

# Coping Skills Kit Reminders

**STRONG<sup>4</sup>LIFE™**



Learning how to cope with our emotions takes time and practice. Coping skills kits can be used anywhere, anytime youth need to practice a coping skill.

## When using the kit:

- Define limits of use, including where/when the youth should use the kit.
- Check in frequently with youth using the kit to see how they're feeling and help them determine their readiness to return to the larger group.



**If a youth's behavior becomes unsafe, follow your on-site safety protocols.**

## Connecting and communicating with youth using the kit

|                       |   |
|-----------------------|---|
| Open-ended questions: | <b>"Which item would you like to use from the kit?"</b> |
| Reflect:              | <b>"It sounds like _____. Is that right?"</b>           |
| Validate:             | <b>"It makes sense you feel ..."</b>                    |
| Normalize:            | <b>"It's normal to feel ..."</b>                        |

## Providing limits and support for youth using the kit

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|--|--|
| Offer choices and support decision-making:     | <b>"Would you like _____ or _____?"</b><br><b>"Which item could help you feel better right now?"</b> |
| Set clear expectations:                        | <b>"I will be back in three to five minutes to check in."</b>  |
| Validate feelings and set a limit on behavior: | <b>"It's OK to feel _____. It's not safe to _____."</b>  |