

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

Live Webinar Schedule (Times listed in Central)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Anxiety, ADHD and Anger in the Classroom

60 ACTIVITY-BASED COPING SKILLS TO EFFECTIVELY MANAGE “BIG FEELINGS”

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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
- Relaxation exercises
- Check in sheets
- “What’s your play personality?”
- “Anxiety thermometer”
- 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.

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. Execute a classroom routine that allows for breaks to benefit both hypo-arousal and hyper-arousal in kids with ADHD.
4. Utilize mindfulness and grounding techniques that can be used to help children manage their symptoms of anxiety.
5. Employ 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.



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Speaker

Janine Halloran, MA, LMHC, is a Licensed Mental Health Counselor with over 20 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: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger* (PESI, 2018) and *Social Skills for Kids: Over 75 Fun Games & Activities for Building Better Relationships, Problem Solving & Improving Communication* (PESI, 2018). She 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*. She’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 the co-founder and CEO of Coping Skills for Kids and Encourage Play, LLC. She is a counselor with BetterHelp and receives a speaking honorarium from Learning and the Brain, Glenbard Parenting Series, and Big Life Journal. Janine Halloran is a published author and receives royalties. She receives a speaking honorarium, recording, and book royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Janine Halloran has a professional relationship with AT Parenting.

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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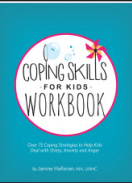
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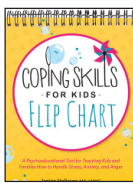
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Recommended Reading:



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Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger
Janine Halloran, MA, LMHC
~~\$26.99~~ **\$21.99***

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Coping Skills for Kids Flip Chart
A Psychoeducational Tool for Teaching Kids and Families How to Handle Stress, Anxiety, and Anger
Janine Halloran, MA, LMHC
~~\$34.99~~ **\$26.99***

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