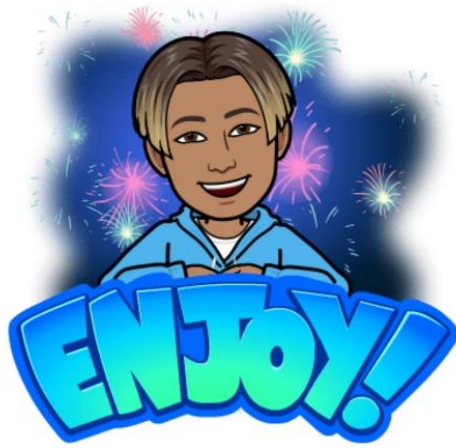




# Activity Guide

*Action Plans for COPING*





Hi everyone! We hope you're enjoying COPE. This action plan and **Activity Guide** is for you to use to continue strengthening your own coping muscles both as you go through the program, and to refer to later. We hope you will do all of the activities in this action plan along with your teachers, parents, and guardians. At Vancouver Island Crisis Society, we believe the more **COPERS**, the better!

The COPE videos have been divided into 4 lessons, each with 2-4 parts.

**Lesson 1:**

- Communication
- Worries and Anxiety
- How do I communicate with myself?

**Lesson 2:**

- Why all feelings matter
- Communicating my struggles with others

**Lesson 3**

- Negative communication from others
- Communication Online

**Lesson 4**

- Other options for communication and reaching out
- Affirmations
- The COPE pact

This Activity Guide has been created to correspond with each of the 4 lessons.





You are wonderful because you are unique, both on the inside and the outside. Think about all the things that make you special; like the things you know how to do, the things you're good at, the way you treat others, or even the way you treat your pets, then write down some things you like about you in the heart using the statement:

**I am...**

## Things I Like About Me

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Friendship Ingredients

Making friends is like baking a cake because you need all the right ingredients.



*What ingredients or "traits" do you think are important in a friend?  
(Examples: trustworthy, kind, generous, and honest are all traits)*

## Strengthen your COPING Muscles with good friends

**Trait:**

What does it look like?

Why does it matter?

**Trait:**

What does it look like?

Why does it matter?

**Trait:**

What does it look like?

Why does it matter?

**Trait:**

What does it look like?

Why does it matter?

# Stop, Block, Replace



Take a moment to reflect upon how often you think negative things about yourself and then reflect on how often you think positive things. Do you think more positive than negative, or is it the other way around? In the first box write down some of the common negative thoughts you have about yourself. Example: “No one is going to like me,” and in the second box, write down a statement to block and replace that. Example: “I’m a caring and likeable person.”

<b>My Common Negative Thoughts</b>
1.
2.
3.
4.
5.

<b>Positive Replacement Thoughts</b>
1.
2.
3.
4.
5.

# Just Imagine...

There are lots of ways to use your imagination to relax.

All it takes is a quiet comfortable place to sit, close your eyes if it feels comfortable, and imagine things that feel calm and good to you.

Here are some more tips:

1. Get all your senses involved: sight, sound, touch, taste, smell. The more senses involved, the more effective and relaxing your imaginings can be.
2. Breathe deeply and calmly throughout.

