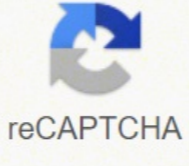





I'm not robot




Continue

Doing Chores


Name _____

 Nobody likes to do chores, but someone has got to do them.
If no one did the chores, your house would be very messy.
If you have a pet, and no one feeds him or cleans up after him, he would be very sad. It is not your parents responsibility to do all the chores.

 EVERYONE who lives in a home needs to pitch in and help out!

List some common household chores:

- | | | |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

 List 3 people in your house, and their chores.

- | | | |
|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ |

Fill in the blank:

1. Everyone in a family should help do the _____!
2. If we don't do chores our house will get very _____!
3. Our pets will be _____ if we don't do our chores to help them.
4. Who's responsibility is it to do chores in a household? _____

If everyone helps out , there will be more time for fun activities!

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Improve your concentration and focus with these 12 exercises.

Social And Emotional Skills

Activities To Promote Social Awareness And To Help Children Understand Their Feelings And Emotions!!

@educatingeverybodylife

Picture Cards And Word Cards (Emotions)

Content	Caring	Happy	Sad
Proud	Shocked		
Silly	Frustrated		
Scared	Mad		
Embarrassed	Upset		
barrassed	Excited		

Scenario Cards

- Your teacher is giving you free time.
- Your mom and dad don't allow you to go to the party.
- You have just finished the spelling bee.
- You cannot play on the computer.
- The date of peace for others.
- A display of kindness for others.
- It is raining outside and there is nothing to do.
- You have tried making an A+ on your assignment and made a failing grade.

Definition Cards

- Feeling
- A Feeling

Wheel of Emotions

The emotions and feelings journal can be used to help children understand their own emotions. This is a great tool for students to recall events that may have triggered their emotions.

