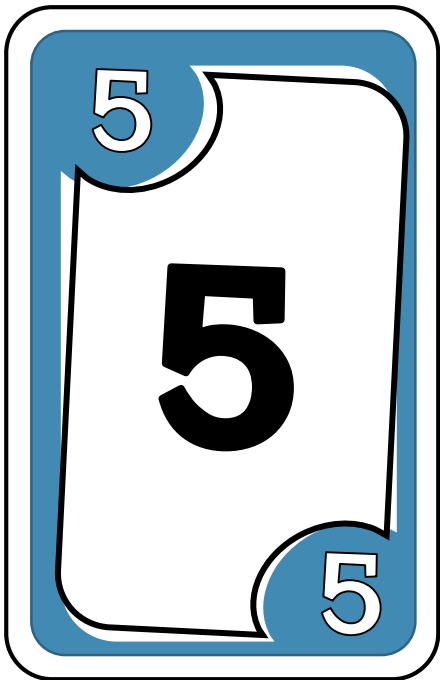
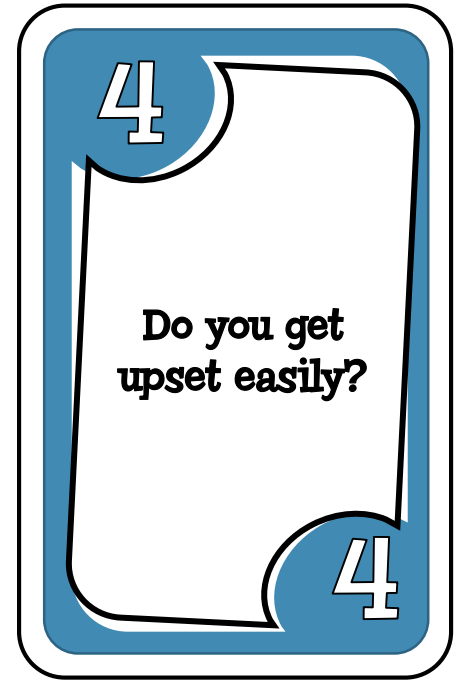
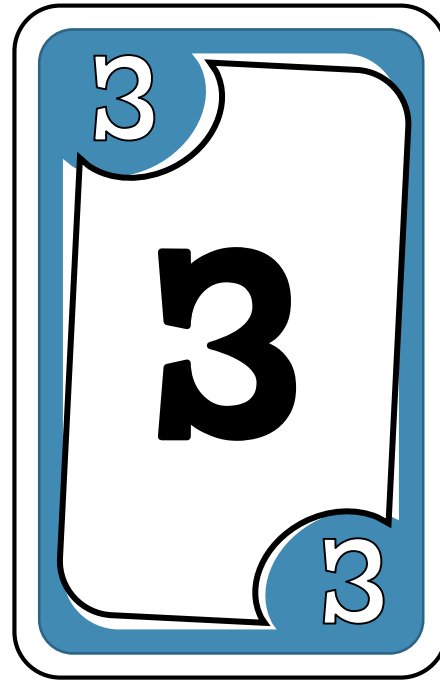
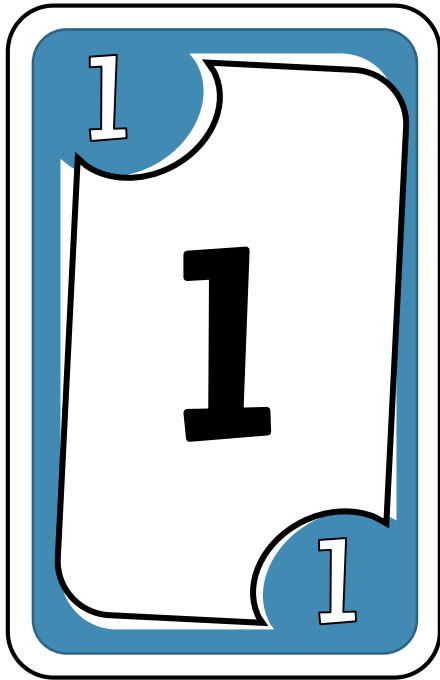
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9

Who is someone you can talk to when you are stressed?

9

10

10

10

↔

CHANGE DIRECTIONS

↔

SWITCH TWO

How can setting goals help reduce stress?

⊘

LOSE A TURN

⊘

0

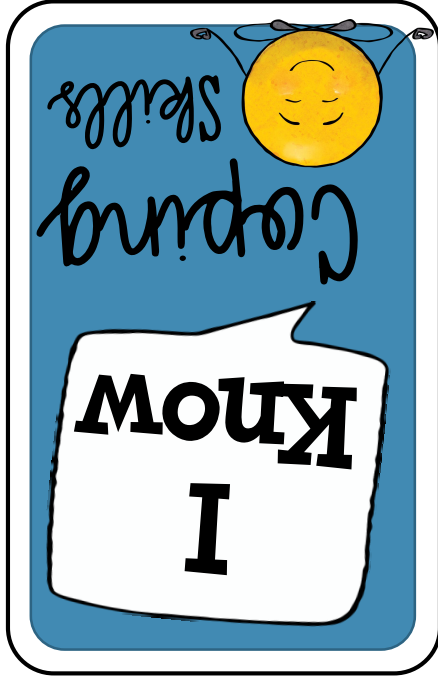
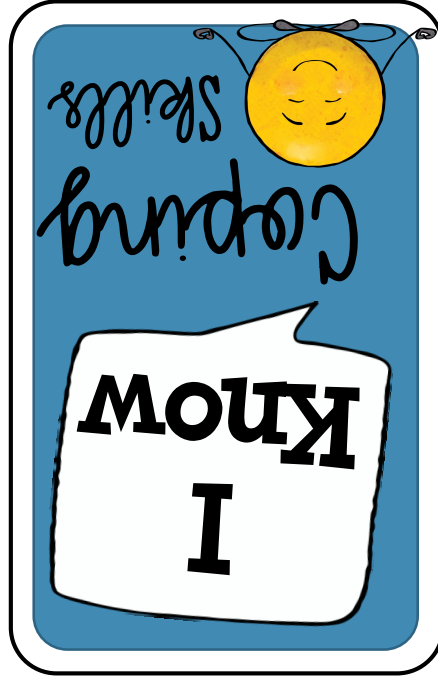
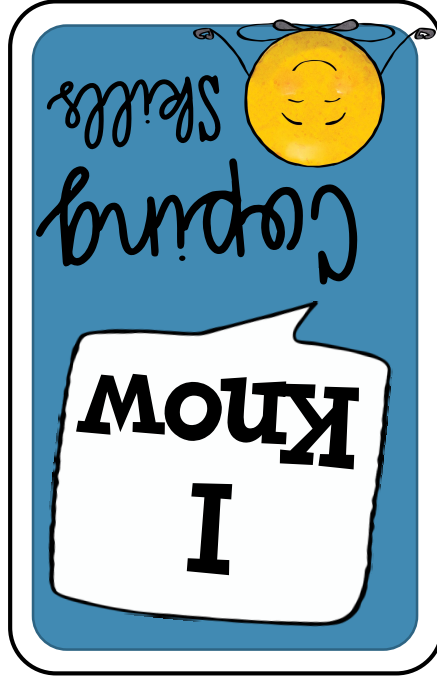
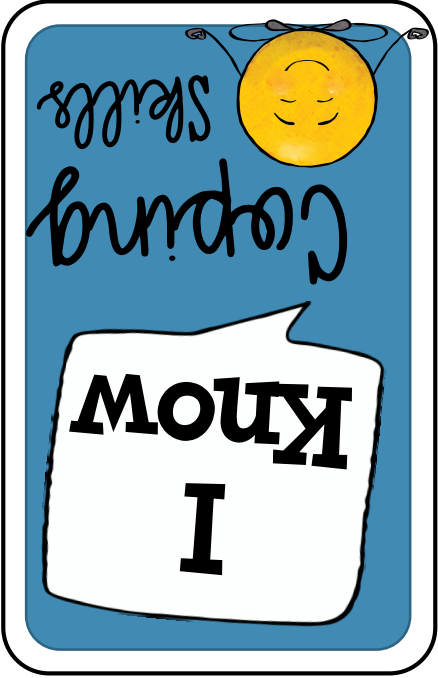
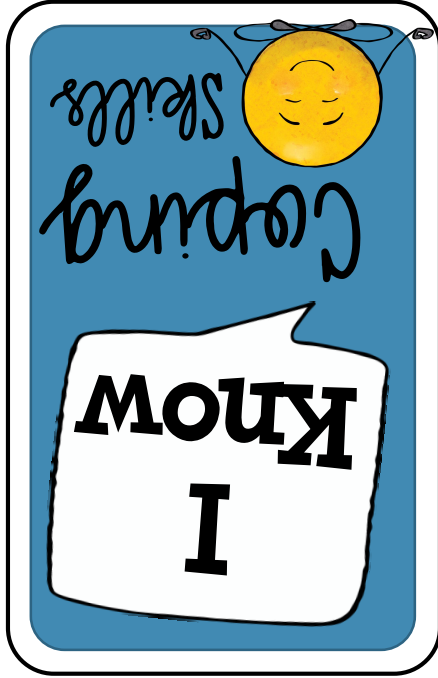
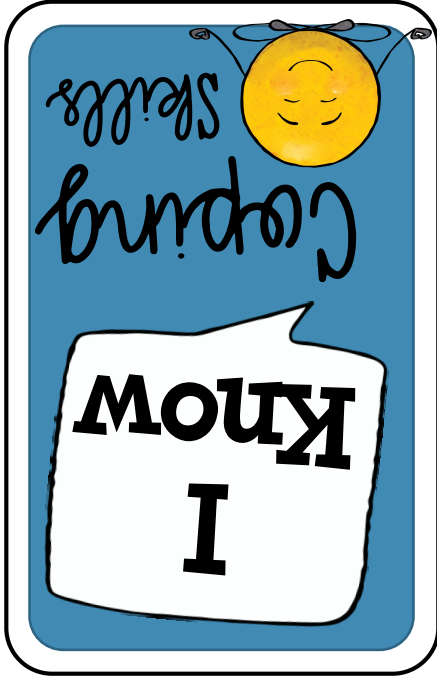
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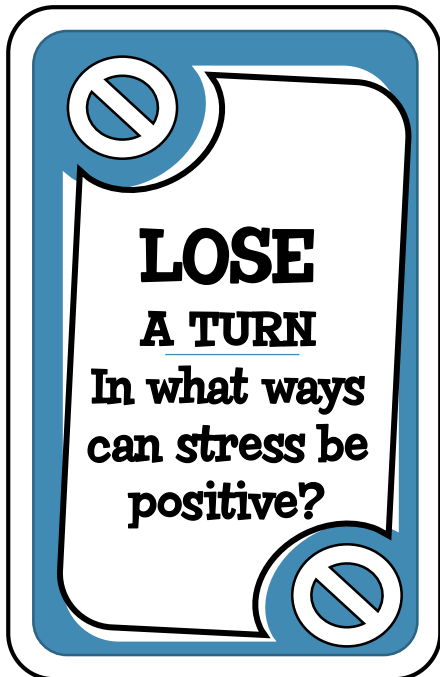
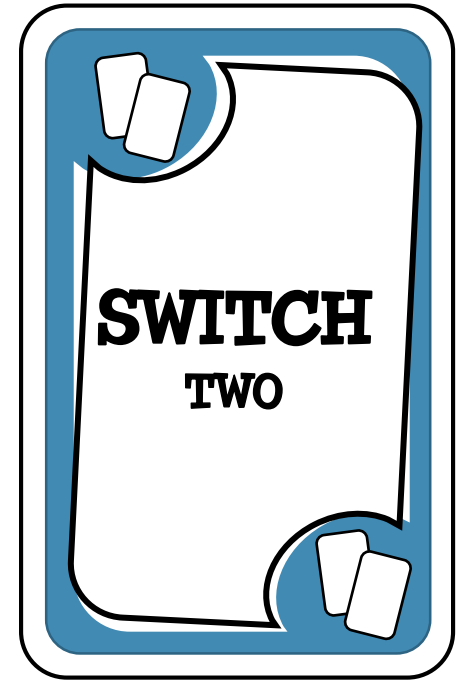
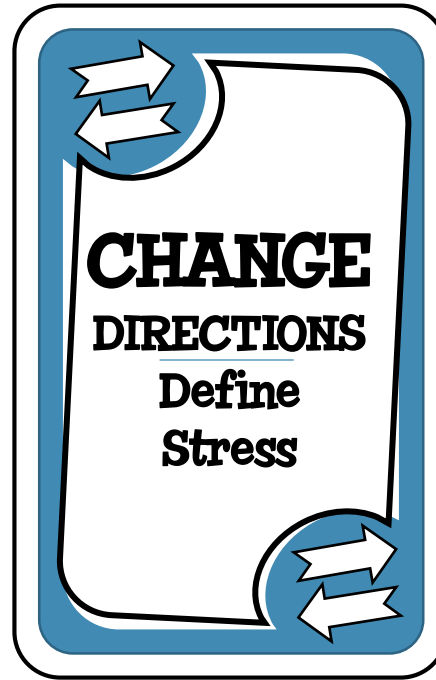
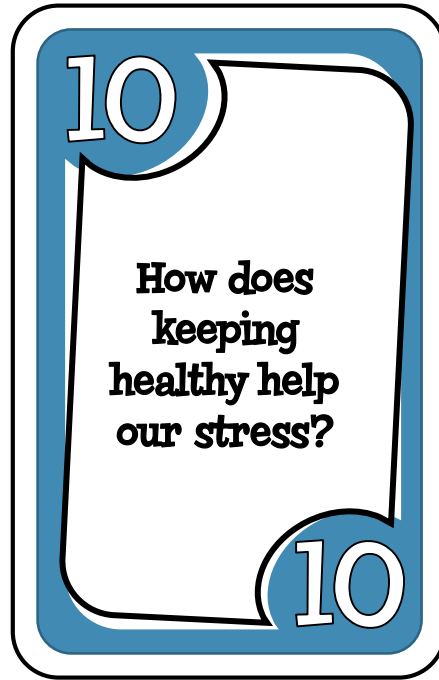
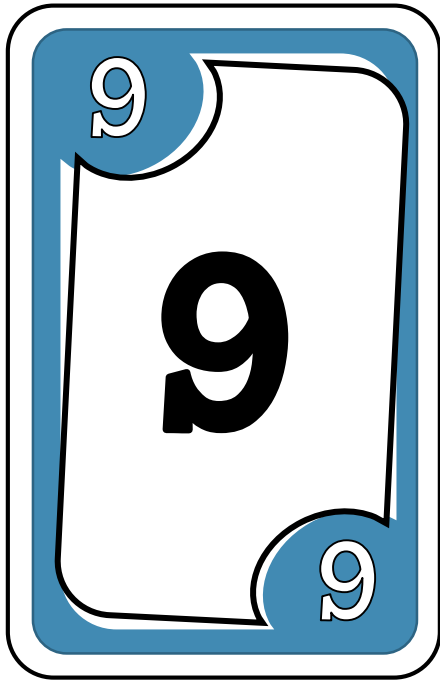
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Where do you like to go to calm down and relax?

