

# Coping Skills

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When you experience or are exposed to traumatic events often need to be reminded of those who support them, how to calm down, and where they feel safe. Coping cue cards can be tailored to meet the individual needs of the child. These small cards can be kept in your pocket or journal and easily accessed.

Who Loves Me?

Safety Looks and Feels Like:

This Makes Me Feel Calm:

I Enjoy: