Coping & Problem Solving
Play-Doh Problem or Rock Problem?

Some problems are like **Play-doh**...
These are problems that you can:

Control by making a **Change**

A Play-doh Problem I can **Change** is _____

_____

_____

Other problems are like a **Rock**...

These problems cannot be controlled.
With these problems you must learn to **COPE**

Coping means dealing with difficult things in a okay way;
a safe, respectful, and healthy way.

A Rock Problem that I must **COPE** with is _____

_____

_____

*Coping skills help you feel better about and express rock problems in healthy ways but do not change the rock problem (rock problems cannot be changed)

Order in 4 easy steps!!!

Step 1:
   Ask yourself, is this a...

Rock Problem?

   NO / YES! ➡ **Go to Step 2**

Play-doh Problem? (can I control the problem by making a change?)

   NO / YES! ➡ Make a plan to solve the problem!
   My plan is _____
   When will I do this? _____
   How? _____

Step 2:
   Choose your appetizer, main course, & dessert

Step 3:
   Try your choices

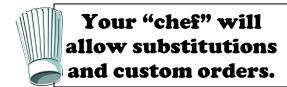Step 4:
   Enjoy your coping "meal" OR go back for seconds!

Coping Menu

Coping means dealing with a problem in a safe, healthy, and respectful way.

Directions: Choose at least 1 coping skill from appetizers, main courses, & desserts. You may add your own ideas for custom order.

Appetizers

Your "chef" will allow substitutions and custom orders.

- ☐ Take 15 deep breaths
- ☐ Imagine your relaxing place
- ☐ Listen to music
- ☐ Draw or color
- ☐ Read

Main Courses

- ☐ Talk to an adult or friend about it
- ☐ Exercise; ride your bike, take a walk
- ☐ Relaxation Exercises: "Squeeze a Lemon", "Get that Fly off Your Nose"
- ☐ Write it down, crumble it up, throw it away
- ☐ Play a game; basketball, DS, Legos, toys
- ☐ **Play 54321 game**
  - Name 5 things you can see right now, 4 things you can feel right now, 3 things you can hear right now, 2 things you can smell right now, and 1 good thing about yourself
- ☐ Stare at picture and make up story about it
- ☐ Rip up paper or old phone book or newspaper
- ☐ Take a warm bath or shower

Dessert

- ☐ Make silly faces in mirror or with another person to see who laughs first
- ☐ Imagine favorite day, memory, or vacation
- ☐ Dance
- ☐ Cuddle with a pet

I would like to **Custom Order**:_____

& _____