

My Coping Comic

Name: _____

Title: _____

Work with someone (i.e. parent, teacher, coach, mentor, therapist) to complete this worksheet.

What is the situation, activity, place, or event?

What do you typically do, say, think, or feel in this situation?

What are other people saying, doing, thinking, or feeling in this situation?

What should you try to do –what is a better way for you to handle the situation?

Why should you try to respond differently? How will it make the situation better?

End with a positive statement, lesson, or moral of the comic:

Now you are ready to create your coping comic..... You can hand-draw or use images (photos, icons, Google images) to make your comics. A parent, teacher, coach, or other support personnel should guide you in creating your coping comic.