4

CALM CHOICES BADGE

Coping Skills + Emotions



Andrew County Health and Safety Coalition

PROBLEM SOLVING STRATEGIES

Use these strategies to make calm, kind, and smart choices when problems come up.

PROBLEM SOLVING STRATEGIES

Add these ideas to your Problem Solving Wheel Craft!

1 

Identify the Problem

Take a deep breath and think about what the problem is.
What is happening?

2 

Think of Options

Brainstorm different ways to solve the problem.
There can be more than one good solution!

3 

Consider the Consequences

Think about what could happen if you choose each option.
What are the good and not-so-good outcomes?

4 

Choose the Best Option

Pick the option that is safest, kindest, and most helpful for everyone.

5 

Make a Plan

Decide what you will do and take action.
You've got a plan—now go for it!

6 

Try It Out

Follow your plan and do your best.
Be patient and stay positive!

7 

Reflect and Learn

Think about what happened. What worked? What didn't?
Use what you learned for next time.

8 

Ask for Help

If you're stuck, that's okay! Talk to a trusted adult, friend, or family member.

Remember:

Everyone can solve problems! Use calm choices, be respectful, and keep trying.





Work Together!

When we use these strategies, we build stronger connections, solve problems, and support each other.

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4

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Simple Coping Skills

Easy strategies children and families can use to calm their bodies and feelings.

1. Take 3 slow, deep breaths
2. Count slowly to 10
3. Take a short break
4. Drink a glass of water
5. Stretch or shake out your body
6. Go for a short walk
7. Name the feeling: "I feel mad, sad, worried, or frustrated."
8. Talk to a trusted adult
9. Ask for help
10. Use calm words
11. Draw or color
12. Listen to calming music
13. Hug a stuffed animal or pillow
14. Sit in a quiet space
15. Think of one good thing
16. Use positive self-talk: "I can handle this."
17. Squeeze a stress ball
18. Take five finger breaths
19. Write down what is bothering you
20. Try again with a different choice

Great for the Problem Solving Wheel

Breathe	Count to 10	Take a Break	Ask for Help	Use Calm Words	Draw	Move Your Body	Talk It Out

Pause, breathe, and choose a helpful next step.

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Coping Skills & Emotions

Problem Solving Wheel Craft

Learning to recognize emotions and practice coping skills helps children and families stay calm, think clearly, and solve problems in healthy ways.



Directions

1. Write common problems or feelings around the edge of a paper plate (for example: mad, worried, frustrated, left out, bored, or overwhelmed).
2. On a second paper plate or paper circle, write coping skills or problem-solving ideas in sections (for example: take deep breaths, ask for help, take a break, use kind words, count to 10, draw, or talk it out).
3. Cut a small window or arrow so one coping skill can be shown at a time.
4. Attach the pieces together with a brass fastener so the wheel can spin.
5. Decorate the wheel with colors, drawings, or emotion faces.
6. Practice using the wheel together. Spin to a feeling or problem, then talk about which coping skill could help.

Materials

- 2 paper plates (or 1 plate and 1 cardstock circle)
- Markers or crayons
- Scissors
- Brass fastener
- Glue or tape (optional)
- Emotion words / coping skill ideas

Try These Coping Skills

- Take 3 deep breaths
- Ask a trusted adult for help
- Take a short break
- Use calm words
- Talk about your feelings

Pause, breathe, and choose a helpful next step.