



COPING SKILLS FROM "A" TO "Z"

A FAST-ROLLING DICE GAME
THAT IDENTIFIES APPROPRIATE
COPING SKILLS FOR TEENS AND
YOUNG ADULTS WITH EDBD
AND/OR ASD

Coping Skills from A to Z Game

Instructions:

1. Print out the game on cardstock.
2. Cut out the emotions cards. Shuffle them, and place them face-down in a stack at the center of the table.
3. Set the die at the center of the table next to the stack of emotions cards.
4. The oldest player goes first.
5. The player selects a card from the stack of emotions cards and turns it face up.
6. The player rolls the alphabet die.
7. The player must name an appropriate coping strategy for the emotion drawn that begins with the letter on the die. For example, if a player drew the emotion card labeled “angry” and rolled a “W,” he/she might say “When I feel angry, I can take a walk.” Or, if a player drew the emotion card labeled “worried” and rolled a “Q,” he/she might say “When I feel worried, I can read through a list of inspirational quotes.”
8. If the player gives an appropriate response, he/she is awarded a point. If he/she gives an inappropriate response or no response, he/she does not receive a point.
9. Some of the “sides” on the die are free spaces. If a student rolls a free space, he/she should tell the group about a time he/she used a coping strategy successfully in real life. If he/she gives an appropriate response, he/she will be awarded TWO points. If the player gives an inappropriate response or no response, he/she will not receive any points.
10. At the end of the player’s turn, the emotion card will be returned to the bottom of the deck. The die will be passed to the next player (moving counterclockwise). Play will continue, repeating steps 4-8, for an interval of time (to be determined by the teacher), lasting from 15 to 60 minutes.
11. The player with the most points at the end of the game is the winner.

angry	frustrated	embarrassed
worried	nervous	obsessed
paranoid	guilty	ashamed

disappointed	betrayed	confused
left out	lonely	irritated
violent	unappreciated	jealous
heartbroken	negative	depressed
unloved	grieving	withdrawn
panicked	judgmental	inferior
ridiculed	judged	apathetic