

# What are positive and negative coping skills?

Read the following statements and decide whether you think they are positive ways of coping with a difficult situation or not. Cut out and stick each statement into one of the columns.

Ignore what is happening

Use offensive language

Walk away

Think about what the consequences will be

Hurt someone

Count to five before you act

Hurt yourself

Take time to breathe deeply and slowly

Punch a hole in the door

Talk to someone you trust

Push someone



# Positive Coping Skills

# Negative Coping Skills



# What Are Positive and Negative Coping Skills?

Think of your own ideas for positive coping skills and negative coping skills and add them to the thought bubbles.

## Positive Coping Skills Ideas

## Negative Coping Skills Ideas

