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 | | |
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| | | |

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!

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, $oldsymbol{\phi}$ desserts. You may add your own ideas for custom order. Your "chef" will Appetizers allow substitutions Take 15 deep breaths and custom orders. ☐ 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: