



Project Pre-K TIPS



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Dear Parents,

This week we are working on coping self-talk. When using coping self-talk we use positive “feel good” thoughts to feel better when we are angry, sad, or dealing with other strong feelings.

Please take five minutes to practice coping self-talk with your child. You can use the example below to guide your practice.

“Let’s play a game to practice using positive coping self-talk like you have been doing at school. I’m going to tell you about a strong feeling and I want you to think of a positive “feel good” thought that I could think to feel better.”

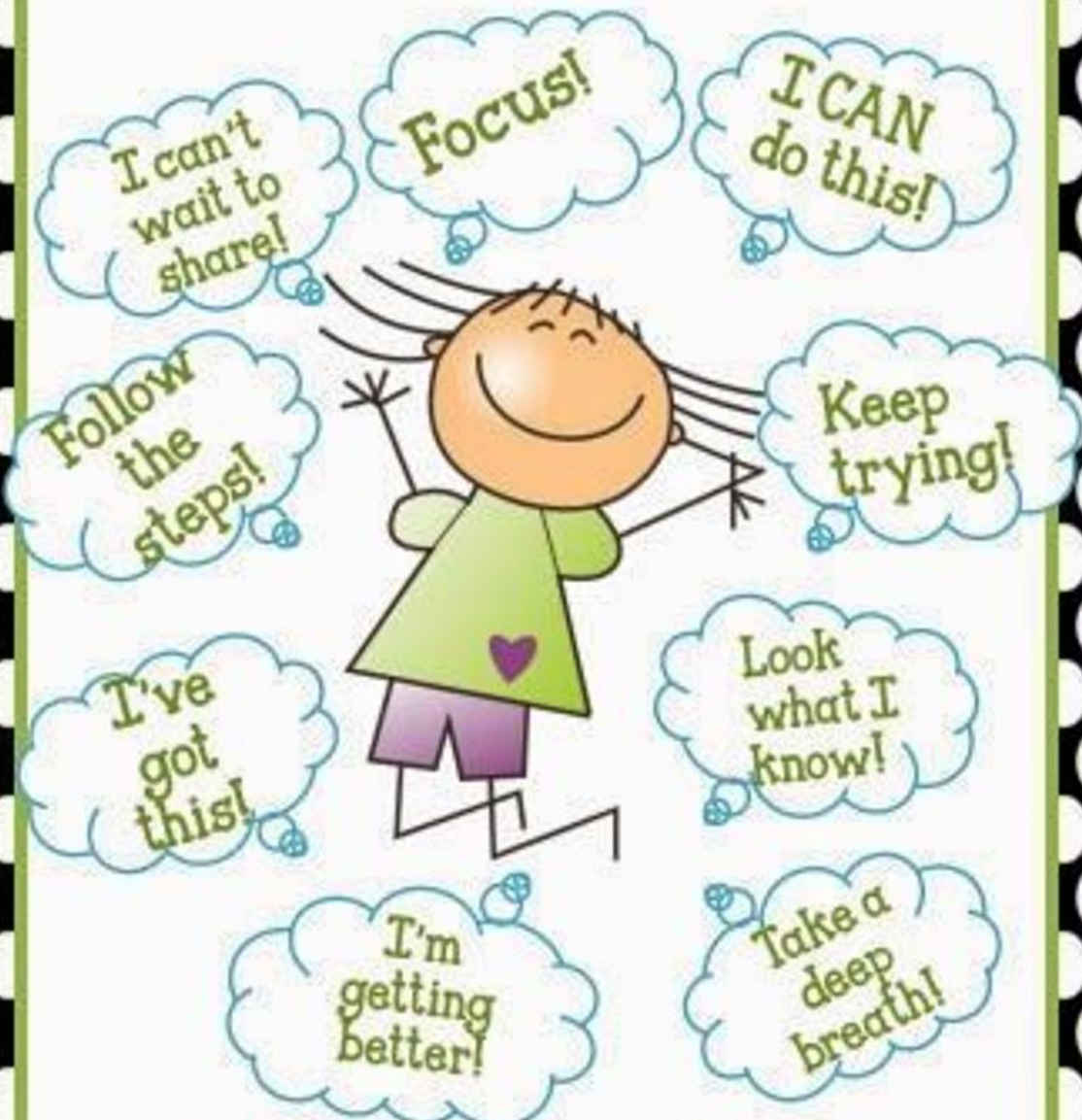
“I’m feeling angry about my day. What’s something I could think to help me to feel better?”

Switch roles in the game by having your child tell you how he/she is feeling and you provide them with a “feel good thought” to cope with the uncomfortable feeling.

“You sound frustrated because the math homework is hard. Maybe you could tell yourself, “I’m still learning. I will get better.”

We have also included a Coping Thoughts sheet for your child to use at home. The chart can be hung on the refrigerator, wall, or door as a reminder of positive thoughts that can be used when dealing with uncomfortable feelings or negative situations.

Self-Talk



Think Positive!

Image Source:

<https://resigningasthegeneralmanageroftheuniverse.files.wordpress.com/2017/09/7600b92a3f31a53fce8622964eb3c320-student-behavior-writing-workshop.jpg>