

Coping skills Chatterbox

Coping skills help us manage our emotions, thoughts and behaviours in a healthy way. On the chatterbox there are different feelings you might experience - what could help you manage that emotion?

1	Angry	Sad	2
Worried		Irritable	
Low Energy		Nervous	
4	Scared	Can't Focus	3

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Isle Listen is a trading name of MCH Psychological Services, a registered charity on the Isle of Man number 1024 and a registered organisational member of the British Association for Counselling and Psychotherapy.



Coping skills Chatterbox

An interactive activity to help young people explore coping skills for different emotions.

Overview

Our 'Coping Skills Chatter Box' activity introduces young people to the idea that coping skills are an important part of looking after our mental health. These skills can help us manage our emotions, thoughts and behaviours in a healthy way, supporting us to feel better when things feel difficult.

Young people are encouraged to think about and write a healthy coping skill for each emotion on the sheet. Once completed, they can cut out and fold their chatterbox, turning it into a fun and interactive tool that they can use to practice their coping skills.

The aim is to help young people build a personalised set of coping skills whilst reinforcing that these will be different for each person.

Benefits:

- Builds awareness of a range of coping skills
- Encourages problem-solving
- Reinforces that everyone's coping skills may be different
- Provides an engaging and memorable way to think about coping skills

How to use this worksheet

1. Give young person a 'Coping Skills Chatterbox' worksheet
2. Discuss what coping skills are and why they are helpful
3. Go through each of the eight emotions together
4. Asks students to write a coping skill for each emotion
5. Support students in cutting out and folding their chatterbox
 - a. With the square face down, fold in each corner to the middle
 - b. Flip it over and then fold each new corner into the middle
 - c. Fold the final square in half one way, unfold, and then fold the other way
 - d. Slide your thumb and fingers into the four corner pockets, pinch and open
6. Allow time for students to play with and use their chatterboxes

Estimated time: 20-25 minutes

Materials needed: Worksheet, pen or pencil and colouring materials

Parents/Carers

The 'Coping Skills Chatterbox' help children build a toolkit of skills they can use when they experience different emotions.

At home, you can:

- Talk through the different emotions and coping skills together
- Help your child come up with ideas if they get stuck
- Encourage them to use their chatterbox as a reminder during big emotions

After the activity, you can ask:

- Which coping skill do you think will help you the most?
- Are there any new skills you would like to try?
- Who can support you when things feel difficult?

Teachers/Education Settings

The 'Coping Skills Chatterbox' is a practical and engaging activity for PSHE, helping students develop emotional resilience skills.

You can:

- Use it to introduce the topic of coping skills
- Encourage a range of ideas (outdoors, indoors, calming activities etc.)
- Revisit the chatterboxes during a difficult moment as a reminder

Additional Considerations:

- Some students may need support coming up with answers
- Offer examples where needed to prompt thinking
- Encourage students to choose skills that feel realistic and accessible

Conversation Starters/Reflection Questions

- Which emotion do you feel the hardest to manage?
- Which coping skill would you try first?
- Can coping skills change over time?
- Who can help if a coping skill doesn't work?

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