



COPING SKILLS

L6 RESOURCES

Coping behaviours worksheet

Y2



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

I can feel better and
in control when...



I can feel better and
calm when...



I can feel better and
confident when...



I can feel better and
relaxed when...





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LAUGHOLGY
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SCHOOL PROGRAMME

LAUGHOLGY

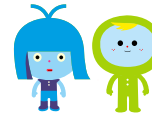
I can feel better and in control when...	I can feel better and calm when...	I can feel better and confident when...	I can feel better and relaxed when...



COPING SKILLS

RESOURCES
Award leaves

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LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to

for understanding
what coping is

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for understanding
what coping is



COPING SKILLS

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Award leaves

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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

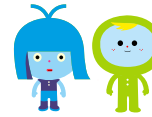
for showing grit and
determination



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LAUGHOLGY
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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



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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



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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



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LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

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

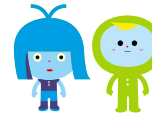
for understanding why it is
important to have good
coping skills



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LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to

for showing a great
understanding of coping skills

This award leaf has been presented to

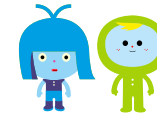
for showing a great
understanding of coping skills



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LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

