**Coping Skills**

Some ideas (99) on how to refocus pupils (to take their mind off the problem at hand)

<http://www.yourlifeyourvoice.org/Style%20Library/99%20Coping%20Skills%20Poster.pdf>

<http://www.thepathway2success.com/100-coping-strategies-for-anger-anxiety-and-more/>

Additional Posters that may help pupils

<https://www.google.co.uk/search?safe=active&tbm=isch&q=coping+skills&chips=q:coping+skills,g_3:anxiety&sa=X&sqi=2&pjf=1&ved=0ahUKEwjgma-7pLPVAhUG5SYKHVtrC_8Q4lYINCgB&biw=690&bih=708&dpr=1>