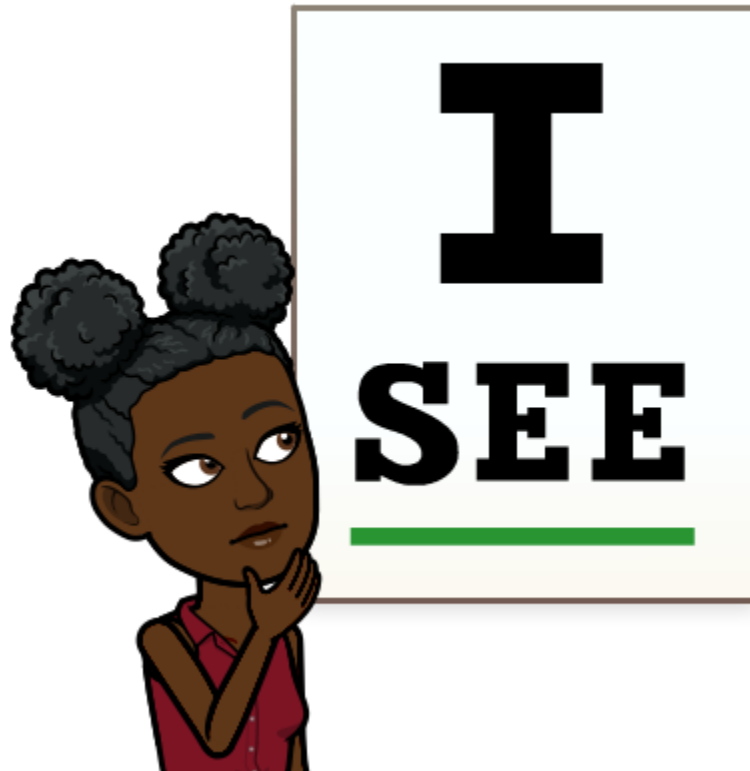


**Not sure what to imagine?** Here are some great ideas!

**Imagine a Relaxing Place:** Think of a place you've been to, seen in a movie, read about in a book, or otherwise imagined. This place should be safe. Some people like to think of a beach, or a forest, or a cabin in a meadow, for example. Once you have that place in mind, really focus on what it feels like to be there. What do you see? What are the smells? Bread baking? Fresh cut grass? What do you hear? Crashing waves? Birds singing? Create a place in your mind that is just for you with as much detail as possible. A secret place you can go to anytime you need a little break from the world.

**Imagine your Soothing Self:** Imagine yourself as an adult, way in the future; someone who learned to be good at COPING and is 100% on your side to help you get through things. What would this adult version of you look like? What would this adult version say to you? Remember, just as you're learning to be your own best friend, this adult version of you IS your best friend. Turn to yourself in this way anytime you need reassurance and comfort to help know everything will work out and you will be okay.

**For your Secret Treasure Box:** Imagine in great detail a place in your mind where you keep what is most special to you: your favourite memories, your good feelings, your hopes and dreams. Very clearly create in your mind what your secret treasure box looks like, and where you keep it. Open the box anytime you would like to think about those happy feelings.



# Self-Esteem Journaling

A great way to unpack our thoughts and feelings is to take a few minutes to write things out, to remind ourselves of what we accomplished or did well during the day. All you need is something to write in, a few pens that you like, and any other art supplies in case you would also like to illustrate your thoughts.



## Here are some journal prompts to get you started:

- One thing I did great at today...
- Something I found fun...
- Something I'm worried about...
- Something I got through or COPEd with today...
- I admire how I...
- A good thing I accomplished...
- I had a nice time when...
- I helped someone by...
- I was proud of myself for...
- Something kind I did for someone...
- Today it was interesting when...
- I made someone smile when...
- One really fun thing I did was...
- I felt positive about...
- I felt about myself when...
- I admired someone else for...
- Something I helped someone with...
- One thing I achieved...
- Today was awesome because...
- A beautiful thing I noticed...
- Today achieved...
- Something that made me feel good today...
- 5 things I'm grateful for today...
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.



# Keeping SMART Online Quiz



1. Using your COPING tools, what would you do if someone said something threatening, inappropriate, or caused you to feel uncomfortable online? Who would you **COMMUNICATE** with? What would your **OPTIONS** be? How would you keep things in **PERSPECTIVE** in order to continue **ENJOYING LIFE**?

