

CATCH IT CHECK IT CHANGE IT



Fun & effective coping strategies:

Creative Activities:

- Draw your feelings
- Journal or color
- Make a calm-down box

Physical Movement:

- Jumping jacks
- Dancing to music
- Stretching or yoga

Calm the Mind:

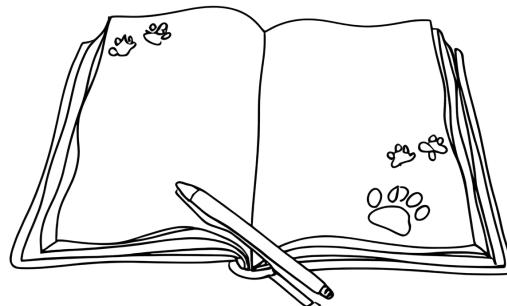
- Deep belly breathing
- Counting to 10
- Guided imagery or meditation

Talking it Out:

- Talk to a trusted adult
- Name the feeling out loud
- Use “I feel” statements

Sensory Tools:

- Listen to music
- Squeeze a stress ball
- Hold a comfort item



Writing Prompt:

- When you notice a big feeling, which coping strategy from the worksheet do you think would help you most, and why?
- Think about a time you felt upset or worried—how could you use “Catch It, Check It, Change It” to handle that situation differently next time?
- Who can you talk to or what tool can you use when you need extra support, and how does that help you feel better?