

EMPOWER YOUR STUDENTS WITH
ESSENTIAL LIFE SKILLS

COPING SKILLS WORKBOOK FOR STUDENTS





Welcome!

Welcome to the Coping Skills Workbook for Students!

This workbook is designed to help middle and high school students develop essential skills for managing emotions, handling stress, and navigating life's challenges. Each section includes activities and exercises that are easy to follow and fun to complete. Teachers, counselors, and administrators can use this resource to support students in building these important skills.

DBT in Schools



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Understanding Emotions

Objective: Help students identify and understand their emotions.

Activity 1: Emotion Wheel

Instructions: Provide students with an emotion wheel that includes a variety of emotions (e.g., happy, sad, angry, scared, surprised). Ask students to color the wheel and discuss times they have felt each emotion.

Discussion Questions:

- What emotions do you experience most often?

- How do different emotions feel in your body?

Activity 2: Emotion Journal

Instructions: Have students keep a daily journal of their emotions for one week. They should write down what they felt, what caused the emotion, and how they responded.

Discussion Questions:

- What patterns do you notice in your emotions?

- How do your emotions influence your actions?

Stress Management Techniques

Objective: Teach students how to recognize and manage stress.

Activity 1: Stress Ball Craft

Instructions: Provide materials for students to make their own stress balls using balloons and rice or flour.

Discussion Questions:

- How do you feel after using your stress ball?

- What other activities help you feel less stressed?

Activity 2: Stress Busters List

Instructions: Ask students to brainstorm a list of activities that help them reduce stress (e.g., listening to music, drawing, playing sports).

Discussion Questions:

- Which stress busters do you use most often?

- Can you think of any new activities to add to your list?

Mindfulness Activities

Objective: Introduce students to mindfulness practices that help them stay present and focused.

Activity 1: Deep Breathing Exercise

Instructions: Teach students a simple deep breathing exercise. Have them inhale slowly through their nose, hold for a few seconds, and exhale slowly through their mouth. Repeat several times.

Discussion Questions:

- How do you feel after practicing deep breathing?

- When could you use this technique during your day?

Activity 2: Mindful Coloring

Instructions: Provide students with intricate coloring pages and colored pencils or markers. Please encourage them to focus on the colors and patterns as they color.

Discussion Questions:

- How does coloring make you feel?

- Can you describe the thoughts you had while coloring?

Problem-Solving Skills

Objective: Help students develop effective problem-solving skills.

Activity 1: Problem-Solving Scenarios

Instructions: Present students with various scenarios (e.g., a conflict with a friend, difficulty with homework) and ask them to brainstorm possible solutions.

Discussion Questions:

- What steps did you take to solve the problem?

- How do you feel about the solutions you came up with?

Activity 2: Role-Playing

Instructions: Have students role-play different problem-solving situations in pairs or small groups. After each role-play, discuss what strategies were used and their effectiveness.

Discussion Questions:

- What strategies worked well?

- What could you do differently next time?

Distress Tolerance Skills

Objective: Teach students strategies to cope with difficult situations without becoming overwhelmed.

Activity 1: The STOP Skill

Instructions: Teach students the STOP skill (Stop, Take a step back, Observe, Proceed mindfully). Have them practice this skill in various scenarios.

Discussion Questions:

- How did using the STOP skill help you?

- When can you use this skill in your daily life?

Activity 2: Creating a Coping Plan

Instructions: Help students create a personal coping plan. They should list their triggers, early warning signs, and coping strategies they can use when they start to feel overwhelmed.

Discussion Questions:

- What triggers did you identify?

- How will your coping plan help you manage distress?

Communication Skills

Objective: Improve students' ability to express themselves and listen to others.

Activity 1: I-Statements

Instructions: Teach students to use I-statements (e.g., "I feel...when...because..."). Have them practice by completing sentences like "I feel happy when..." or "I feel frustrated when..."

Discussion Questions:

- How do I-statements help in communication?

- Can you think of a time when using an I-statement would have been helpful?

Activity 2: Active Listening

Instructions: Pair students and have them take turns speaking and listening. The listener should practice active listening skills (e.g., nodding, and summarizing what was said).

Discussion Questions:

- How did it feel to be actively listened to?

- What was challenging about being a good listener?

Reflection and Discussion

Objective: Encourage students to reflect on their learning and discuss their experiences.

Activity 1: Reflection Journals

Instructions: At the end of each week, have students write a reflection on what they learned and how they applied it in their lives.

Discussion Questions:

- What was the most valuable skill you learned this week?

- How did using the skills affect your daily life?

Activity 2: Group Discussion

Instructions: Hold a group discussion where students can share their experiences and insights from the workbook activities.

Discussion Questions:

- What activity did you find most helpful?

- How can we support each other in using these skills?

A decorative header featuring various school supplies like colorful paper clips, pencils, and markers arranged along the top edge of the page.

Thank you!

Congratulations on completing the Coping Skills Workbook for Students! Remember, the skills you've learned and practiced are tools you can use throughout your life. Keep practicing, stay mindful, and continue supporting each other as you navigate the ups and downs of life.

