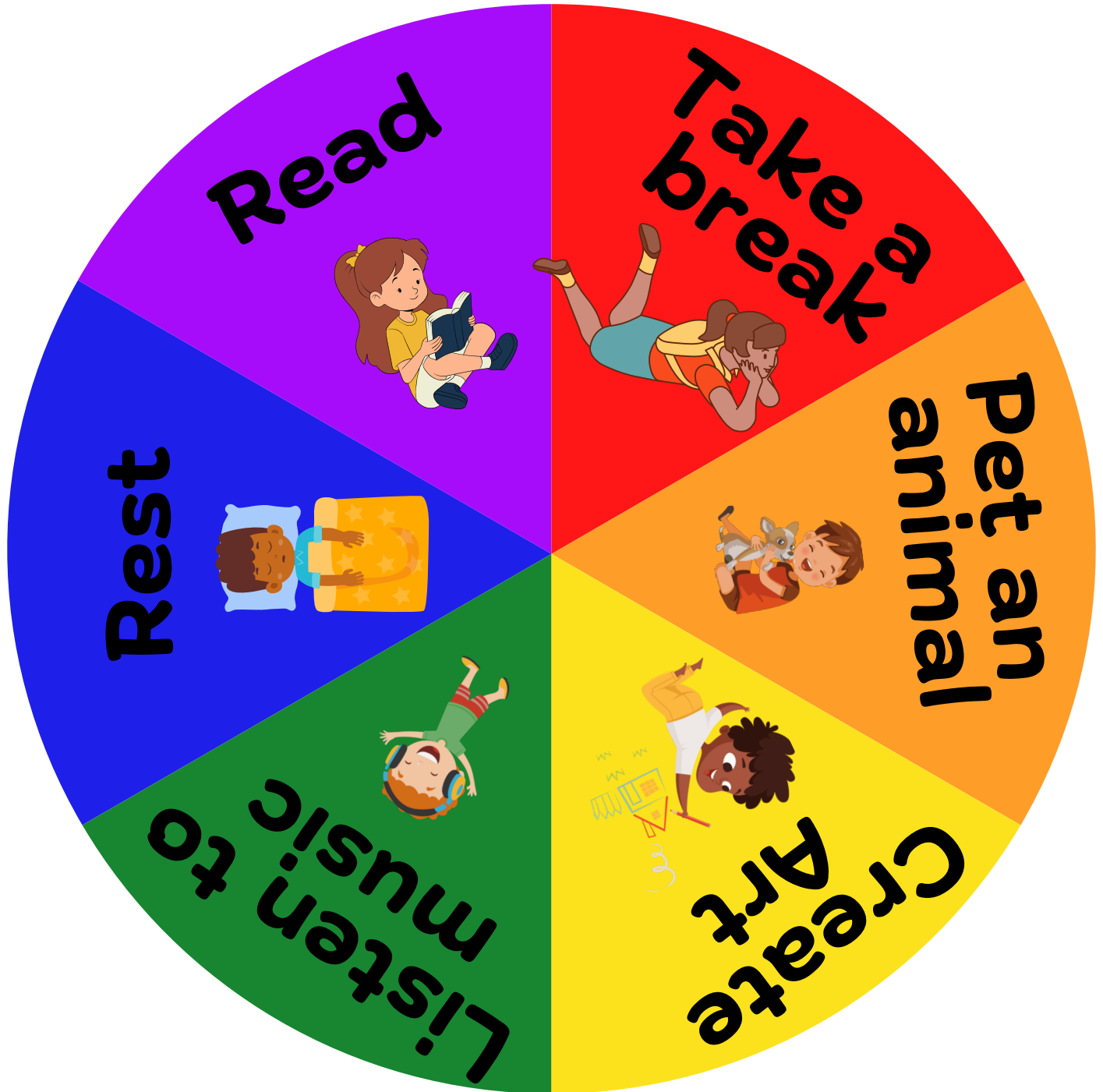


# Coping Wheel



# Kids Coping Wheel

## Instructions for Kids Coping Wheel

1. Look at the wheel and find a strategy that you like.
2. Try the strategy when you feel upset, angry, or stressed.
3. If one doesn't work, pick another and give it a try.
4. Use the wheel whenever you need help calming down or feeling better!