Emotions and Feelings Journal

My Emotions and Feelings Journal

Mindfulness techniques are perfect grounding exercises. This is where you brainstorm an alternative, more balanced thought, and coping response. It helps the user cope with traumatic experiences by focusing on the person's strengths. It doesn't matter whether you cope like everyone else. Coping Skills for Kids: Brain Works Project (n.d.). Coping skills can be learned through three main avenues: By observing others, including parents and other family members, friends and classmates, teachers and other adults in the learning environment, and from environment; Through trial and error—we all need to learn what methods work best for us, and that can only be accomplished by testing different methods and reflecting on the results; Through education programs, especially those geared toward teens and preteens; starting early can have a huge impact on coping skills later in life. Managing Cravings This worksheet can be an extremely useful resource for identifying when and why your strongest cravings arise, which is the first step to learning how to effectively combat them. Like the deep breathing exercise, this worksheet has you to read the instructions aloud with your child, with both of you following along. For example, this may be volunteering for others or extending compassion to everyone around you. For the simmering pot, children can write down coping methods that help them maintain their happy thoughts and good mood. Once you try some of these exposures, record how you felt and what you were thinking during the activity. What else might be true, instead? Download the Emotion Masks worksheet and give it a try. Coping Worksheets for Older Children and Teens (10 and up) Older kids and teens have a wider capability when it comes to understanding and learning coping methods. Many of the worksheets for coping with depression can help, but here are some that are especially helpful for those struggling with bipolar disorder. Hopefully, they can be a useful complement to professional treatment. The final column is the most important one. They also have an opportunity to tell the adults in their lives how to help when the pot is starting to boil. Diversions Write, draw, paint, photography; Play an instrument, sing, dance, act; Take a shower or a bath; Garden; Take a walk, or go for a drive; Watch television or a movie; Watch cute kitten videos on YouTube; Play a game; Go shopping; Clean or organize your environment; Read; Take a break or vacation. Fighting Irrational Thoughts With Logic This worksheet is another simple one, with only three columns: Irrational Thought Logical Response Fresh Thought The goal of this technique is to challenge your negative and/or irrational thoughts and replace them with fresh, more positive, logical, and realistic thoughts. Asking yourself these simple but profound questions can help you move from fretting to feeling better. Children can use this worksheet by writing down some coping skills for each situation. Click to see the Coping Skills Inventory worksheet. Replacing these with positive and realistic thoughts can be a great coping tool. The instructions recommend filling out an entry at least twice a week and spending about 10-20 minutes on each one. Encourage your child to put his or her imagination to good use. One example is to imagine your favorite place and to focus all of your senses on that place in order to go there in your mind. It takes some work to follow these tips, but they are sure to provide you with the strength and resilience you need to navigate difficult times in your life (Mental Health Wellness Week). The three worksheets below should help you deal with the difficult feelings that come with depression. The second is to breathe deeply and calmly throughout. If so, don't be too hard on yourself—we all have a few unhealthy coping mechanisms. Interceptive Exposure This Interceptive Exposure worksheet provides several methods of Interceptive Exposure. Deep Breathing For Kids is an easy, simple, and free coping method—a win for both parent and child. Click here to give The What If Bias a try. All of these worksheets can be found at this website. In the Distracting section, you can write down the skills and techniques that are most helpful for distracting you from negative and/or irrational thoughts. (n.d.). Put your creativity and imagination to use, and think of all the times you put on a "mask" to hide how you feel. Then, the person is instructed to name strengths that helped him or her deal with the traumatic experience. The potential benefits are not exclusive to adults—kids can also get in on this practice. Will this matter a year from now? If I look at the situation positively, how is it different? In the fourth column, note the Emotions you were feeling and rate their intensity from 0 to 100. Physical Get enough sleep; Eat healthy foods; Get into a good routine; Eat a little chocolate; Limit caffeine; Practice deep/slow breathing. Before you read on, we thought you might like to download our three Resilience Exercises for free. To experience a racing heartbeat, you can run in place or run up and down steps. For example, children can write worries, hopes, ideas, and fears in the head; instincts and urges in the stomach; and spoken words from the past, present, and future in the mouth. The worksheet is simple, with only two columns: "What if it's Negative?" For the third pot, they must identify some of the most powerful coping skills at their disposal, especially ones that work fast, like deep breathing and sharing their feelings with an adult. Emotion Masks This worksheet encourages you to think about the ways in which you manage your feelings in front of other people. The What If? Next time I can practice deep breathing to work through it." Managing Cravings can help you realize when you tend to be most vulnerable to cravings and gives you a chance to put together a plan of action for when the next craving hits. Next, rate your anxiety after completing the activity on a scale from 0 to 100. This worksheet is a good way to do that. Finally, give yourself a big, warm hug, and sustain that for however long it takes to feel safe and happy. Those include: Sharing with your child how deep breathing can help when you're angry or nervous Doing five deep breaths together, and Encouraging him or her to practice deep breathing regularly. It explains that we all "wear masks" at times in order to hide our true feelings from others. Emotions (what you felt, how strongly you felt it); Alternative Thoughts (evidence that challenges or refutes Automatic Thoughts), and Outcome (the results of challenging the Automatic Thought). In the first column, write down the date and time that an automatic negative thought came into your head. Tension Releasers Exercise play sports; Engage in catharsis (yelling in the bathroom, punching a punching bag); Cry; Laugh. The worksheet teaches a technique called Progressive Muscle Relaxation, and it can be done anywhere and anytime your child feels overwhelmed with emotion. What are your favorite coping strategies? Cognitive Coping Make a gratitude list; Brainstorm solutions; Lower your expectations of the situation; Keep an inspirational quote with you; Be flexible; Write a list of goals; Take a class; Act opposite of negative feelings; Write a list of pros