---

---

---

---

---

---

---

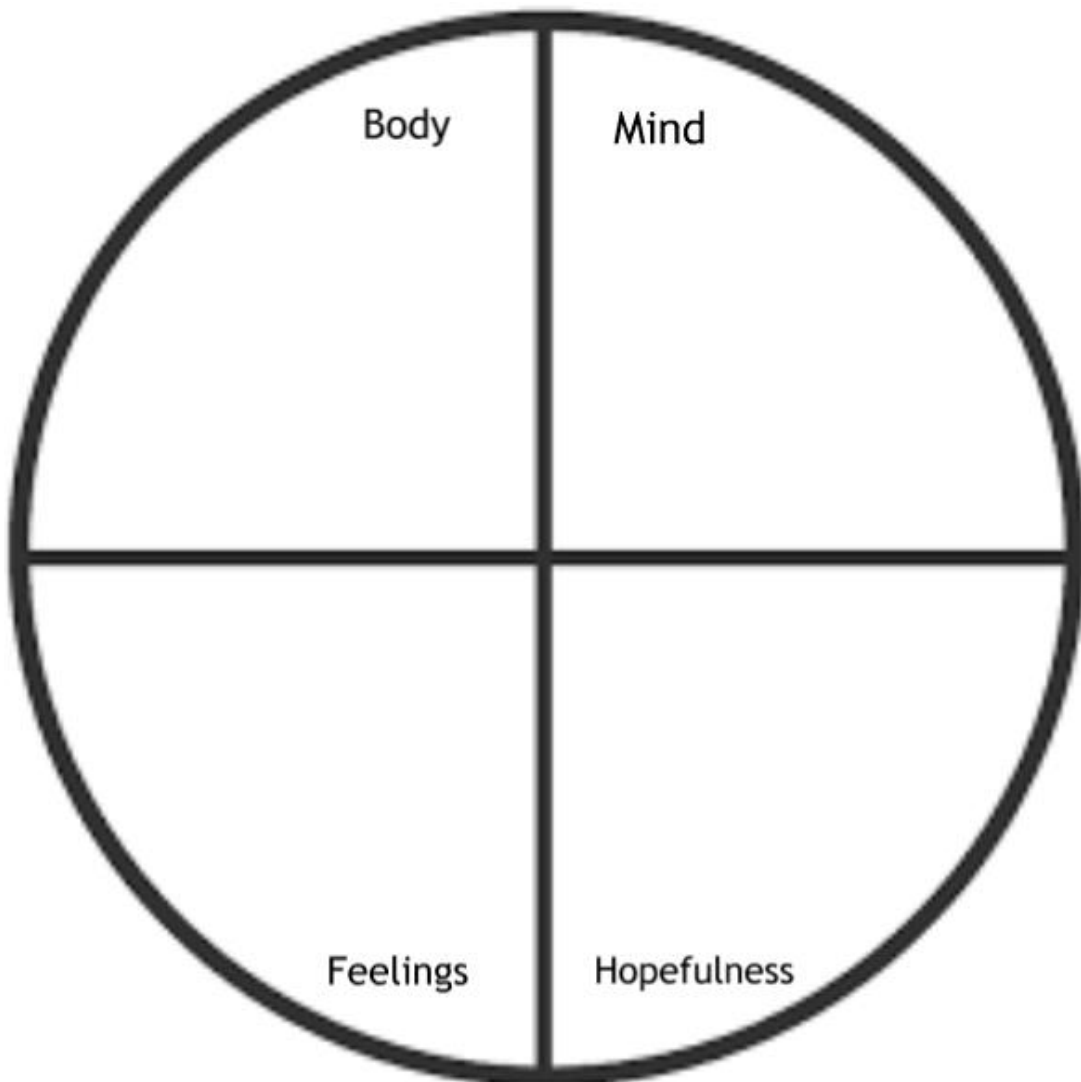
---

2. **Questions:** When you post or text a photo of yourself it stays online:
- For 3 months?
  - For 6 months?
  - Until you take it down?
  - Possibly forever – once a photo has been posted or texted you no longer have control over it? (This is the correct answer.)

3. Name five things about yourself you should never share online:
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_

# Your Personal Wellness Wheel

Another great way to **ENJOY LIFE** is to keep things in balance. This means doing healthy things for your body, your mind, your feelings, and your sense of hopefulness (some people call this our spirit). Take a few minutes to fill each section of your wheel with activities you are already doing along with activities you would like to try in the future. Do your best to have an equal amount in each section. This is how we stay balanced. If you're having trouble coming up with things, just refer to the list of great ideas on the next page.



# Wellness Wheel Ideas

## Body

Wear comfortable clothes  
Take a shower/bath  
Wash my hair  
Brush my teeth/floss  
Get enough sleep  
Drink lots of water  
Eat healthy foods  
Stretch  
Go for a walk or a run  
Exercise  
Dance  
Play a sport  
Take deep breaths  
Relax  
Wash my hands

## Mind

Read  
Use positive self-talk  
Talk back to my inner bully  
Do a puzzle  
Play a game  
Learn something new  
Do something that interests me  
Use I Am statements and Affirmations  
Write in a journal  
Write a story, poem, or song  
Draw/paint/sculpt/create  
Sing, make music  
Begin a new hobby

## Feelings

Communicate my feelings when hurt  
Unpack worries with a trusted adult  
Express myself in a journal  
Express my feelings through art  
Express my feelings through music  
Cry if I need to  
Try not to bottle things up  
Remember my COPING tools  
Remind myself: "I AM Worthwhile"  
When something doesn't feel right:

- Talk about it with a safe adult
- Have a boundary
- Don't do it if it feels bad
- Say "No" if it feels unsafe
- Walk away

## Hopefulness/Spirit

Listen to my favourite music  
Watch a movie or show that I enjoy  
Get out in nature  
Spend time at the beach  
Text/call a friend  
Practice "Mindfulness"  
Go to my "relaxing place"  
Talk with my "soothing self"  
Think about things in my secret treasure box  
Say a prayer (only if you have a particular faith)  
Think of 5 things I'm grateful for  
Hug a pet if you have one

# Design an Extra Special Self-Care Day!!!



What if you decided that one day a week you would treat yourself extra, extra, extra special? What would a self-care day look like for you? Would you eat your favourite foods? Spend time with friends? Read a book on your own? Do yoga? Play a sport? Draw, sing, dance? Whatever you choose, the important thing is, this self-care day is YOURS. What amazing things could you do for yourself to be your own best friend?