1

2

2

2

3

Describe how your body feels when you are stressed compared to when you're relaxed.

3

4

4

4

5

How can your attitude help you stay cool?

5

6

6

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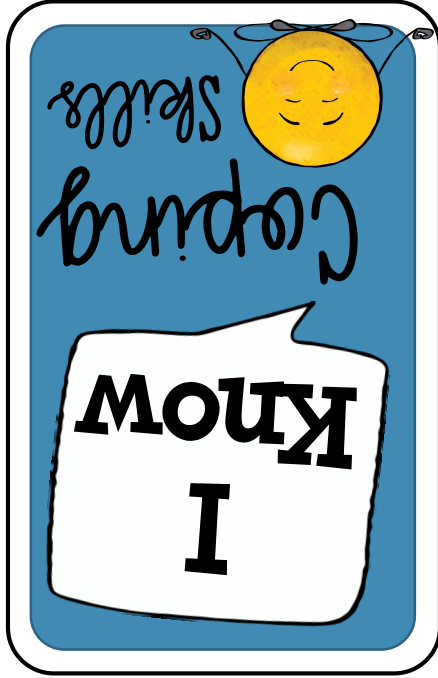
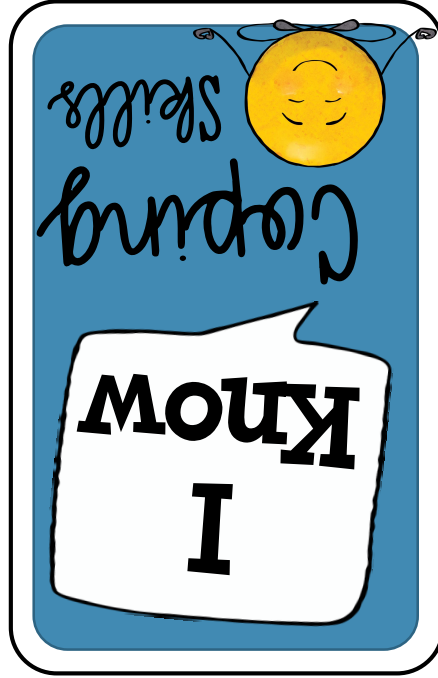
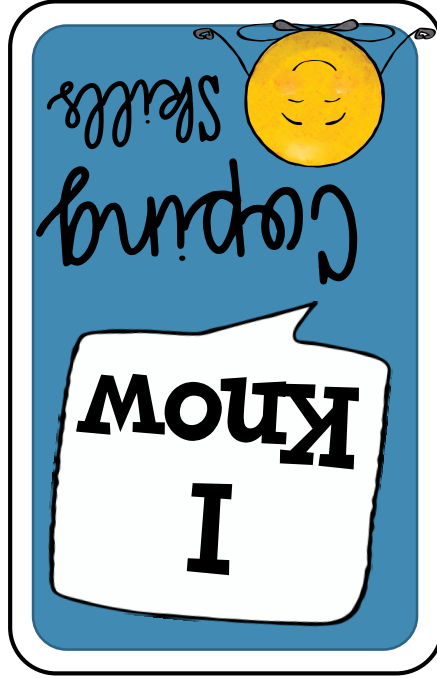
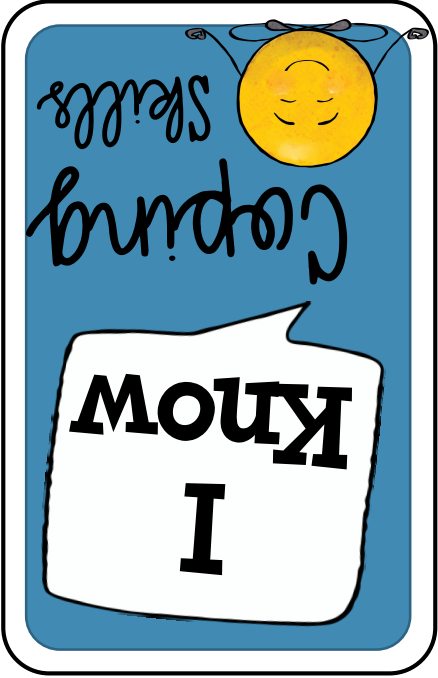
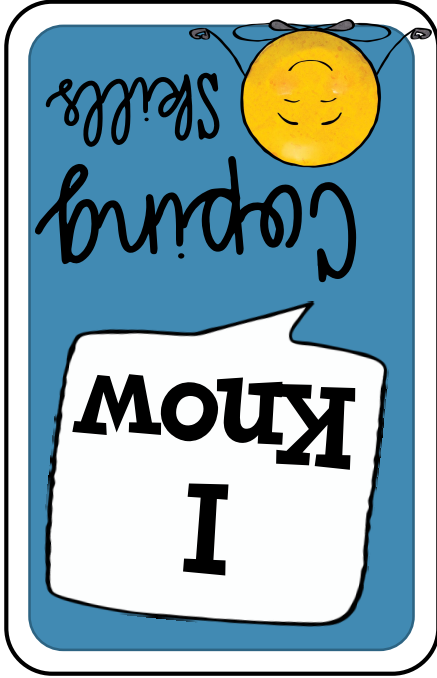
What causes you stress at school?

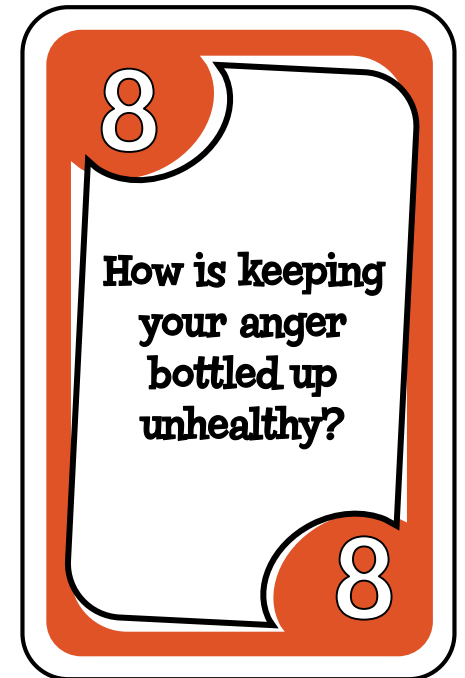
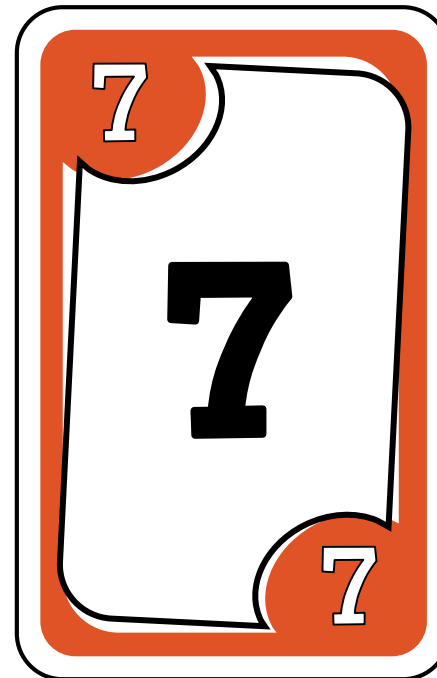
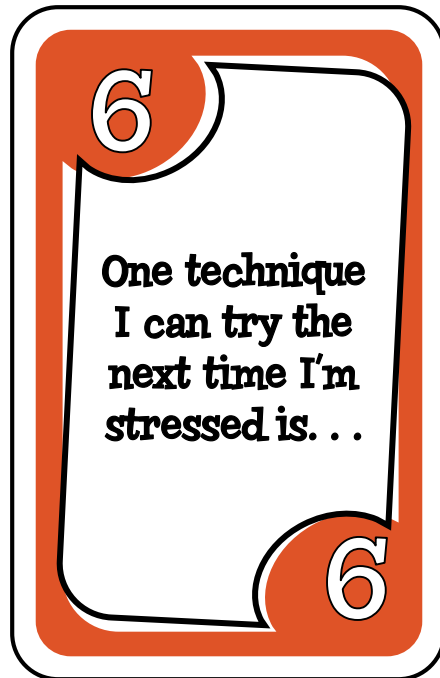
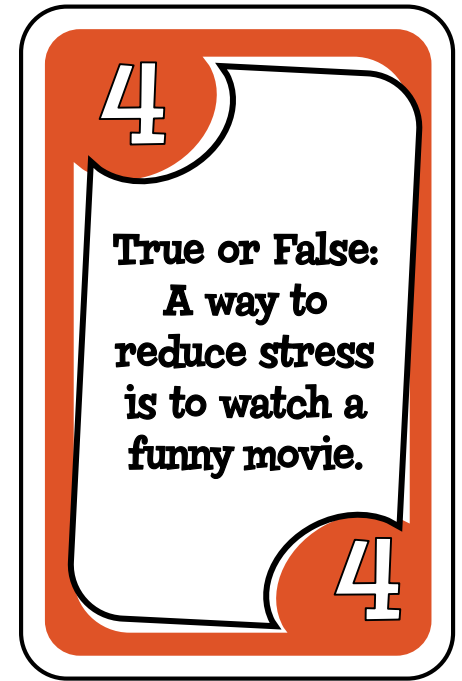
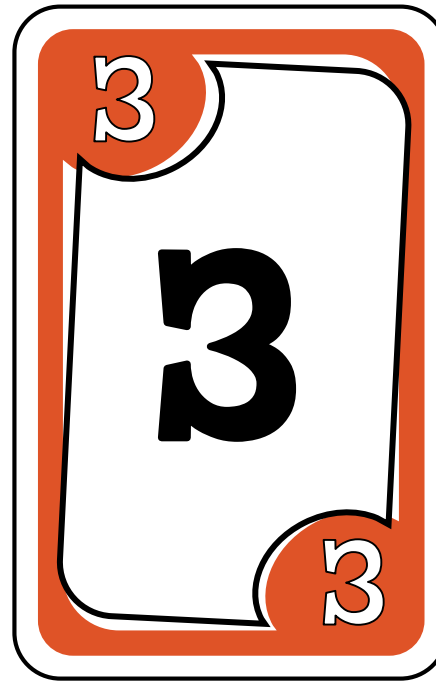
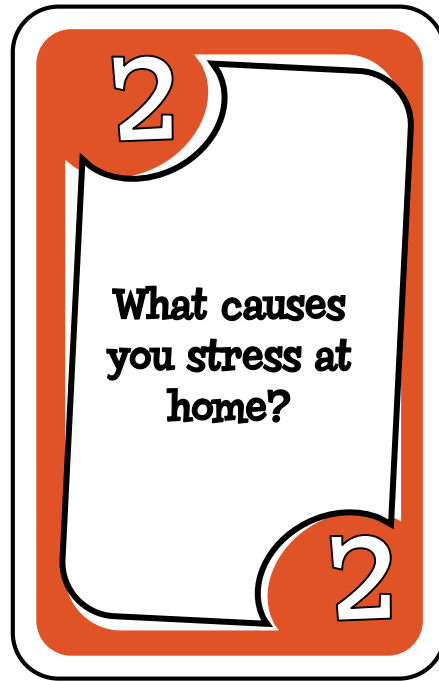
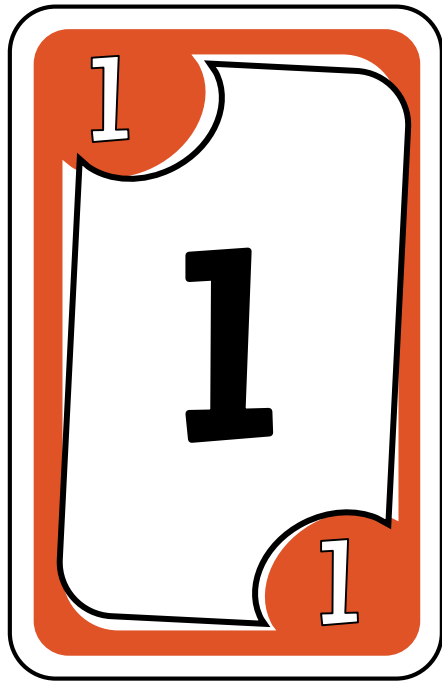
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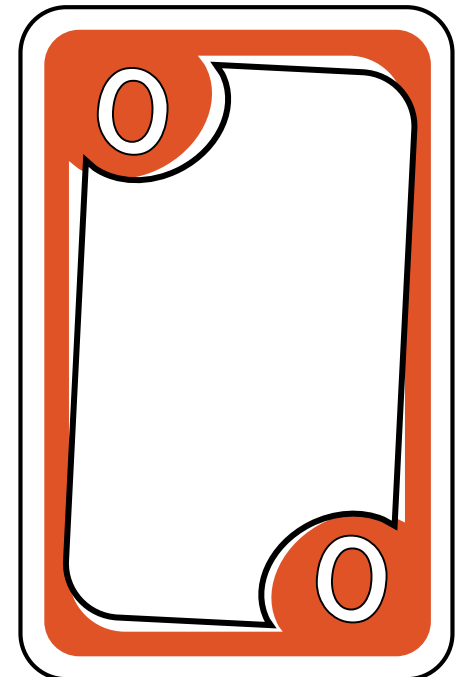
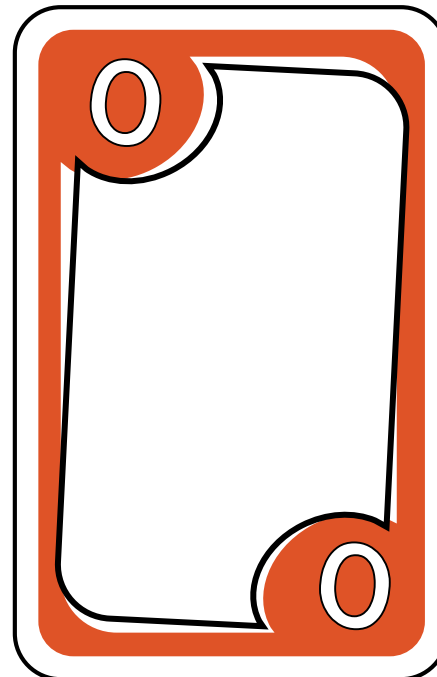
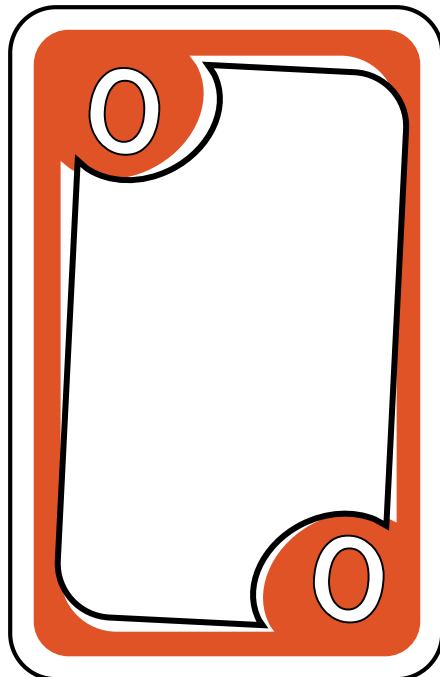
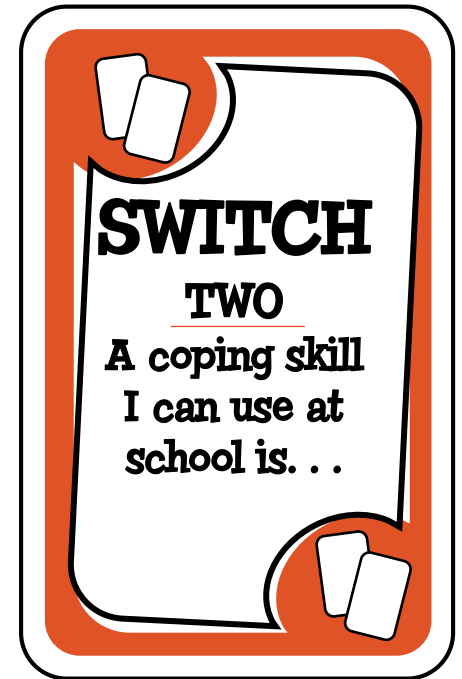
