

# Ways to Cope With Tough Situations

These easy-to-use tips provide simple, practical strategies to support your students in building resilience, managing emotions, and coping with tough situations. You can now confidently create a positive classroom environment where every child feels supported and ready to thrive.

## How to Use:

1

### Explain the purpose

of this resource, emphasizing the importance of understanding and developing coping skills for difficult situations.

2

### Provide relatable examples

on when and how to use these techniques, such as "ways to help us feel better when we're upset or facing something stressful."

3

### Start a brief discussion

about different emotions and situations that may require the students using some of the ways exemplified on this resource.

5

### Highlight

that there are no right or wrong answers, and that the goal is to explore and discover what works best for each student.

6

### Address support and resources

by reassuring your students that they can talk to a teacher or a trusted adult if they have any concerns or need support. They can also reach out to Crisis Text Line by texting **SCHOOL** to **741741** for free, 24/7, and confidential emotional support or through our [webchat service](#).

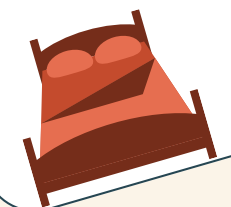
## Pro tip:

Remind the students that it's okay to seek help and that learning about this is an important part of growing up. Emphasize the value of kindness, self-reflection, and the diversity of emotional experiences.

# Ways to Cope With Tough

## Take time to rest

Resting your body and mind will help you reset and feel better.



## Seek me support

Need m  
Reach  
Line b  
to **74**  
web  
sta  
wi  
c

## Play with pets

Pets are fun and cute. If you don't have pets, you can ask to play with your friends' or family's pets and show them some love.



## Physical act

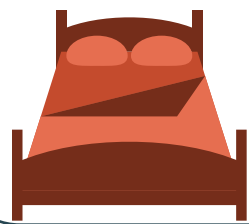
Exercise ca  
boost your  
make you  
sleep bet  
any acti

# Ways to Cope With Tough Situations



## Take time to rest

Resting your body and mind will help you reset and feel better.



## Seek mental health support

Need more help? Reach out to Crisis Text Line by texting **SCHOOL** to **741741** or using our web chat service to start a conversation with a volunteer counselor.

## Create art

Practice a hobby or try something new. Art and creative activities can help with difficult emotions and allow you to be present in the moment.

## Listen to music

Play your favorite songs and feel the music as you sing or dance. Music can help you brighten your day.

## Play with pets

Pets are fun and cute. If you don't have pets, you can ask to play with your friends' or family's pets and show them some love.

## Physical activities

Exercise can help boost your mood and make you feel and sleep better. Choose any activity you like!



## Reading time

If you like reading, pick any book you want and spend some time enjoying the story.

## Quiet time



Find a quiet place to connect with yourself. Doing this can provide a sense of calm, balance and relaxation.

## Connect with loved ones

Spending time with your family and friends is key. Find a moment to meet with them, play, talk, or joke together. Your support system is a game changer.

