

Coping Strategy Wheel

Art Form: Visual Arts • Other: Social Emotional Learning

DESCRIPTION:

A coping strategy wheel is a craft that helps children learn to identify and utilize coping tactics best suited for them and their situation. Coping strategy wheels are easy and fun to make and can be individualized with strategies specific to the child.

RECOMMENDED AGE(S):

Pre-K through 3rd

TIME TO COMPLETE:

10 minutes to make the basic structure and then however long it takes child to choose strategies they would like to include, add them to the wheel, and decorate as they want.

MATERIALS NEEDED:

- ▶ Scissors
- ▶ Two paper plates
- ▶ A fastener
- ▶ Crayons, markers, colored pencils, etc.

WHAT YOU DO:

1. Divide one of the paper plates into fractions; the number of “pie slices” you make is entirely up to you, but the concept of the wheel works best if there are at least several different choices.
2. Work with your child to identify what strategies should be added to their wheel and have them write and/or draw a coping strategy in each fraction (see example picture for some ideas).
3. Using the second paper plate, cut out one of the “pie slices” (how large you cut this slice depends on how many fractions are chosen)
4. Lay this second paper plate over the first plate; now that there is a window slice in the top plate, you will see the fractions on the bottom plate individually.
5. Use the fastener in the middle of the plates to secure them together and allow the top plate to rotate atop the bottom one, revealing one fraction at a time.
6. Now that the strategy wheel is formed, your child can decorate the front and back as they would like. Encourage them to identify it as a tool for them, labeling it with a title like “My Coping Strategies” or “Calming Wheel”.



HOW YOU CAN SHARE:

Take a picture of your child’s strategy wheel creation and/or share the list of coping strategies that work well for you and your child and share via our Facebook page, Schooltime at the Van Wezel and be sure to tag it, [#artworksanywhere](https://www.facebook.com/SchooltimeVanWezel).

To learn how to make the Glitter Jar on this wheel-check out our Artworks Anywhere video! <https://bit.ly/2GkClcC>