Write it out and then come back to this page for inspiration again and again!

My extra special self-care day would look like this:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Affirmation

The trouble with being normal is it doesn't allow me to colour outside the lines;  
or speak to you freely because I worry that if I show you who I really am, you may not like me back. But lately I've been realizing that if you don't like me, you were never meant to be my friend, and I will still be awesome over here as myself and not some dull manufactured version of who you expect me to be.

So, note to self,

Today I will be okay with me. I will look in the mirror and I will like what I see in my own reflection, and I will remind the person staring back that I am NOT nothing much.

Today I will be more than much. I will bravely embrace the inner amazingness that is me and with wild abandon, I'm going to set her loose on an unsuspecting world.

And on those days when she goes into hiding, I will remember to water her spirit, and if she feels like she's not good enough or that she doesn't belong, I'm going to open up the clouds of self-belief and I'm going to make it rain.

Reminder to self: I belong everywhere.

Today I will dance in the sparkle of my own light with no hesitation or apology.

And though not everyone will feel the glittering fabulousity of my particular star power, I'm okay with that. Because I feel it. And I am Not. Normal. Neither are you.

We are filled with incandescent, phosphorescent, luminosity that when unleashed has the power to light up even the darkest places. But you have to be willing to turn that switch on.

And so I'm going live for these inexplicable moments in time when we all just see each other, when the weirdo in me has the opportunity to meet the weirdo in you and somehow together we just feel less alone.

Reminder to self: I am not alone, and there are others like me

who with 57 shades of resplendent awesome, are willing to colour outside of every line

And bust out of every box.

Not with force, but simply by unlocking the door.

Because all of us her, and this includes me

Possess the key.

So you be you and I'll be me and we'll all walk out of here together feeling a lot more free.

That's affirmation.

I Am.

I am good enough. I am smart enough. I am strong enough. I am amazing enough.

I Am...

That's Affirmation.

# The Cope Pact

*(borrowed with gratitude from [wematter.com](http://wematter.com))*

I pledge to...

1. Always remember that I am important, unique, and worthwhile.
2. Believe that no matter how hard life gets, there is always a way forward.
3. Ask for help when I need it.
4. Show support and kindness to those around me.

**you matter.**



# Links and Acknowledgements



Vancouver Island Crisis Society would like to GRATEFULLY acknowledge the following websites and YouTube channels that have added so much to **COPE**. We encourage you to visit them to see the wide variety of excellent content that is available in relation to coping.

1. **SING** video: <https://www.youtube.com/watch?v=bfTv6A1Wn4k>

Please visit **FANDANGO FAMILY** on Youtube for more clips like this or to buy the movie:  
[https://www.youtube.com/channel/UCx554p1Bu\\_Mp1q0H\\_bEtZ1Q](https://www.youtube.com/channel/UCx554p1Bu_Mp1q0H_bEtZ1Q)

2. **AUTOMATIC THOUGHTS** video: <https://www.youtube.com/watch?v=m2zRA5zCA6M>

Please visit **WELLCASTERS** on Youtube for more mental wellness content for youth  
<https://www.youtube.com/user/watchwellcast>

3. **OVERCOMER** video: <https://www.youtube.com/watch?v=V6ui161NyTg>
4. **WHAT CAUSES ANXIETY AND DEPRESSION, INSIDE OUT** video:  
[https://www.youtube.com/watch?v=tNsTy-j\\_sQs](https://www.youtube.com/watch?v=tNsTy-j_sQs)

Please visit **MINDSET** on Youtube for more videos on mental wellness:  
<https://www.youtube.com/user/MrKriswelshlifecoach>

5. **WHY DO WE LOSE CONTROL OF OUR EMOTIONS?** Video:  
<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Please visit **KIDS WANT TO KNOW** on Youtube for more clips like this.

6. **WE MATTER CAMPAIGN**: <https://wemattercampaign.org/>