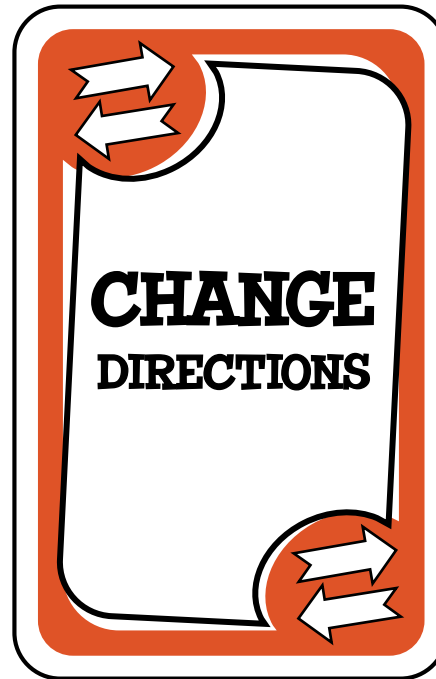
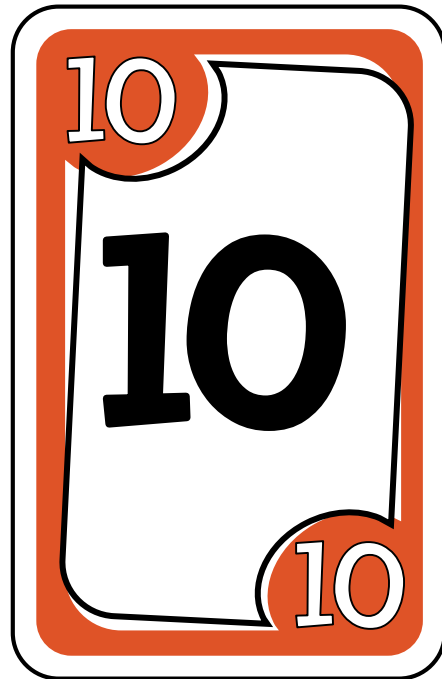
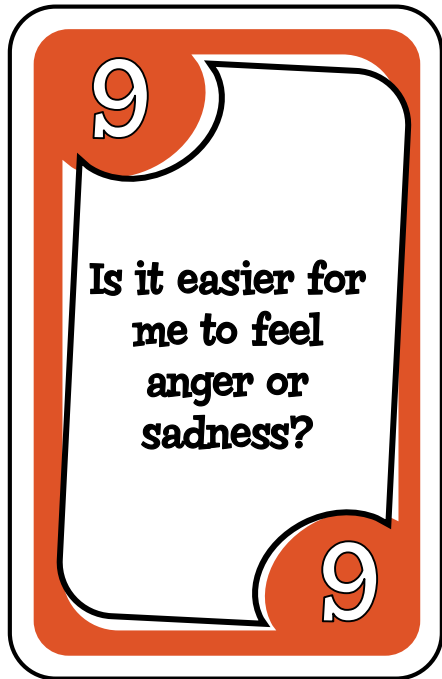
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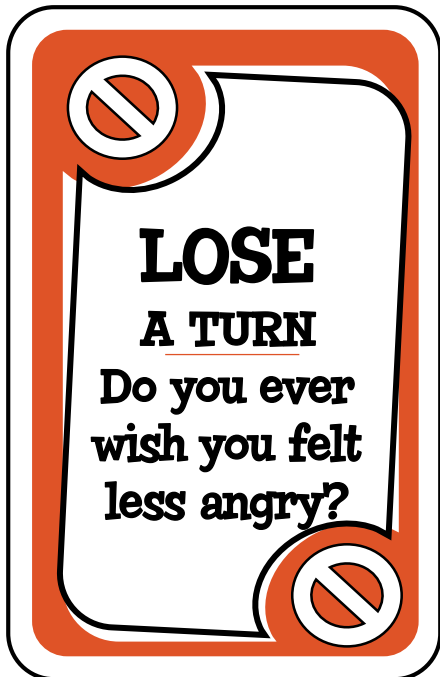
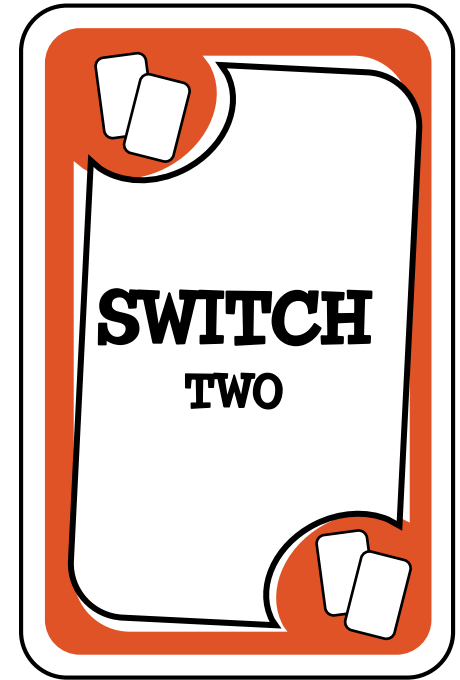
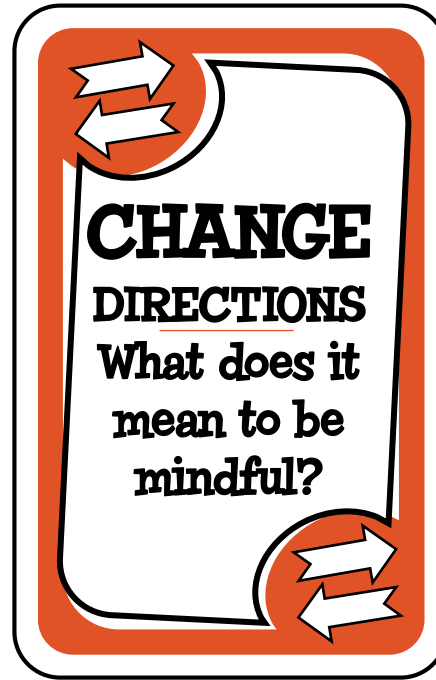
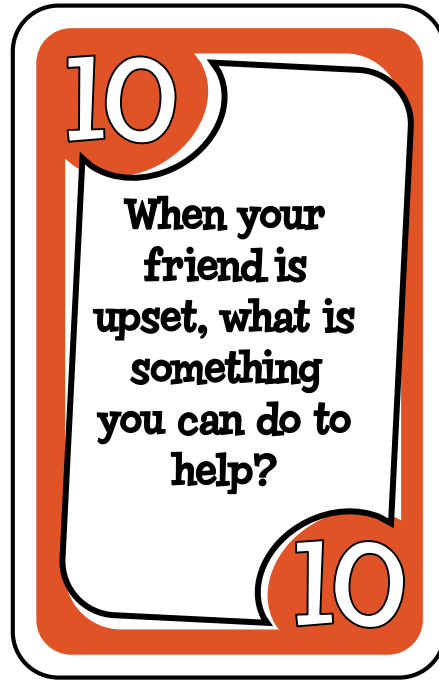
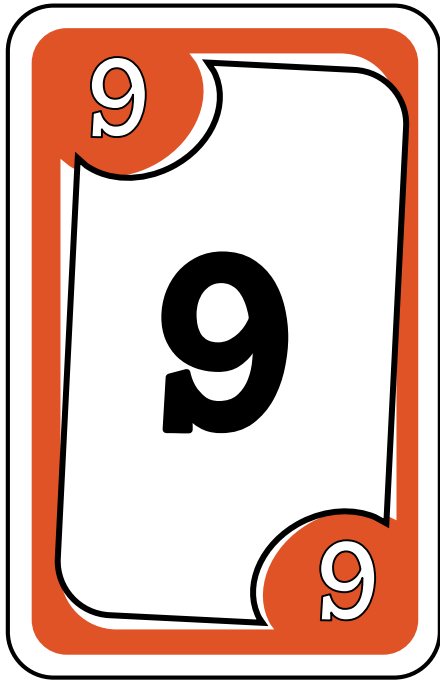
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**True or False:
Calling a
friend is a
good way to
relieve stress.**

