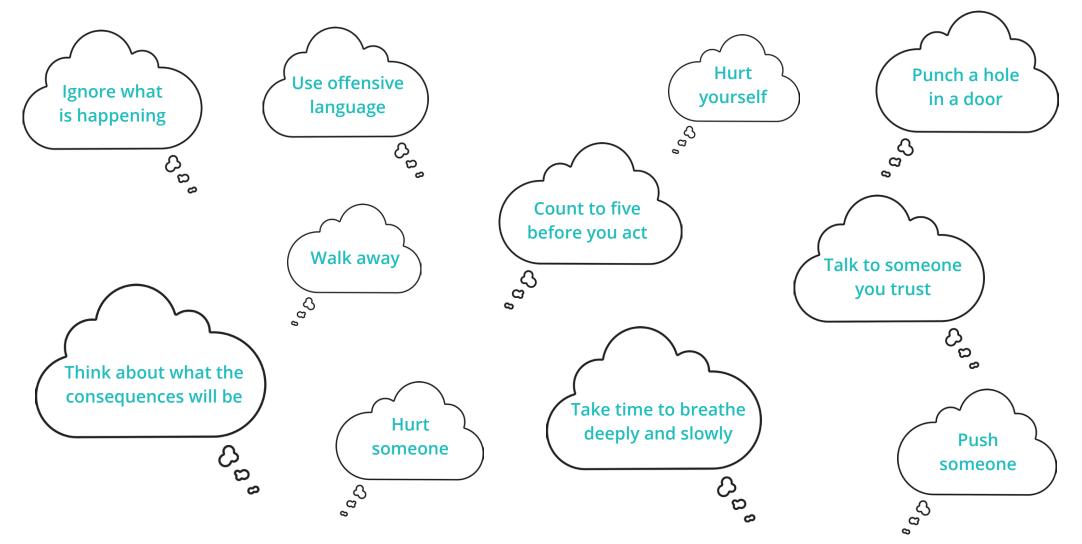
## What Are Positive and Negative Coping Skills?

Read the following statements and decide whether you think they are positive ways of coping with a difficult situation or not. Cut out and stick each statement into one of the columns.







#### **Positive Coping Skills**

### **Negative Coping Skills**





## What Are Positive and Negative Coping Skills?

Think of your own ideas for positive coping skills and negative coping skills and add them to the thought bubbles.

# **Positive Coping Skills Ideas Negative Coping Skills Ideas** ري م ري ک ورب ص ్ధ $\mathcal{C}_{\mathbf{a}}$ رب 10 ဗ



