

# GRIEF AT HOME

## FAMILY ACTIVITY SHEET #6

### WHEEL OF COPING SKILLS



## It's the WHEEL OF COPING SKILLS!



We've talked about our emotions that we experience during our grief journey. With emotions, comes the expression of emotions. While some emotions may come out in appropriate ways, others may not. Part of our work on both our grief and emotional journey is learning ways to calm ourselves when these emotions impact us. We'll work on identifying multiple coping and expression skills and write them up to use when our emotions are overwhelming.

## **Materials and Things You'll Need**

- Paper plates (included in bag)
- Paper fasteners
- Markers, colored pencils, crayson
- List of coping skills

Estimated time: 30-45 minutes

### **Set up:**

- Find a time to work together as a family

### **Suggested Guidelines**

- Talking about the activity:
  - Our activity is the "Wheel of Coping Skills"
    - Let's start by talking about what coping skills are
      - What are a few? How do they help?
      - How can they help with big feelings
    - We've talked about ways to make ourselves feel better, but in the moment we may feel too overwhelmed to think straight.
    - Our Wheel can help us name things that can help us do something to feel more regulated
- Things to keep in mind
  - Be in tune with your feelings this week and notice each other's emotions
    - Try to help your children recognize these emotions and validate them
      - "Oh no! You're throwing all your toys, it seems like you are so angry!"
    - Name your own feelings aloud with your children or family present and find healthy was to express yourself or release those emotions
      - Example: "I'm so frustrated right now. My head is spinning and I'm going to go for walk to clear my head!"

## Activity Steps

Gather your supplies and find a place to work together and share supplies

Everyone gets two paper plates (one with a cut out triangle and one whole with a hole in the middle)

**Step 1:** Take two paper plates and on the whole one, divide into 6 slices (outline the triangles)

**Step 2:** In each slice, write or draw a coping skill unique to each person that works for you when you are stressed or disregulated

**Step 3:** Decorate the back plate as you wish

**Step 4:** When done, decorate the top plate however you wish.

Ex: decorate with "Jocelyn's Wheel of Coping Skills!"

**Step 5:** Lay the plates on each other and thread a brad through the hole in the middle. Secure the brad and spin your wheel.



## Processing

- It's okay to decline and skip
- Invite connections to children who may have those as they share
- Validate sharing and braveness
- Why is important to have "coping skills?"
- What are some examples of coping skills?
- What is self-care? How do we know when we need it?
  - Allow discussion of ways people care for themselves
- What coping skills would you like to try in the future?
- Does this look different at home and at school?
- What are some skills you can use at school?
- For older kids:
  - What happens if we don't take care of ourselves?
  - What are negative ways we cope?

## Continuing the activity

It can be a challenging time with stress and emotions coming out. Take the time to use the "Wheel of Coping Skills." It may be helpful to make your own with your children to use at home or at school. Options may look different in different environments (for example, at home versus at school in their classroom, or even different in the car ride!). I encourage you to collaborate with your children to think of appropriate ways to care for yourself when environments are stressful or our feelings are overwhelming.