1

2

2

2

3

**What is
something you
can tell
yourself when
you are feeling
bad?**

3

4

4

4

5

**Why is
drinking
alcohol an
unhealthy way
to handle
stress or
sadness?**

5

6

6

6

7

**True or False:
Everyone gets
depressed.**

7

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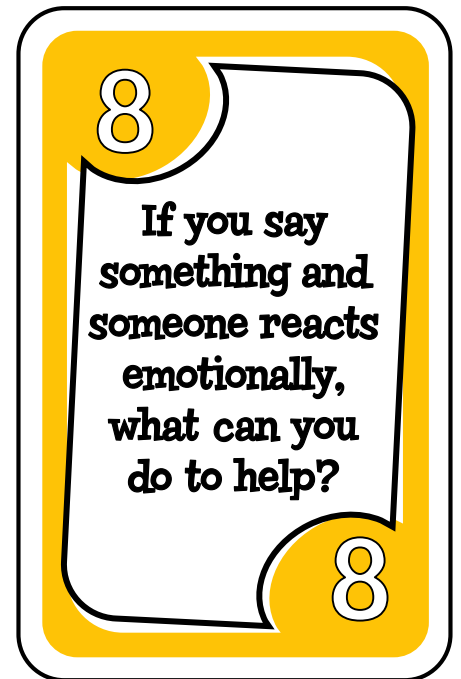
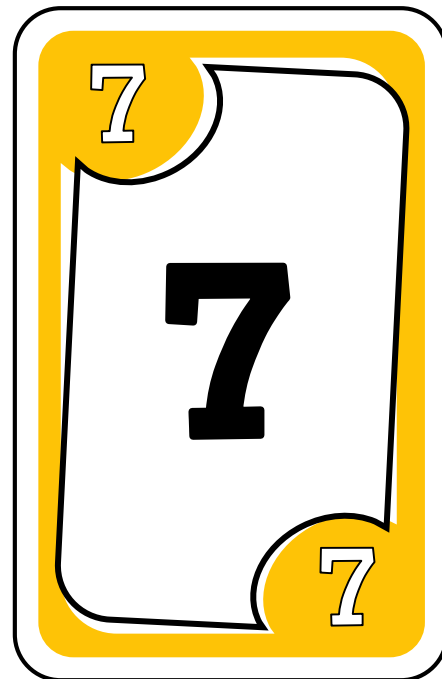
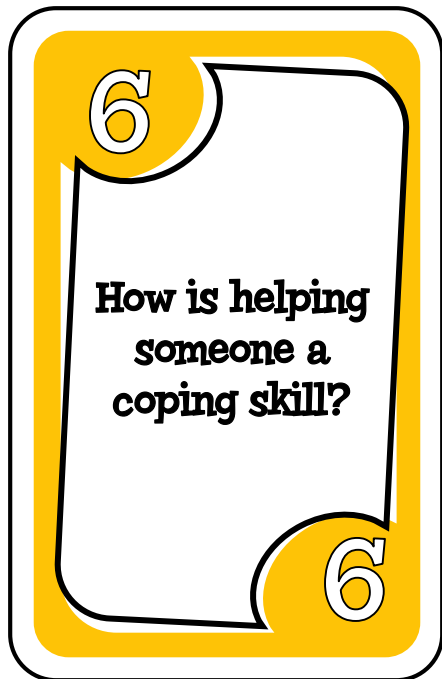
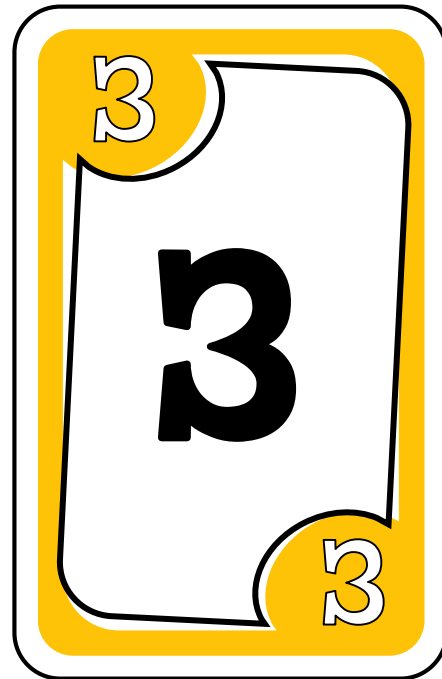
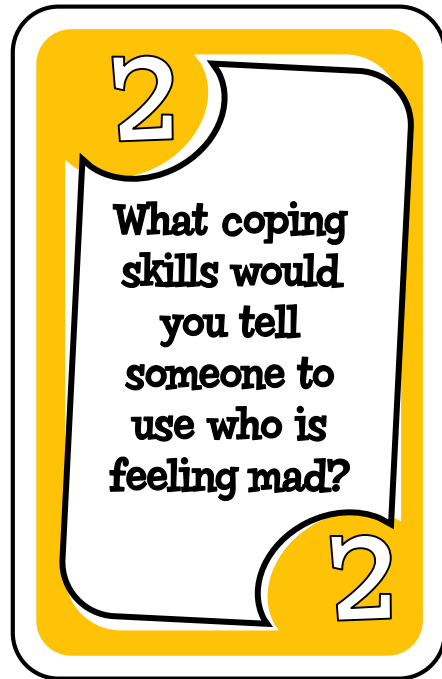
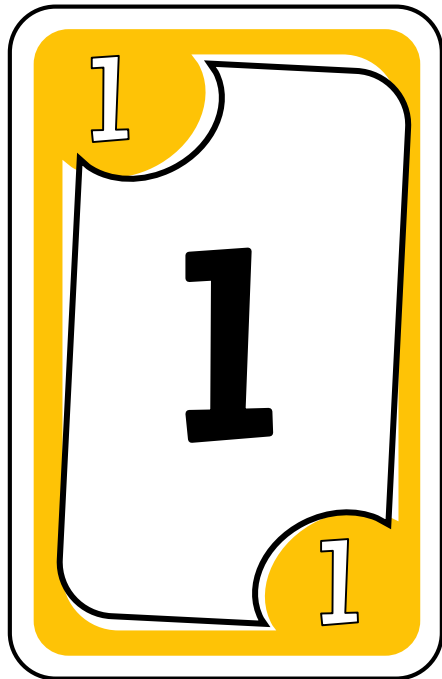
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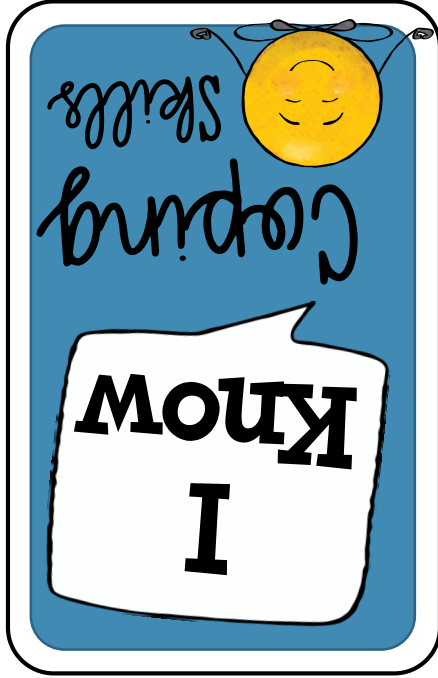
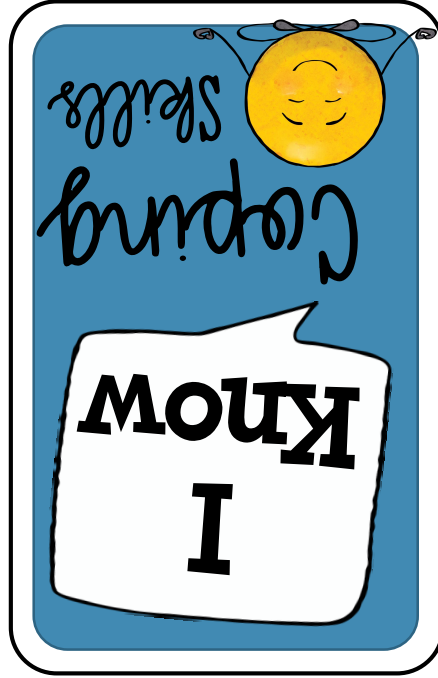
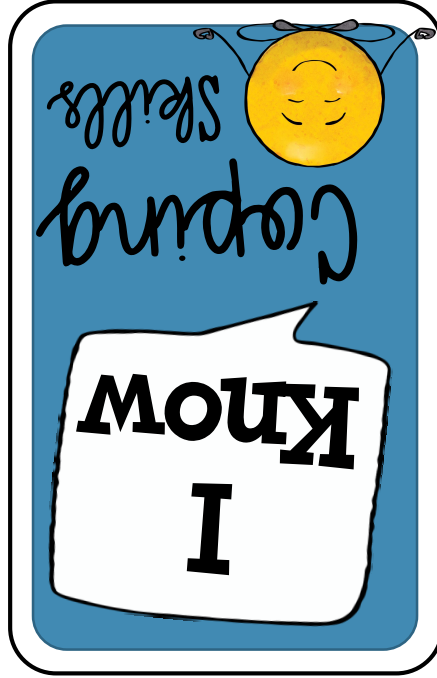
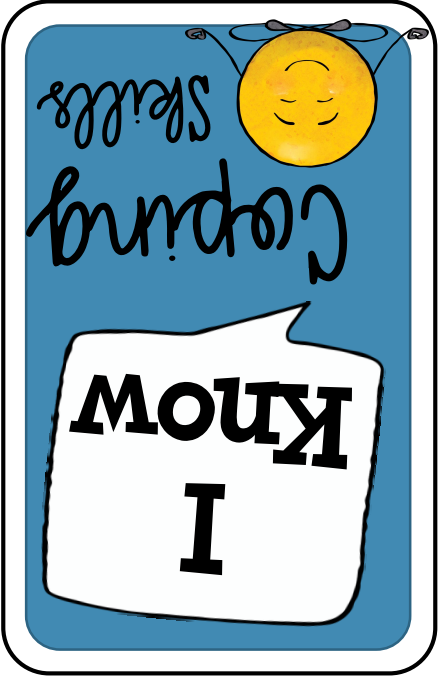
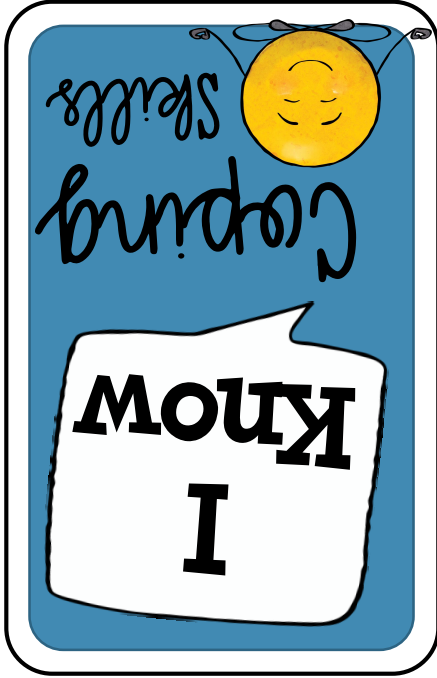
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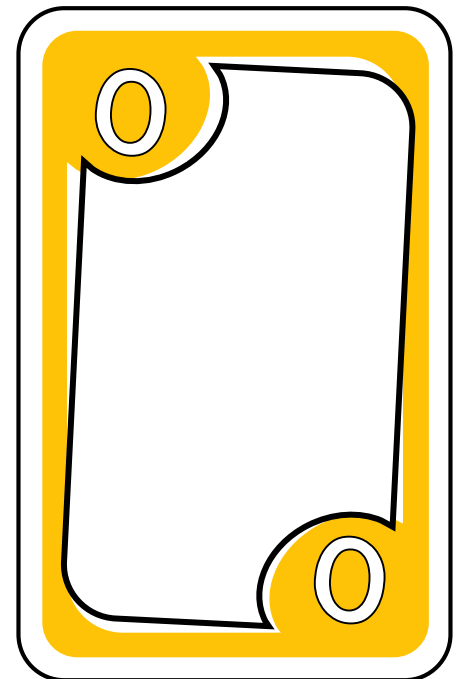
