



COPING COOTIE CATCHER

Make a tool to help students identify self-care or coping strategies.

OBJECTIVES

- Students will identify self-care or coping strategies that they can use.
- Students will make a “tool” to help them use strategies when they are feeling low.

MATERIALS

Students will need:

- Blank sheet of paper
- Markers or pen/pencil

Teacher will need:

- Online learning platform such as Zoom *OR* away to post instructions as an assignment
(Zoom instructions in orange, this training suggests using the screenshare and chat features)
- Coping Strategies list
- Folding instructions

TIME

30 min

LESSON INTRO

This activity asks students to create a “cootie catcher” as a tool for them to use when they’re feeling low. Students will begin by identifying self-care or coping strategies that work for them, and write those into the cootie catcher.

FACILITATOR TIPS AND NOTES

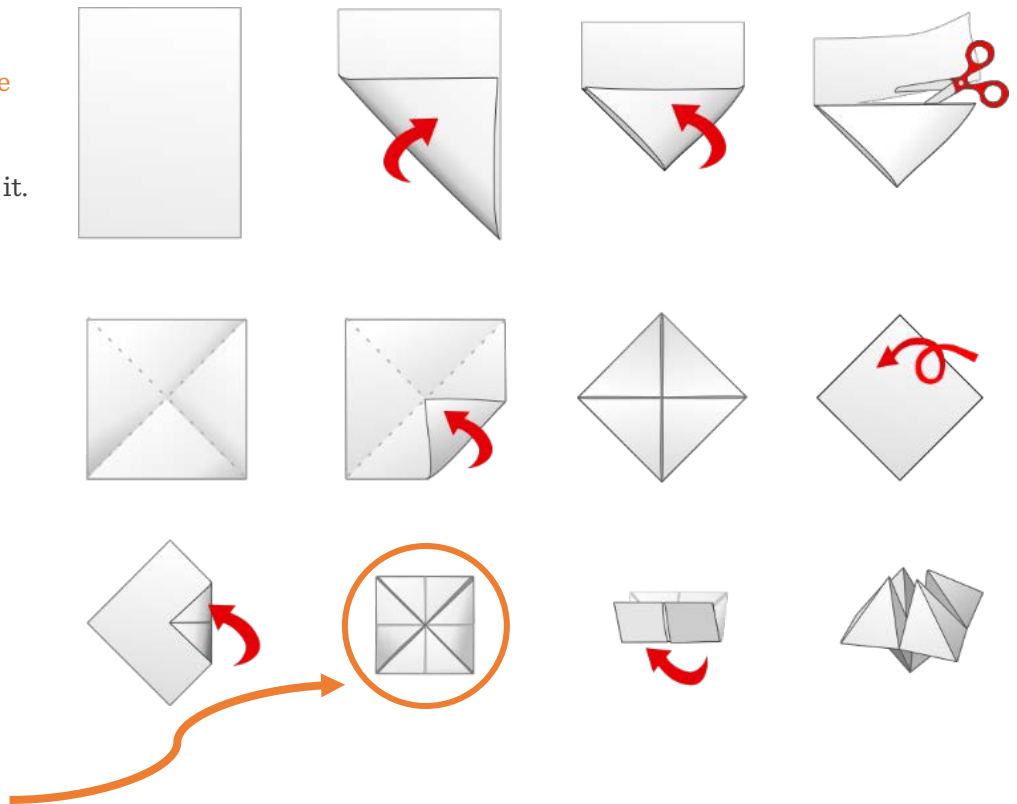
1. You can choose to run this activity in real time: introducing strategies and showing students how to fold, etc... *OR* give this as a do-at-home assignment and invite students to a show and tell later on!

LESSON STEP BY STEP

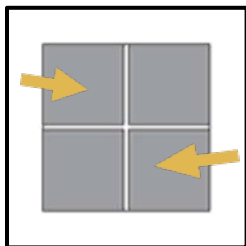
1. Begin by welcoming students to the learning session.
2. Start the lesson by asking a Go-Around-Question and having students respond **in the chat** or verbally.
What is something that has made you feel happy in the last few days?
3. Ask the group to brainstorm ways they like to calm down, relax, feel good, or take care of themselves at home.
Use the Zoom whiteboard, or screen share a blank Word document to track the ideas.

- Next, **screen-share the document** with the list of coping strategies. Ask students to look it over and share out strategies from the list that they connect with.
- Ask students to write down eight favorite things they do to feel peaceful, happy, and calm. They will need these to put into their “cootie catcher”.

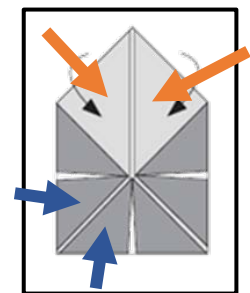
- Transition to making the cootie catcher. **Screen-share** the folding instructions, or you or another student can verbally explain how to fold it.



- When students are on this step, they should write the 8 strategies on the inner flaps (*see below, orange arrows*). On the eight outer sections (*blue arrows*), students can write eight different words that make them feel great!
- Finish folding. Once the cootie catcher is complete, end by having students write four important one-word strategies on the outer quadrants (*yellow arrows*) such as *breath, nature, connect, laugh*.



- Invite students to try out their new tool! Consider **splitting into paired breakout rooms** for students to share their own version.



- When you meet up with students again, ask them when and how they’ve been using their Cootie Coping tool!

NOTES: Educational Standards: CASEL: Self-Awareness; CASEL: Self-Management

CREDIT: www.teacherspayteachers.com/Product/Coping-Strategies-Fortune-Teller-Craft-2954346