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**
- 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: __________________________

Your “chef” will allow substitutions and custom orders.