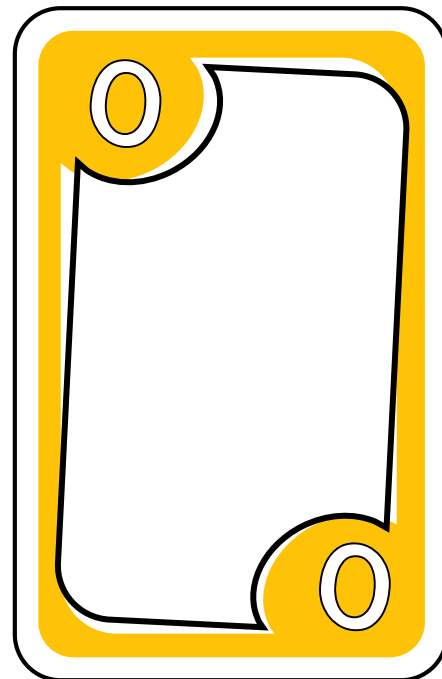
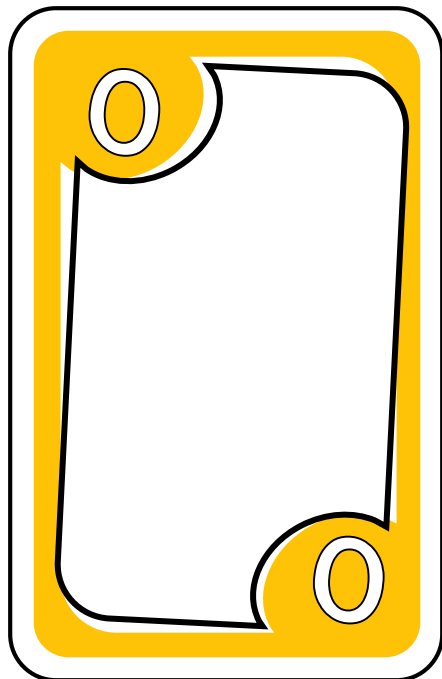
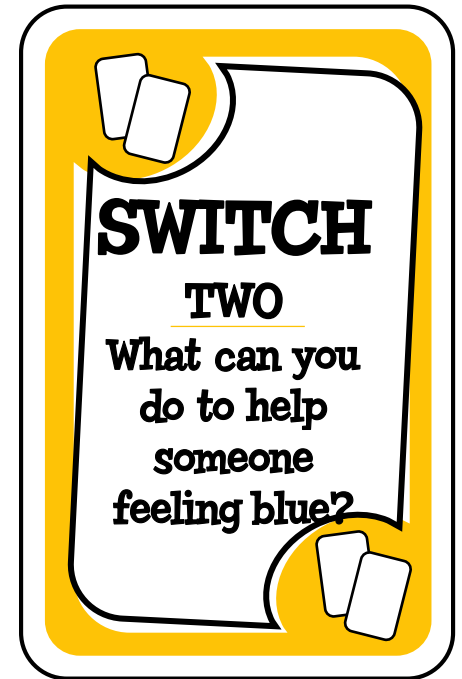
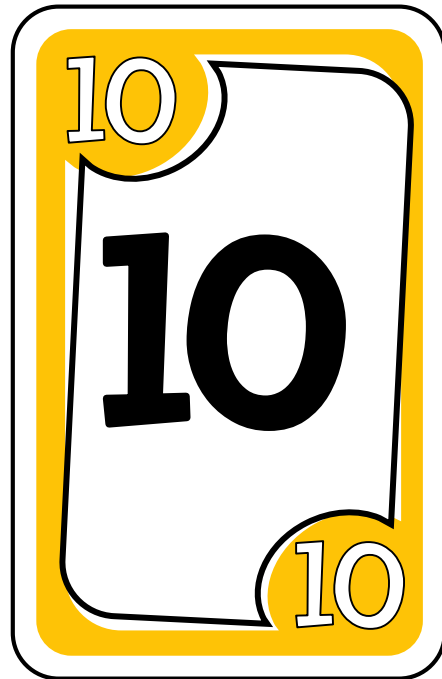
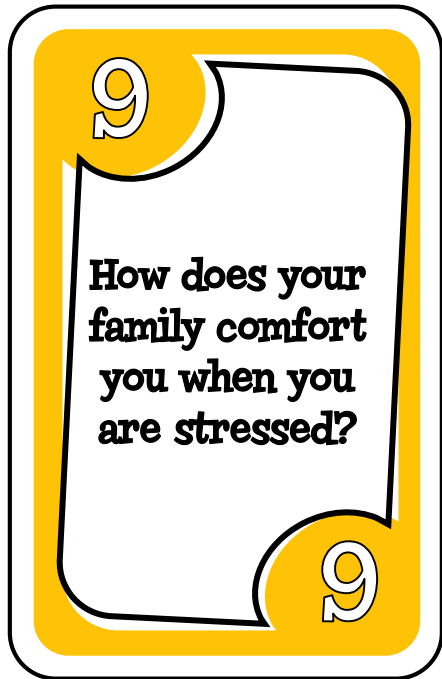
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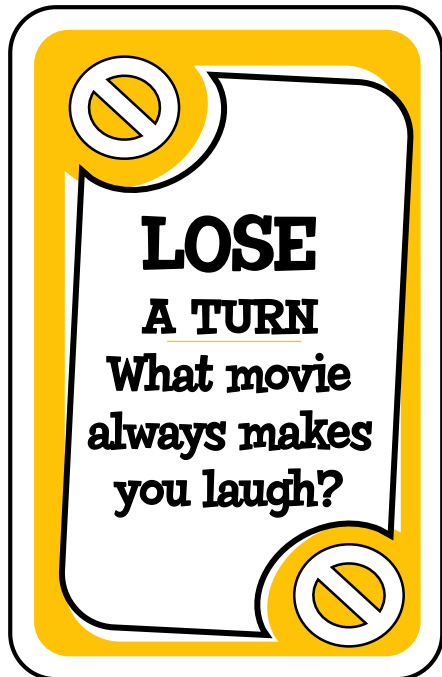
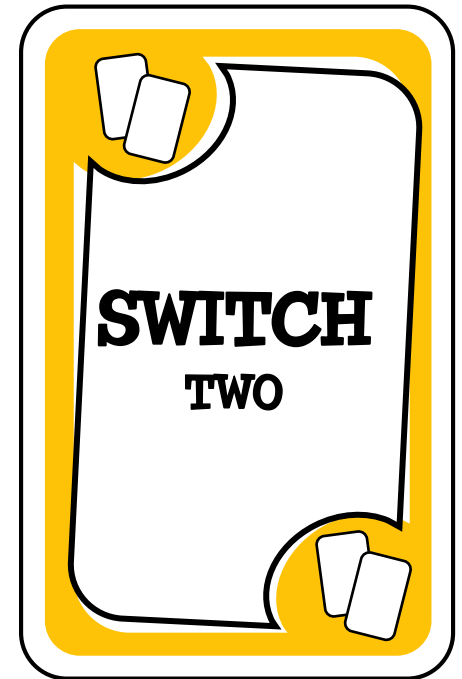
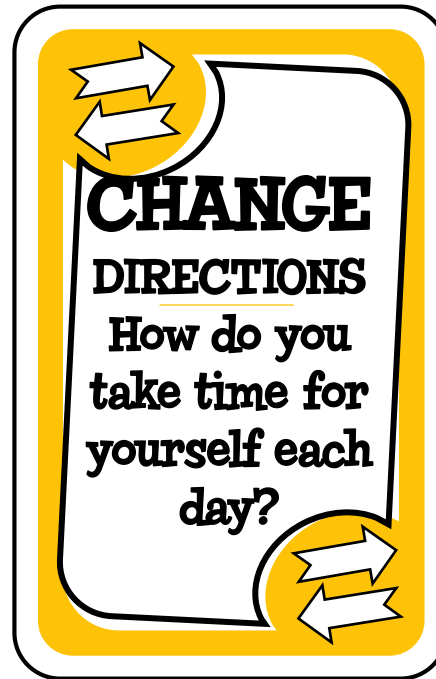
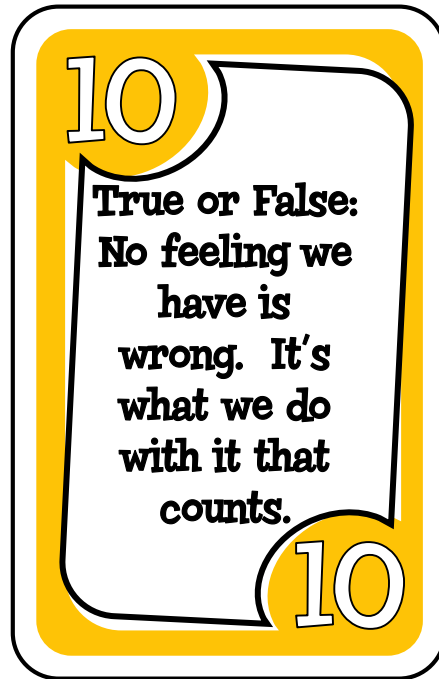
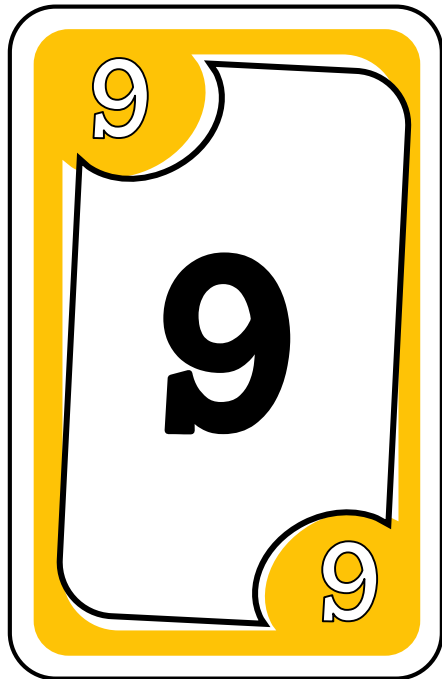
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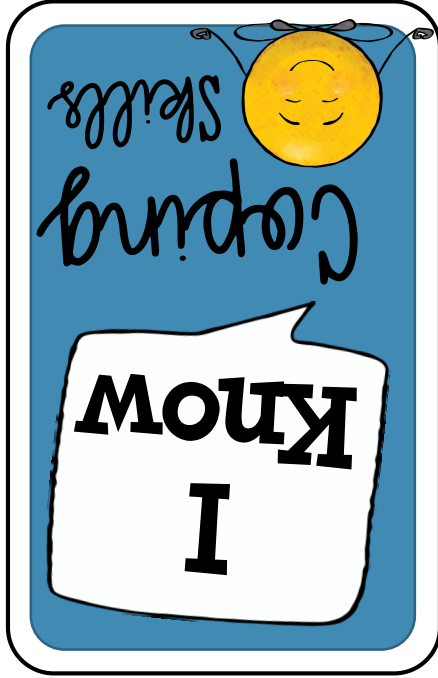
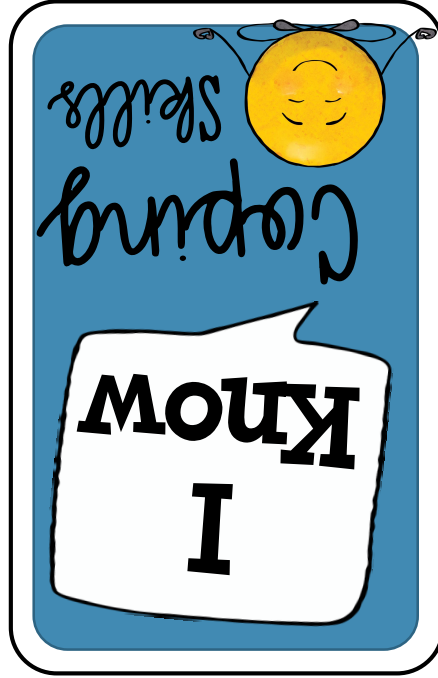
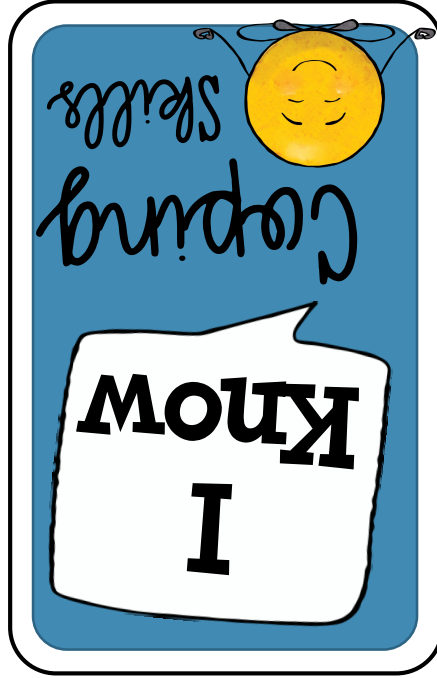
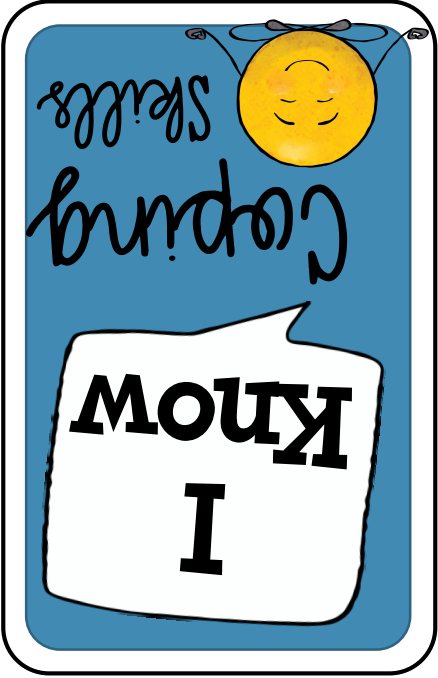
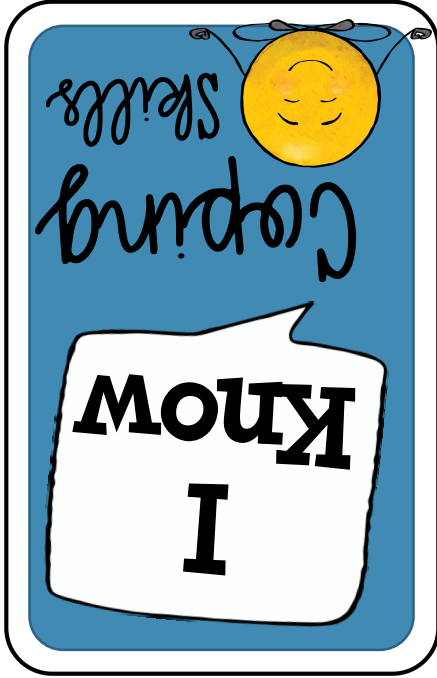
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**True or False:
Going for a
walk is a
coping skill.**

