



L2. COPING SKILLS

Y3



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

LESSON 2 QUESTION: How can coping skills help me learn?



YOU WILL NEED:

Cardboard or paper cube templates; glue or Sellotape; coloured crayons or markers; Developing a Growth Mindset chart.



DIRECT TEACHING INPUT:

- › Ask the children what kind of things they say (or hear others say) when they feel they aren't very good at something in school. You may get such answers as, 'I'm rubbish at this,' 'I can't do it,' or 'I don't like this subject' etc.
- › Share and write up the answers on the board.
- › Ask what you can say instead to help you cope with that subject and help you learn better.
- › Write the answers on the board.
- › Introduce the 'Developing a growth mind-set' chart to help with answers.
- › Now ask the children to choose their 6 favourite coping phrases. They can be ones they made up themselves or from a friend or the chart.
- › Ask them to write each of their phrases on a square of the cube template. Allow them time to be creative.
- › Next, get them to stick the template together to create a 'coping cube'.
- › In their groups, each child gets a chance to throw the cube. Ask children to talk about a situation when they might use the saying that the cube lands on, to help them feel better.
- › Share ideas with the rest of the class
- › Hand out award leaves to the most creative.
- › Explain that these 'coping cubes' can be kept in the classroom on desks to motivate the children when they feel that they are struggling. Explain that they can turn the cubes over until they find the phrase that helps them best at that moment.



REFLECTION/BRINGING THE SESSION TOGETHER:

- › Ask each child to think of one thing in school they would like to get better at.
- › Now arrange the children in pairs.
- › Each child can share the one thing they would like to get better at with their partner.
- › That partner then thinks of something to say to help the other get better at the chosen thing, e.g. 'You can do it,' 'I can help you with that' etc.
- › Ask children what ingredients they may need to get better at something.
- › Encourage answers like 'having a go,' 'making a mistake and learning' and 'seeking advice from others who have already done it.'

TEACHER NOTES:



> POSSIBLE RELATED VOCABULARY TO TEACH:

Cope, Help, Team, Assist, Trust, Support, Time, Deal with, Understand, Think, Talk, Manage, Emotions, Look after, Persist, Carry on, Grit, Brave, Bravery, Sharing

> DIFFERENTIATION AND EXTENSION:

Some children may be able to think of their own positive phrases, once they have seen the examples on the growth mind-set sheet.

Some children may benefit from making a coping cube for home too. The template could be shared with parents.

> TEACHER'S ANNOTATIONS:

> WHAT WENT WELL?

> WHAT MAY GO EVEN BETTER NEXT TIME?

> OTHER IDEAS...