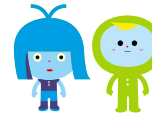




# COPING SKILLS

L2 RESOURCES  
Cube template

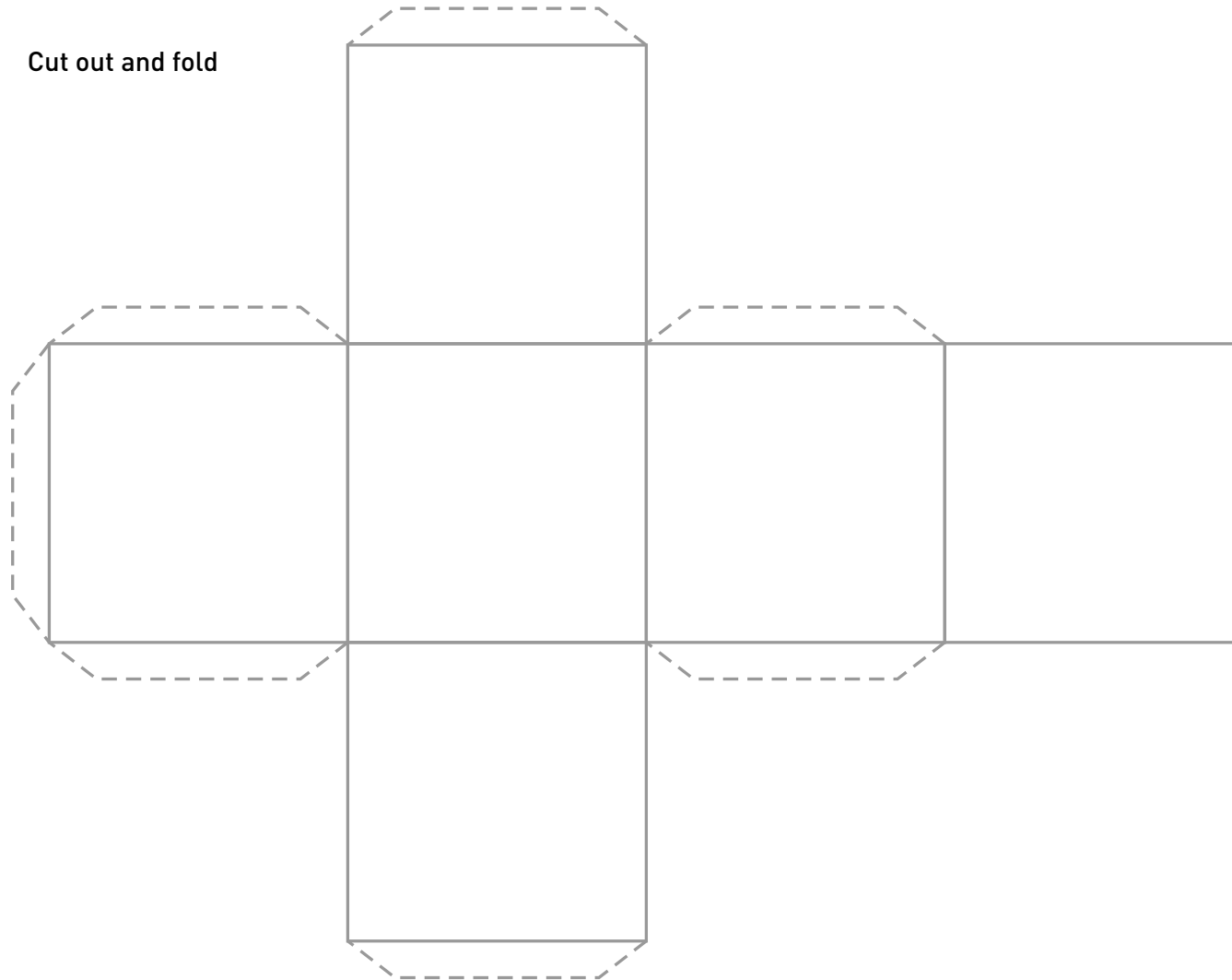
Y3



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLGY

Cut out and fold



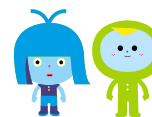


# COPING SKILLS

## L2 RESOURCES

Developing a growth mindset

Y3



LAUGHOLOGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLOGY

INSTEAD OF...	TRY THINKING...
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will always learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

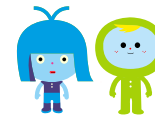


# COPING SKILLS

L5 RESOURCES

Positive Mantra Template

Y3



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLGY

Positive mantra for: \_\_\_\_\_

In order to cope more successfully

\_\_\_\_\_ should:

A helpful mantra for \_\_\_\_\_

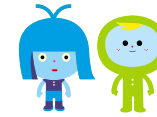
Would be:



# COPING SKILLS

RESOURCES  
Award leaves

Y3



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to  
  
for understanding  
what coping is

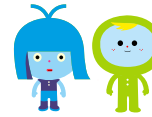
This award leaf has been presented to  
  
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what coping is



# COPING SKILLS

RESOURCES  
Award leaves

Y3



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to  
  
for showing grit and  
determination

This award leaf has been presented to  
  
for showing grit and  
determination



# COPING SKILLS

RESOURCES  
Award leaves

Y3



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to  
for showing a 'can do' attitude

This award leaf has been presented to  
for showing a 'can do' attitude



# COPING SKILLS

RESOURCES  
Award leaves

Y3



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to  
for showing positive thinking

This award leaf has been presented to  
for showing positive thinking



# COPING SKILLS

RESOURCES  
Award leaves

Y3



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to  
for describing a great coping skill

This award leaf has been presented to  
for describing a great coping skill

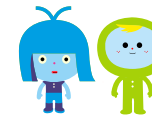




# COPING SKILLS

RESOURCES  
Award leaves

Y3



LAUGHOLOGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLOGY

This award leaf has been presented to

for understanding why it is  
important to have good  
coping skills

This award leaf has been presented to

for understanding why it is  
important to have good  
coping skills



# COPING SKILLS

RESOURCES  
Award leaves

Y3



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to  
  
for showing a great  
understanding of coping skills

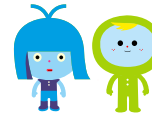
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# COPING SKILLS

RESOURCES  
Award leaves

Y3



LAUGHOLOGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME

LAUGHOLOGY

