



Coping Skills Boxes

What is a coping skills box?

Coping skills are used to help children learn to effectively manage their emotions. A coping skills box is a fun and simple way to help children learn and use coping skills in their daily lives. These skills can help reduce temper tantrums, lessen anxiety and sadness, and boost self-esteem. Teaching these skills now help kids transition into adulthood with healthy self-care techniques.

What goes into a coping skills box?

Anything that helps a child self-soothe, distract, practice emotional awareness and mindfulness are suitable to be included. Include something for all 5 senses. Each box and its contents are individual to that child, but here are a few suggestions.

- Play-dough
- Silly Putty, Aaron's Thinking Putty
- ~~Kinetic Sand~~
- Slime
- Stress ball
- Rubik's Cube
- Fidgets
- Scented lotion
- Tic-Tacs
- Journal
- Sketchpad
- Mandala coloring books
- Markers
- Colored pens
- A portable, reusable box