and cons for decisions; Reward or pamper yourself when successful; Write a list of strengths; Accept a challenge with a positive attitude. The worksheet first instructs you to list the catastrophe you are afraid of and rate how bad you think it will be on a scale from 0 to 100. You'll then walk your child through the process of scrunching and tightening parts of the body before relaxing into their noodle state. Under the second pot, they should write down ways to cope when they're feeling a little off or out of sorts. Social/Interpersonal Coping Talk to someone you trust; Set boundaries and say "no"; Write a note to someone you care about; Be assertive; Use humor; Spend time with friends and/or family; Serve someone in need; Care for or play with a pet; Role-play challenging situations with others; Encourage others; By exposing yourself to the bodily sensations that you experience when you're anxious, you'll become more comfortable with them and less likely to panic when they arise. This is a simple but powerful way to compare your two possible futures and to help you see which one is more appealing. You might write something like "knot in my stomach, hopeless." The fourth column provides space to rate the intensity of your craving from 0 to 100. Challenging Negative Thoughts Just in case you skipped ahead, the Getting Rid of ANTs, Identifying ANTs, and Positive Thought Replacement worksheets above offer different ways to deal with those pesky negative and irrational thoughts that can plague all of us. There are also suggestions for what to focus on in each part of the body outline. My Feelings, My Body presents the opportunity to talk through whatever your child draws. How do you make sure those coping skills are healthy? Even though we all know that these negative effects are potential substance abuse, addiction can make it extremely difficult to pull away. For each choice, the worksheet provides a space to write down the ups and downs of choosing each option and the ups and downs of not choosing each option. To simulate breathlessness, you can breathe through a straw for several minutes, or hold your breath for about 30 seconds. Click to download this Preventing Relapse worksheet. Other Coping Skills These are just a few of the coping skills kids can use to deal with stress, anxiety, anger, and other difficult emotions. The full steps can be found here, but this is the outline: Sit or stand tall but comfortably, and close your eyes; Take three deep breaths through your nose; Start from your feet and work your way up to your head, totally relaxing all the muscles in each area; If you want to, you can take another relaxing sweep from your head back down to your feet. The exercise is simple: You just write down what you are grateful for. Is there evidence contrary to my thought? Let us know your thoughts in the comments below. Some of the ways we cope are healthy and build resilience, while others are ways to avoid dealing with a problem or are destructive. Help your child complete this worksheet, making suggestions if needed, and you can be involved in practicing good decision-making. The seven modes are: Feelings/affect (what you feel and what makes you feel this way); Behavior (actions, coping strategies, what you do or avoid doing); Cognition (thoughts, attitudes, beliefs, values, opinions, and thought patterns); Sensations (what you see, hear, taste, smell, touch, what makes you feel pain or tension, your sexuality); Physical Health (physical exercise, diet, sexual health, substance use). The worksheet has four columns to work through. My Feelings, My Body This worksheet is simple—it's just an outline of a body, along with instructions for putting it to use. For each situation, they can write down things that an adult can do to help maintain their happy mood, calm them down, or help them address some really bad moods. The categories include: Distraction; Grounding; Emotional Release; Self-Love; Thought Challenge; Access to Your Higher Self. This exercise can help you balance out the good and bad potential outcomes, and take on a more realistic outlook. The second column is to list three positive coping skills you know that are helpful for you. Coping Skills Worksheets for Adults There are so many coping skills worksheets out there that it can be overwhelming to find the best ones. Here's a link to the Modes Influencing Recovery worksheet. Printable Coping Skills Worksheets for Youth Kids are certain to stress, so teach them some methods as they are for adults. For more ideas, see the following articles: Coping Skills Worksheets for Mental Illness Coping with mental illness is a challenge that many of us will experience it at some point in our lives. For example, if you are nervous about giving a presentation, you might write "What if I freeze and can't speak?" on the negative side, and "What if I do well?" on the positive side. In the first column, identify the situation in which a craving arose, including what happened, where you were when it occurred, and who you were with. Have your feelings changed? Simply thinking through the likelihood and possible outcomes of a catastrophe you are fixated on can help you to decrease your anxiety about the potential situation. If you're still hungry for more coping worksheets, check out our Cognitive Distortions article, which is packed with tons of resources to help you cope with any problem you may be experiencing. Suggestions from Mental Health Wellness Week The Mental Health Wellness Week website also describes some coping skills, including some that are positive and encourage mental health, and others that are destructive and are used to avoid your problems. Part 1 instructs you to list the physiological signs and symptoms of stress, brainstorm some common responses to stress, and rate your levels of stress with each event or situation that can act as a trigger. Growing Stronger From Trauma Bright and colorful, this Growing Stronger From Trauma worksheet is perfect for adolescents, teens, and adults who have undergone trauma in their past. To do the nutshell. Start out by standing with your feet slightly apart and your shoulders tall. An activity that causes stress in one individual might help another person cope. It's also a great way for them to let adults in on how they're feeling and what they need when the going gets tough. Imagery can be a powerful tool, especially in a particularly difficult moment. The worksheet instructs you to imagine the worst possible outcomes, and how you'd cope if those outcomes came true. Reading this article may have taught you a few new ways to cope, or you may have realized that some of the ways you cope are not healthy or constructive. It's a simple worksheet, but it can be useful for guiding a child through a difficult decision. The goal for the simmering pot is simply to keep it simmering. In a Nutshell In a Nutshell involves body relaxation as well as self-compassion by teaching children to do the "nutshell," a body position that promotes feelings of calm and safety. These worksheets will help you come up with a solid and thought-out plan for dealing with stress and overcoming urges to cope in unhealthy ways. No matter how mentally healthy, resilient, or happy we are, every one of us goes through times when we need to cope with something difficult. You can use this worksheet to create a master plan for combating stress that's caused by any mental health issues, including depression, anger, anxiety, or irrational thinking. With their vivid imaginations, kids are especially adept at using imagery. The first column is split into three parts: Present sources of stress; Past sources; and Expected future problems and stressors. In the Challenging Thoughts section, you can list the ways that you can effectively challenge the negative and unhelpful thoughts that arise. And to simulate feelings of unreality, you can stare at yourself in a mirror without blinking for two minutes, stare at a dot on a blank wall, or stare at a 60-Watt light for one minute before trying to read small print in a newspaper. Some of the best coping worksheets for kids are listed below. It was only a small issue. Coping Worksheets for Young Children (Under 10) To help children identify and work through difficult feelings, it can help to engage them in a fun activity, like the ones described in these worksheets. We can't use the first two learning methods in this article, but we can make suggestions for educational worksheets and tools. Retrieved from www.coping4kids.net Flannery, B. No matter what you need in a given moment, there is probably at least one activity listed below that will help. Retrieved from Therapist Aid (n.d.). It also provides some ideas for how to use imagery. You can download the free PDF here. These engaging, science-based exercises will help you to effectively deal with difficult circumstances and give you the tools to improve the resilience of your clients, students or employees. Use the last column to re-assess the credibility of your Automatic Negative Thought once more. Write down at least one problem or source of stress in each category. In the grounding section, you will list the ways that you can ground yourself in the present and keep your mind focused on what is happening around you. You can also put your head between your thighs and then sit up quickly, or lie down and relax for at least one minute before standing up quickly. Facilitate recovery. Have some new possibilities emerged? Acknowledging the positive can construct a buffer of "good" around you that makes it harder for the "bad" to get in. Given this reality, it is essential to learn the skills and tools we can use to combat the negative effects of mental illness. Spiritual Pray or meditate; Enjoy nature; Get involved in a worthy cause. Retrieved from Schuder, K. Simply noticing the good things in your life is a great way to protect yourself against the negative. For each modality, think of the problems you face and make a plan to stop or reduce the actions that do not facilitate your recovery and start or increase the actions that facilitate your recovery. The important thing is that you find effective coping methods that will help you to thrive and build resilience. The first is to utilize all five of your senses—the more sensory-rich the imagery is, the more effective it will be. Then, crouch down so that your bottom is down to your heels, and wrap your arms around your legs. Of course, it should complement treatment from a qualified professional rather than standing on its own. There are three columns with illustrations of pots: one at a simmer, one at a rolling boil, and one bubbling over. Parents or guardians can encourage their children to practice this exercise frequently in order to feel better. On the other, you list the potential outcomes of staying sober. Next, put your nose or chin on your knees, if it's comfortable. This worksheet is a great way for kids to think about and plan ahead for stressful and difficult situations that will arise. There are many ways to use this worksheet, such as having your child: Draw what different emotions look like Draw a diary of their school day, or Splitting the outline in half with a vertical line to compare the good and bad things they have heard, seen, or done recently. This guided script includes basic steps to deep breathing that you can read aloud to your child very easily. American Symbols & Holidays Flag Day American Symbols & Holidays Fourth Grade Social Studies Rhyming Words Second Grade English Language Arts Observation of Holidays First Grade Social Studies Vowel Digraphs Second Grade English Language Arts Cause/Effect, Fact/Opinion Fourth Grade English Language Arts Snack Attack: Counting ChangeShopping is fun, but it can be educational, too! Your child will count each group of coins, then draw lines to connect them to their corresponding price tags. Social (communication with others, relationships); and Mental Imagery (the pictures in your mind, your self-image, fantasies); Beside each mode, identify the problems you encounter. No matter what you're going through, there's no shortage of ways to cope. The section on Tapping Into Your Best Self is for listing the things you do that help you access your "higher self". Another is to imagine your favorite person—someone that makes you feel safe, fictional characters you like, or a higher power (if you believe in one)—and to focus on what they look like, what they say, and what it feels like to be with them. Deep Breathing For Kids Breathing exercises are a great way to feel less stressed, anxious, and overwhelmed. The worksheet consists of six columns: Date and time Situation (who, what, when, where); Automatic Thoughts (what was going through your mind, thoughts or images); Modes Influencing Recovery This worksheet is a great way to start your journey toward wellness. The Ups and Downs worksheet helps kids to think through a difficult decision by listing the ups and downs, or pros and cons, of each choice. Depression There are several effective ways to cope with depression, many of them borrowed from cognitive behavioral therapy. Bipolar Disorder Bipolar disorder causes periods of depression as well as sudden, intense mood and energy swings. The worksheet has you explain that our bodies can get tight when we're stressed and anxious, and how you compare a relaxed body to wet noodles. These worksheets are intended to help you face this challenge head-on, although they aren't a replacement for interacting with a qualified professional. It first instructs you to identify the ways in which you cope and can't control the situations that trigger you. Even if it doesn't make sense to you, let your child draw or write whatever comes to him or her and encourage a discussion about it afterward. On one side, you write down the potential outcomes of relapsing. Click here if you'd like to give this worksheet a try. For more information on coping with substance abuse and addiction, check out these articles, websites, and worksheets: A Take-Home Message We hope you walk away from this article knowing that there are hundreds of positive ways to cope when facing challenging or demoralizing situations. Decatastrophizing This is a great worksheet for anyone suffering from panic or anxiety. Am I attempting to interpret this situation without all the evidence? Coping is something we all do, whether we do it consciously or without thinking. The first part provides space for you to list coping strategies that can help you resist the temptation to use again. With that in mind, you can try one of these worksheets that are geared toward more mature youth. For example, if you are struggling with substance abuse, you might write "putting

