

Coping with Life

1. Noun _____
2. Noun _____
3. Noun _____
4. Adjective _____

Coping with Life

Mandy's day was turning sour. Her _____ Noun _____ accidentally broke her favorite _____ Noun _____. To stop herself

from losing control she decided to do some deep breathing exercises. She took a deep breath and counted to ten.

Mandy is allowed to go out because of government _____ Noun _____. She was feeling _____ Adjective _____ because

she wanted to see her friends and have fun. Mandy had a lot of unused energy, so she used one of her coping

skills and turned on the radio and jumped on her trampoline. Mandy felt better after jumping.

Mandy's family also looked grumpy at dinner. Her brother suggested they play a game. They played and it was

fun. At the end of the day, Mandy took a relaxing shower and wrote in her journal. She felt proud of herself for

being calm this morning, for exercising and listening to music and finally for spending family time playing Uno.

Coping skills help!