



**American
Red Cross**

Coping Skills

Be prepared for the thoughts and feelings that come with emergencies.

Understand What Feelings You May Have

- Feeling scared
- Thinking you may do something wrong
- Feeling worried
- Thinking you may forget to do something
- Worried that people you know may get hurt



Use Your Coping Skills to Stay Strong

- Breathe with Color.
- Stick with a buddy when you get to a safe place.
- Sing a favorite song or tell a favorite story.
- Use your Symbol of Strength—it's always there.
- Listen to grownups who care for you.
- Remember family and friends can help when you work together.
- Think of a *small* way to help someone. It will make you feel better and can make a *big* difference for someone else.



Remember, coping skills work any time you need them!

Don't wait for an emergency. Your coping skills can help you through any situation.

The Pillowcase Project

Learn. Practice. Share.