

4 Coping and Being a Supportive Friend Grades Kindergarten - Second Grade



Lesson Goals

- Reconnecting and reviewing previous lesson
- Expanding identification of coping skills and resources
- Identifying and exploring ways to be a supportive peer/friend

SEL Competencies*

- **Social Awareness:** Demonstrating empathy and respect for others
- **Self Management:** Learning to manage one's emotions, thoughts and behaviors in different situations
- **Relationship Skills:** Communicating effectively and utilizing supports
- **Responsible Decision-Making:** Making caring choices about personal behavior and social interactions

* Based on CASEL social and emotional learning (SEL) competencies

Classroom Activities

- Circles of Support
- Coping Wheel

Optimistic Closing & Assessment

- Cool down and regulating activities: Breathing and mindfulness skills
- Students share "One thing I learned today"
- Evaluator will be present at each lesson to utilize an observational rubric of content and process
- Qualitative information received verbally from students at the end of each session to assess retention of lesson content

Materials

- Name tags
- Talking Stick
- Bell
- Large table cloth
- Large roll of paper
- Markers
- Hoberman Sphere
- Handouts for student toolkit
- Circle cardstock or paper plates
- Cardstock, poster-board and toolkit activity supplies

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Tips for Schools/Classrooms

- Understand/normalize that children and families have varying needs before, during, or after a change or loss
- Help children identify sources of support they found helpful during different types of changes or loss.
- Identify and educate ways to cope with emotions *and* ways to seek external support
- Plan activities where children can write or draw about skills/people/places/things that comfort them when having big emotions
- Plan how your district will respond to deaths in the school community
- Identify and utilize resources from local bereavement organizations or national supports (see below)

Tips for Parents/Caregivers

- Use techniques to help your child relax; deep breaths, asking for a hug, talking with a friend/adult
- Help your child recognize different coping skills may be used depending on where they are and what they can access
- Discuss strategies to help your child feel comfortable, successful, and supported
- Let your child know it is always okay to ask for help if they, a sibling, or a friend need support
- Following a death, contact your local bereavement organizations for support and resources (see below)

Resources for Schools/Classrooms

- [Be Kind](#)
- [Help Us Calm Down: Strategies for Children](#)
- [Supporting A Friend Who Is Grieving](#)
- [10 Activities for When Emotions Run High](#)
- [My Self-Care Worksheet](#)
- [Coalition to Support Grieving Students](#)
- [National Alliance for Children's Grief](#)
- [National Center for School Crisis & Bereavement](#)
- [Resource Guide for Administrators Supporting Students Who Are Grieving](#)

Resources for Parents/ Caregiver

- [I Can Handle It: Mindful Mantras](#)
- [B is for Breathe: The ABCs of Coping](#)
- [Raising Happy Kids: Building Resilience In Children](#)
- [Help Us Calm Down: Strategies For Children](#)
- [10 Activities for When Emotions Run High](#)
- [Responding To Change & Loss \(English version\)](#)
- [Responding to Change & Loss \(Spanish version\)](#)
- [Caregivers & Schools Working Together](#)