

MINDBRIDGE

Coping Mechanism Spinner:

Materials Needed:

- 1 Paper Circle with Three Sections
- 1 Paper Circle with one Red Lines to Cut - Out
- 1 Fastener
- Drawing Utensils

Steps:

1. Have every student cut the Red Lines of the Paper circle
2. Label the three sections of your first paper circle with a different coping mechanism: Physical, Emotional, and Social
3. Color the First Paper Circle as Desired
4. Label the second paper circle with a Cut - Out “My CBT Coping Strategies” and color as desired
5. Stack the Second Paper Circle Over the First Paper circle so their centers align, and place a fastener through the middle.
6. Spin the circle and use the coping mechanisms on the go!

Examples:

<https://www.thepathway2success.com/how-to-make-a-coping-strategies-wheel/>

