

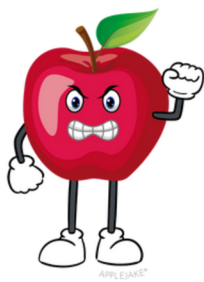
COPING STATEMENTS



Pain, whether physical or emotional, is a natural part of life. Teaching children to express and cope with pain builds resilience and confidence.

Coping statements are powerful words to ease strong emotions.

Write your own below and use them as a secret superpower to face challenges with strength and positivity!



COPING STATEMENTS

