

RESILIENCE BUILDING: COPING SKILLS

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?

RESOURCES

Visit [CHOC.org/CoronaVirus](https://www.choc.org/CoronaVirus) for more Resilience Tools

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



Glue



Construction Paper, Stickers, or other
Decorative Items



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.

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