

Directions for coping strategies spinner

Print pages 2 and 3 on strong card stock. Then cut out the large circles on both pages. For page 2, also cut along the dotted line to remove that one wedge.

The circle on page 2 is the cover for your coping strategies spinner. Write in large letters the purpose of your coping spinner, such as “My calming strategies” or “Ways to turn around a bad morning.” Feel free to also decorate the cover with drawings or inspirational quotes.

Within each wedge on page 3, write down one idea or draw an image to remind you or your child what strategies can help calm overwhelming feelings: i.e., getting a drink of water, dancing, listening to music, drawing a picture of your feelings, coloring, watching the glitter settle to the bottom of a calming bottle, etc.

To assemble, place the circle with the removed single wedge on top of the other circle. Add a brad through the center gray dot to secure both circles together. Then spin, and let this tool guide you.

All designs were created by Erin P.T. Canning. Thank you for respecting my terms of use.

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