

COPING DICE

HOW TO USE

Thanks for purchasing Coping Dice! We hope they help teach your kids to talk about and cope with difficult feelings. We recommend teaching in three steps:

1. While your child is calm, introduce them to the four emotions represented by the dice. Each color represents a different emotion.

Red = Angry

Yellow = Scared

Green = Bored

Blue = Sad

2. Ask your child to roll each dice and practice different coping skills. Use the reference guide printed inside this card when you're not sure what an icon means. Practicing while calm allows children to master the coping skills.

3. When your child is experiencing a difficult emotion (like anger), ask them to roll the appropriate color dice (**red**) and to do the coping skill shown in the picture. If your child refuses, roll the dice again or help them do the coping skill (e.g., bring them a glass of water).

For more information visit: thinkpsych.com/copeditice

ANGRY



Talk About It: Get some help or just vent your feelings.



Dragon Breath: Breathe in "cool" calm air, exhale "hot" angry feelings.



Squeeze a Pillow: You can use any soft object like a favorite stuffed animal.



Move: Movement releases endorphins and can help you shift perspective.



Drink Cold Water: Cold can decrease the body's "fight or flight" response.



Cool Angry Thoughts: Substitute angry thoughts with calm thoughts like "Maybe I can do it later."

SAD



Watch Something Funny: Laughing is a great way to improve mood.



Cry: Sometimes the best way to process and let your feelings out is to cry.



Journal: Can help process difficult emotions and get some perspective.



Play a Game: Bonus points for doing it with a friend!



Call a Friend: Get emotional support and make some plans!



Take a Hot Bath: Helps to nurture your body and feels good.

SCARED



Face the Fear: Easier said than done, but just do it and don't look down!



Exercise: Move your body with jumping jacks, push ups, or trunk twists.



Positive Self Talk: Tell yourself that things will be OK and you can handle it!



Muscle Relaxation: Take turns tensing and relaxing your muscles one by one.



Vizualization: Imagine a place where you feel calm and at peace.



Breathe & Count to 10: Take a short breath in and a long breath out while you count to 10.

BORED



Get Moving: Go for a bike ride, take a hike, dance in the rain, you name it!



Build: Create with Legos, popsicle sticks, or anything else you find.



Music: Listen to a favorite song or a podcast.



Read a Book: Pick up an old favorite or start a new adventure.



Puzzles: Can you challenge yourself with a harder puzzle than usual?



Arts & Crafts: Color, draw, or use clay. Make funny masks or decorate a rock.

Register your product to activate your 1-year limited warranty* and stay up to date with all things ThinkPsych!



thinkpsych.com/register
or scan me with your phone:



Follow our social media for helpful tips on social emotional learning and free monthly giveaways!

P.S. We love our fans! Tag us @iThinkPsych to show off how you're using Coping Dice and we'll enter you for a chance to win a special prize. What is it? That would ruin the surprise...but it'll be pretty awesome, we promise.



*Full terms of the 1 year limited warranty available at thinkpsych.com/warranty or by sending a letter to Warranty Information, PO Box 662, Lumberton, NJ 08048

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