K-2 Coping Group Steps

Name the feeling, notice the body, and pick a calming tool.

Name: _____ **Date:** _____

1. Safety first

Unsafe or in crisis?
Get help first.

2. Permission

A grown-up at home
says yes.

3. Small group

Four to six children,
short sessions.

4. Agreements

Pictures we can all
see and keep.

5. Name feelings

Happy, sad, mad,
scared, and more.

6. Body clues

Notice what my body is
doing.

7. Practice a tool

Breathe, squeeze,
senses, ask.

8. Family letter

One simple idea to try
at home.

9. Check and pause

See growth. Stop if
unsafe.

What this group is and is not

Practice for naming feelings, body clues and picking a tool.

Is Skill practice for groups	Name feelings, notice body, pick a tool
Is not Not a treatment by itself	Therapy, a diagnosis, no more big feelings
Care Report harm as your school requires	Counselor, family, 988 if unsafe

Skill practice aid only. Does not diagnose or treat any condition.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

If you are being hurt or are not safe, tell a trusted adult now.

Not affiliated with ASCA, CASEL or any named classroom program.

My Feelings and Tools Plan

My feeling, my body clues, and the tool I will try.

Name: _____ **Date:** _____

My feeling and my body

A feeling I notice: _____

Where I feel it in my body: _____

How big it feels (small, medium, big): _____

When it usually shows up: _____

A tool I can try

A tool that helps my body: _____

Words I can say (I feel ___): _____

A grown-up at school who can help: _____

A grown-up at home who can help: _____

A home idea I can try: _____

My plan for a hard moment

When I notice this feeling: _____

I can try this tool: _____

If that is not enough, I can: _____

Someone I can tell: _____

A backup tool: _____

Notes: _____

Crisis: 988 · HOME to 741741 · 911 · Tell a trusted adult if you are not safe

More notes:

_____

_____

_____

_____

_____

_____

_____

_____

_____

Original layout by Lotus & Tulip, based on published emotion research. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/k-2-coping-skills-group-activities.html

Coping Practice Log

Hard moments, tools I tried, and what helped a little.

Name: _____ **Date:** _____

Day	Feeling	Body clue	Tool I used	What helped
1				
2				
3				
4				
5				
6				
7				

Coping pocket cards (cut out)

Safety 988 · HOME · 911	**Name it** Say the feeling	**Body clues** Notice my body
Size Small, medium, big	**Belly breath** Hand on my tummy	**Squeeze** Squeeze and let go
Senses Look, touch, listen	**Ask** Tell a grown-up	**Pick a tool** What fits right now

Not a treatment. 988 · HOME 741741 · 911 · Tell a trusted adult if you are not safe

Something that went okay this week:

Original layout by Lotus & Tulip, based on published emotion research. Not therapy.
Free printable from Lotus & Tulip · lotustulip.com/k-2-coping-skills-group-activities.html

L&T

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Liked this free printable?

The complete, ready to print version is here:

K-2 Coping Skills Group Curriculum

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607934379 | instant digital download

See every page first: lotustulip.com/k-2-coping-skills-group-curriculum.html

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