

Outline

Coping Skills Overview

The autonomic nervous system & coping skills

- 4 types of coping skills—
- calming
  - distraction
  - physical
  - processing

Coping skills checklist to identify current skills and strengths

The Importance of preventative interventions

3 prong approach to supporting children’s social/emotional needs

Skills and Strategies: Interactive Exercises

Deep Breathing - Beyond “Taking a Deep Breath”

- Props —
- pinwheels
  - bubbles
  - stuffed animals
  - Hoberman sphere

- Words —
- to encourage deep breath
  - “smell the soup
  - cool down the soup”

- Shapes —
- star breathing
  - lazy 8 breathing
  - square breathing
  - triangle breathing

- Your Body —
- your hand
  - whole body movement

Coping Skills for Anxiety/Stress

- Mindfulness Practice—
- One mindful minute
  - Spiderman mindfulness
  - Audio and visual mindfulness scripts

- Grounding Techniques—
- 54321 grounding
  - Alphabet grounding

- Identifying and Taming Anxiety—
- Take-home worksheets to help identify anxiety
  - Thermometer for anxiety worksheet
  - “Sources of stress” worksheet

Coping Skills for ADHD

- Movement Breaks
- wall push-ups
  - yoga
  - music and movement

- Sensory Ideas
- proper fidget use
  - calming jars
  - using senses (tactile, hearing, visual, auditory, etc…)

- The Importance of Play
- recess
  - clubs/after-school
  - open-ended play ideas

Coping Skills for Anger/Frustration

- Small physical movement activities to manage frustration—
- squeezing play dough
  - scribble drawing
  - bubble wrap
  - ripping paper

- Big physical movement activities to manage anger—
- jumping jacks
  - running
  - obstacle courses
  - yoga

- Processing anger—
- comic strip processing
  - what I can control vs. what I can’t control worksheet

Practical Implementation Ideas for the Classroom or Office

- Make a coping skills toolkit for your room—
- fidgets
  - coping skills cue cards
  - other visuals

- Distraction coping skills—
- word searches
  - hidden pictures

- Creating a calm down spot/calm down room—
- identify a good spot create an area that is peaceful and relaxing
  - coping skills toolkit

- Practice your own coping skills—
- mindfulness and self-care worksheet

Objectives:

1. Develop strategies for teaching kids coping skills that positively impact academic performance and their ability to maintain relationships.
2. Analyze how the nervous system response of “fight, flight or freeze” is connected to stress and communicate how coping skills can be used to shift kids to a more tranquil “rest and digest” response.
3. Establish a classroom routine that allows for breaks to benefit both hypo-arousal and hyper-arousal in kids with ADHD.
4. Articulate how mindfulness and grounding techniques can be used to help children manage their symptoms of anxiety.
5. Establish methods to determine the source of stress and create a plan to eliminate shutting down or acting out.
6. Utilize specific movement-based strategies that can effectively intervene in kids’ anger responses.

**Target Audience:** Educators • Counselors • School Psychologists • Social Workers • Psychologists  
Therapists • Marriage & Family Therapists • Occupational Therapists • Occupational Therapy Assistants  
Speech-Language Pathologists • Nurses • Other Mental Health Professionals.

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Anxiety, ADHD  
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in the Classroom

60 ACTIVITY-BASED COPING SKILLS TO  
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- Quick tips to help angry kids cool down fast
- Coping skills for transitions – without holding up the whole class
- Take home worksheets to tame stress and anxiety

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# Anxiety, ADHD and Anger in the Classroom

Managing the emotional climate of your classroom is crucial to learning. When children are struggling to manage anxiety, ADHD and anger, they can't focus on the academic tasks expected of them in a classroom setting. By teaching kids simple, healthy and safe ways to express their emotions and calm their bodies, they will be better able to concentrate on their work during the school day. The positive impact healthy coping skills will have on a child's academic performance is truly transformational.

In this seminar, we'll learn how coping skills impact a student's nervous system, and how to use that knowledge to help kids calm their bodies and get ready to learn. Join coping skills expert and experienced school counselor Janine Halloran, LMHC as she shows you coping skills and techniques ideal for a classroom.

- Walk away with a coping skills toolbox:
- Deep breathing printables
- Check in sheets
- "Anxiety thermometer"
- Relaxation exercises
- "What's your play personality?"
- And many more!

Be prepared for experiential learning and movement as we try different coping skills like grounding techniques, breathing exercises, and big body movements throughout the day.

## Speaker

**Janine Halloran** is a Licensed Mental Health Counselor with over 17 years of experience working with children, teens and their families. She is the founder and CEO of Coping Skills for Kids, where she creates and curates tools & resources to help adults teach kids healthy ways to deal with stress, anxiety and anger. She is the author of the *Coping Skills for Kids Workbook*. Janine is an NBC Parent Toolkit Expert and has written articles featured on their blog. In addition, she has written for several other publications, including *Hey Sigmund*, *Confident Families Confident Kids* and *Bay State Parent Magazine*. Janine's worked in a variety of settings, including schools, residential programs and outpatient mental health facilities. She is in private practice and offers consultation.

Speaker Disclosures:

Financial: Janine Halloran is in private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Janine Halloran has no relevant non-financial relationship to disclose.

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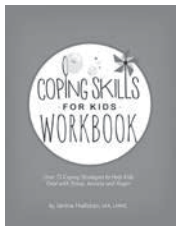
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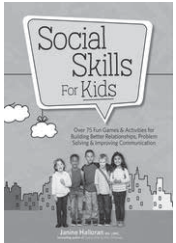
### Coping Skills for Kids Workbook

Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger

Janine Halloran, LMHC **YOUR PRESENTER**

Dealing with stress, anxiety and anger are important skills to learn, but not all kids learn those strategies naturally. The Coping Skills for Kids Workbook can help teach children to calm down, balance their energy and emotions, and process challenging feelings. Author Janine Halloran, LMHC, shares over 75 innovative, fun and engaging activities developed from her experience in schools, outpatient mental health clinics and as a mother.

Loved by counselors, educators and parents alike!!




### Social Skills for Kids

Over 75 Fun Games & Activities for Building Better Relationships, Problem Solving & Improving Communication

Janine Halloran, LMHC **YOUR PRESENTER**

This rich resource includes reproducible, step-by-step plans for how to play, alternatives to each activity, and debriefing questions to reinforce learning.



CE hours obtained from this program can be applied toward the ADHD Clinical Services Provider Certification (ADHD-CCSP) through the Institute of Certified ADHD Professionals. For details, visit [www.adhdcert.com](http://www.adhdcert.com).

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\*\* Please note that Speech-Language Pathologists who participate in the live webcast will be required to complete additional steps if they want their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts Section of the webcast.

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**NEW JERSEY SOCIAL WORKERS:** Please contact PESI, Inc. at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for information about continuing education credits for social works.

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