1

2

2

2

3

**True or False:
Blaming
yourself is a
good coping
skill.**

3

4

4

4

5

**Why is it
important to
change
negative
thoughts to
positive ones?**

5

6

6

6

7

**Why is it
important to
change
negative
thoughts to
positive ones?**

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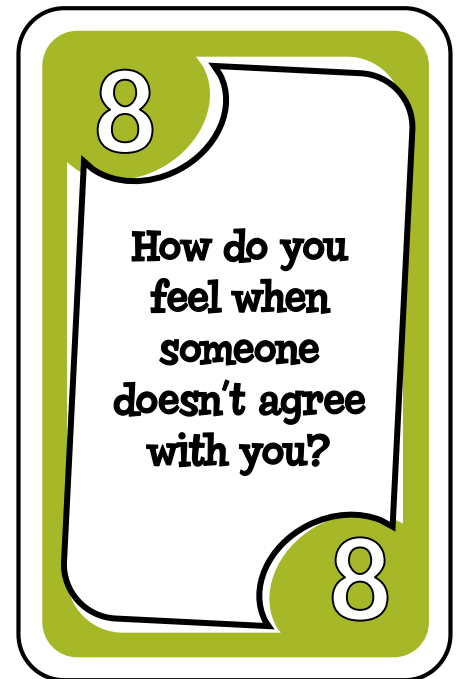
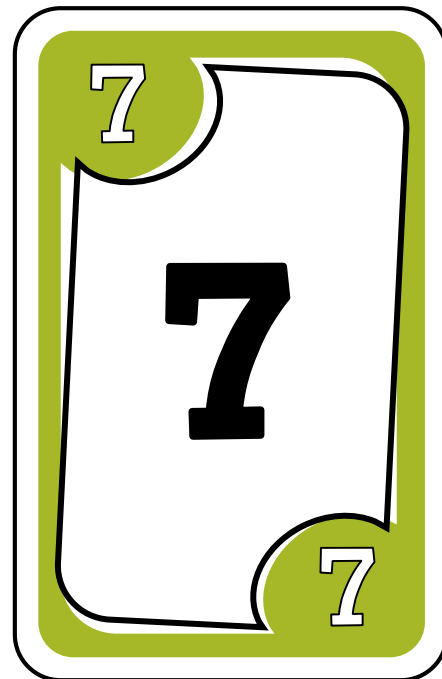
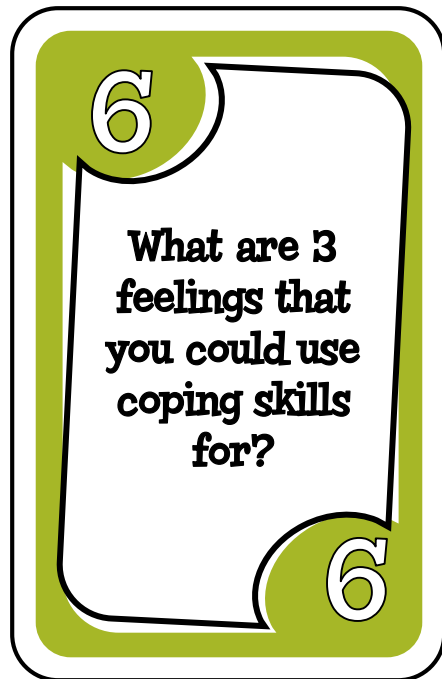
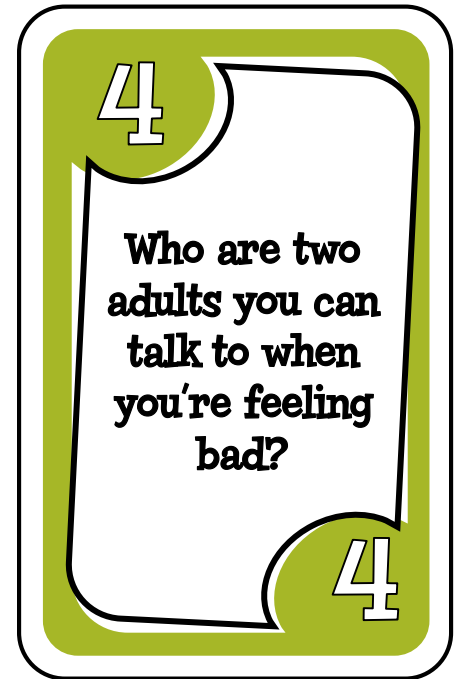
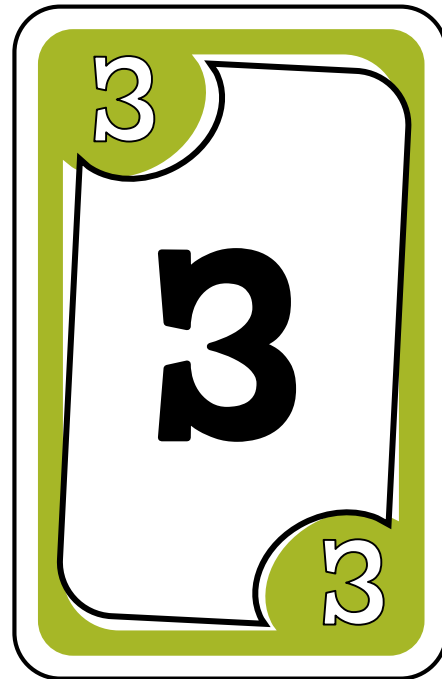
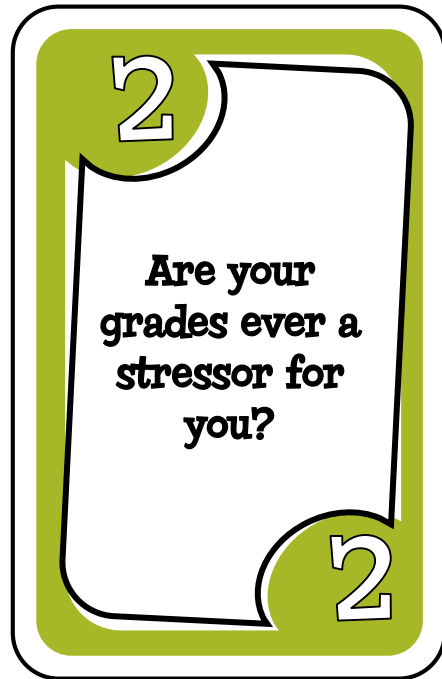
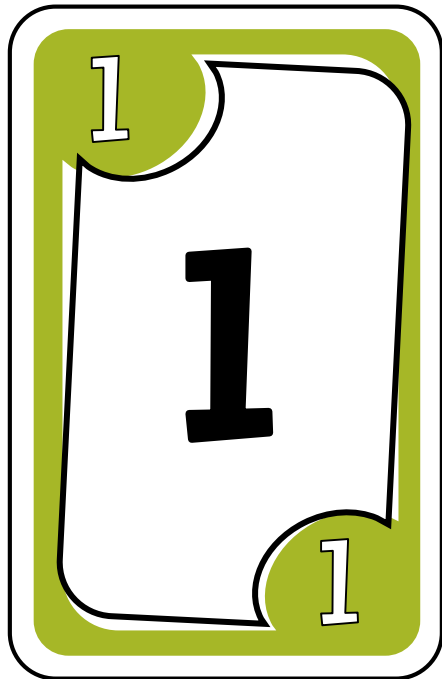
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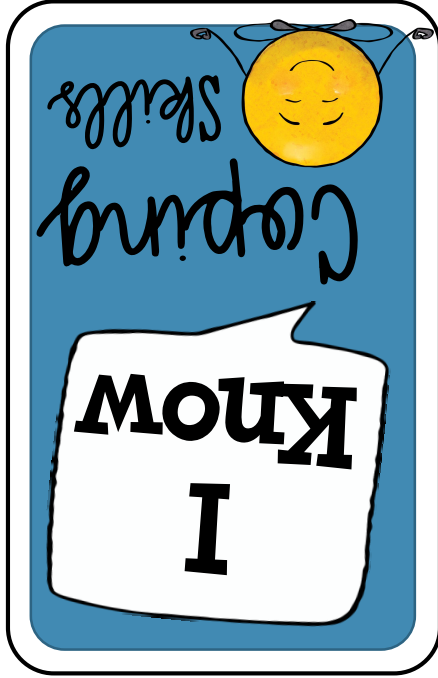
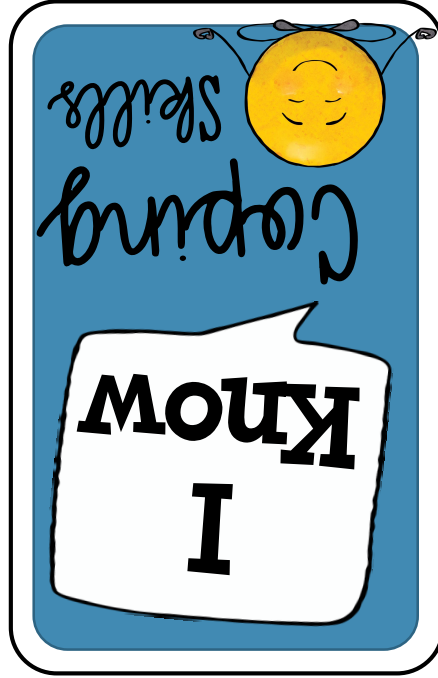
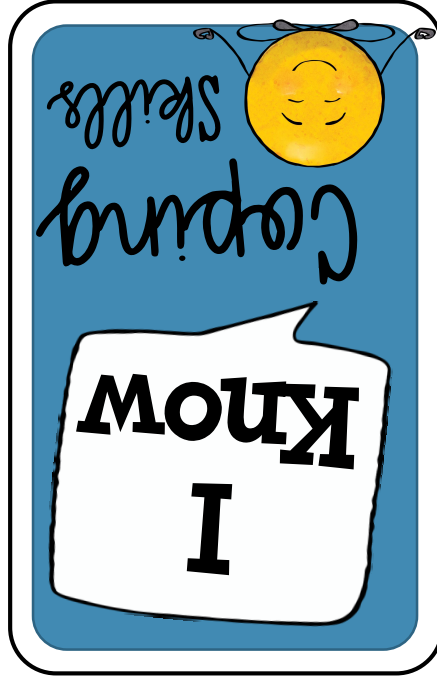
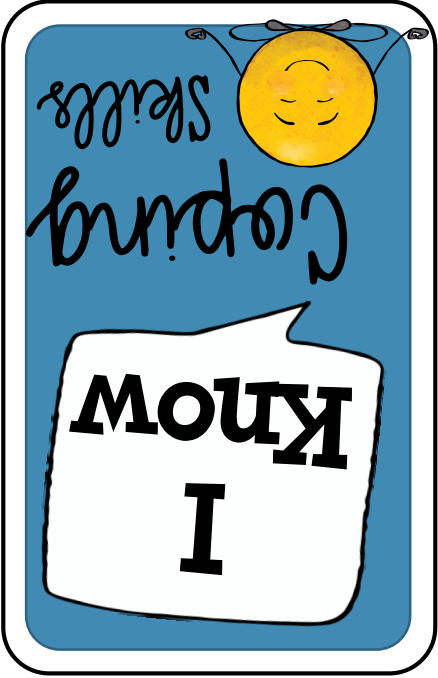
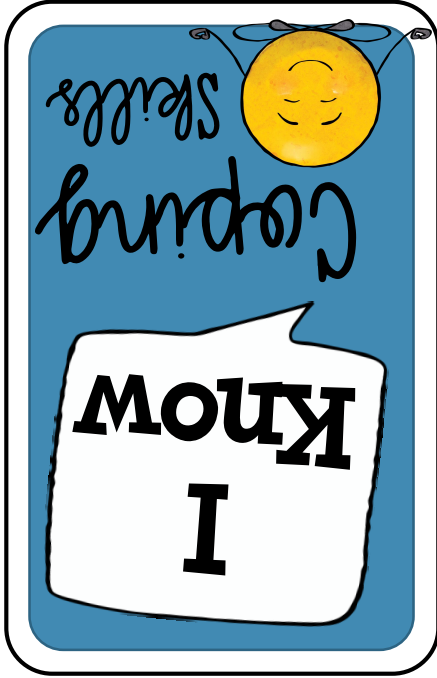
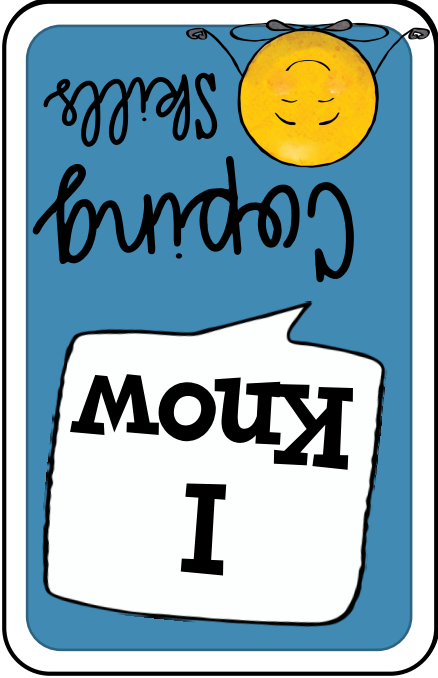
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9

