

Coping Skill Spinner for Children

1. Print the picture below and glue to cardboard.
2. Make a small hole in the center.
3. Review coping skills on the pinwheel with child:
 - Dancing,
 - Exercising,
 - Using the 5 senses,
 - Belly Breathing,
 - Playing/Building/Creating,
 - Get a drink of Water,
 - Own tool,
 - Coloring/Drawing,
 - Listening to Music,
 - Playing with a Fidget,
 - Talking to a Trusted Adult, and
 - Blowing Out Birthday candles (have them imagine to blow out the number of candles as their age: This slows down the breathing, lengthens the outbreath, and help the nervous system to calm down.)
4. Have child write/draw in the blank coping skill their unique strategy.
5. Get a brass fastener for the child to put in the center and then put a spinner or paperclip through.



