



RESILIENCE BUILDING:

Family Coping Box

A coping box includes tools that different family members can utilize when feeling stressed. It can include items that feel soft, taste good, or smell soothing. Encourage your child to use the box when they are starting to feel agitated, stressed, sad, mad or restless.

What you'll need

- Shoe Box
- Construction Paper, Stickers, or other Decorative Items

- Glue
- Coping Items

Instructions

1. **Grab the shoe box and decorate the outside with the whole family**
2. **Have every member of the family collect a coping item or two.**

These things could be:

- Soft stuffed animal
- Word searches
- Pleasant-smelling candle or lotion
- Chewing gum
- List of songs that bring joy
- Fidget toys
- Printable of breathing exercises

3. **Place the box where everyone can access it easily.**



RESILIENCE BUILDING:

Coping Skills Worksheet

Grounding is an activity that brings your attention to the present moment. One of the best and most readily available ways to do that is to use your five senses (see, touch, hear, smell, and taste). Have your child fill out the questions below to help manage big emotions.

What are five things you see in this room?

What are four things you feel?

What are three things you hear?

What are two things you smell?

What is one thing you taste?

RECOMMENDED RESOURCES

Visit CHOC.org/CoronaVirus for more Resilience Tools



CHOC.ORG