Why doesn't everyone react the same way to the same situation?

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CHANGE DIRECTIONS

SWITCH TWO

How can apologizing make you feel better?

LOSE A TURN

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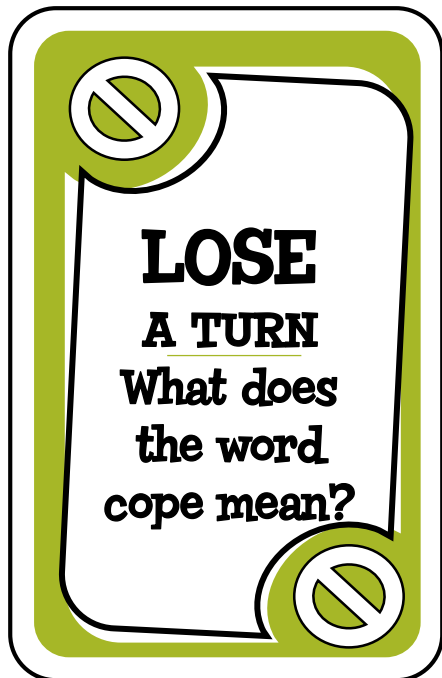
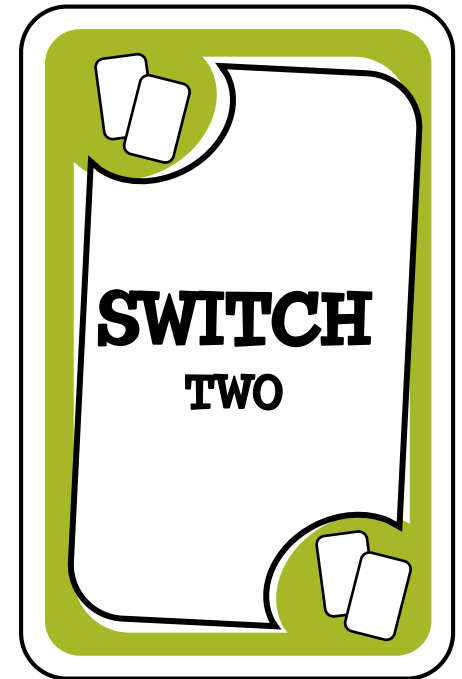
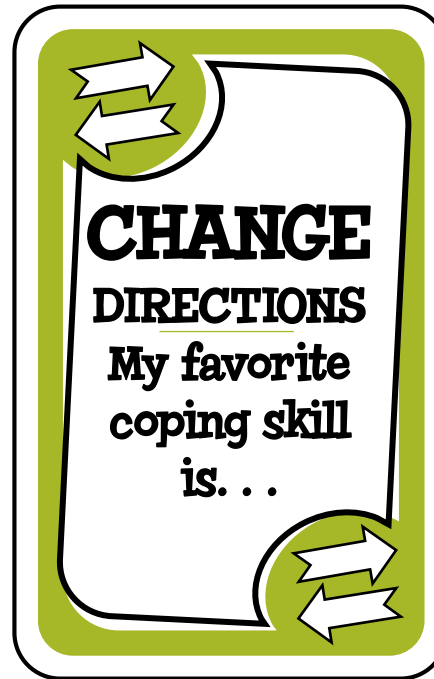
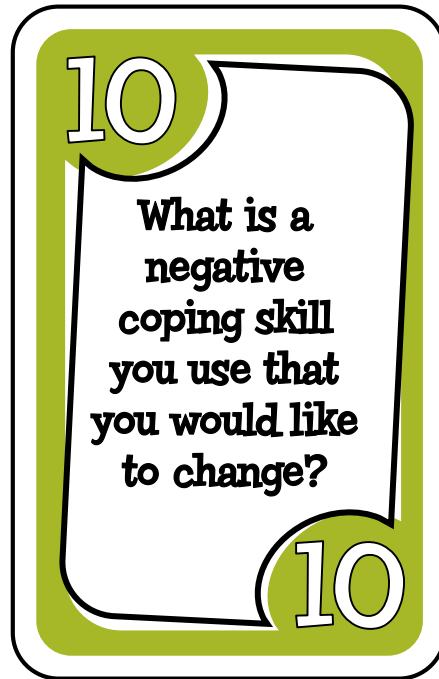
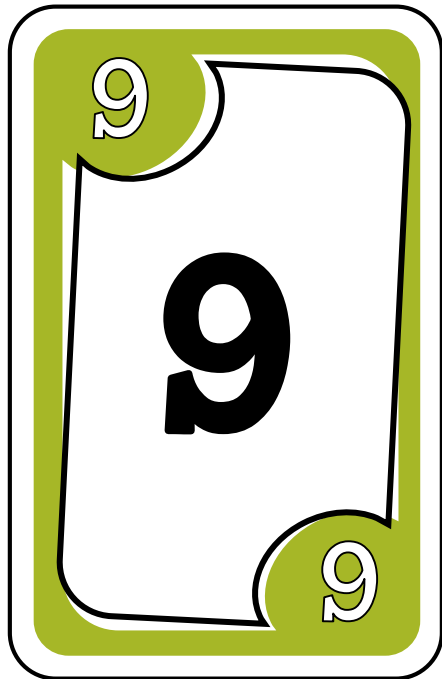
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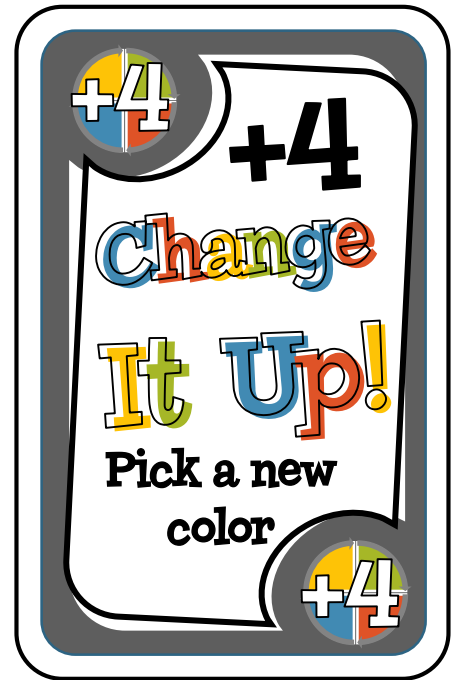
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MEET CAROL MILLER THE MIDDLE SCHOOL COUNSELOR



I am a school counselor from Lansing, NY. I have 25 years experience as a counselor in all 3 levels, elementary, high school and currently, middle school. I was awarded the NY School Counselor of the Year Award in 2014 and was the NY Representative for the American School Counselor of the Year Award at the White House in January of 2016. School Counseling is my passion.

I co-sponsor the School Counselor Community Scholarship, and delight that I get to help counselors each year attend the ASCA conference. I also have served as the VP for Middle Level Counselors with NYSSCA and have recently been elected to President Elect Elect. I am a strong proponent for school counseling programs, and I am always looking for ways to help my fellow colleagues.

My lessons are designed using the ASCA National Model and lesson plans align with the corresponding Mindsets and Behaviors. I strive to help students find personal, academic, career, and social/emotional success.

HELPING STUDENTS REACH FOR THE STARS...

CONNECT WITH ME



FONT AND GRAPHICS THANKS TO:



Thank you for downloading this resource! I hope it helps you to make your life a little easier and your students a little happier.

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Comments and Ratings

I am so excited to begin using this with my students, there were are just enough options to consider to facilitate a thoughtful discussion without interrupting the flow of activity ... perfectly formatted for easy printing and construction/preparation. Thank you!

Total: ★★★★★ 4.0

Overall Quality ★★★★★ 4.0

Accuracy ★★★★★ 4.0

Practicality ★★★★★ 4.0

Thoroughness ★★★★★ 4.0

Creativity ★★★★★ 4.0

Clarity ★★★★★ 4.0



Coping Skills Card Game

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