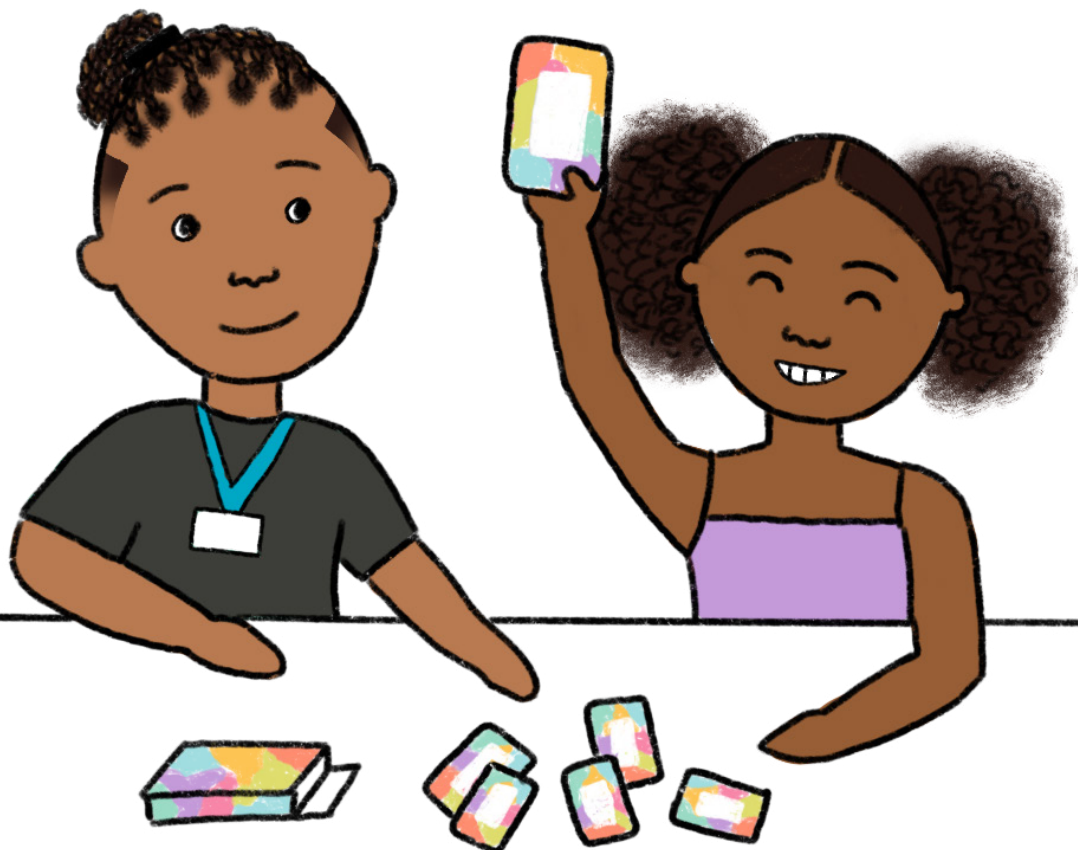




Young Black Psych

Making a Positive Change to Young Minds.

THE A-Z COPING STRATEGY HOW TO GUIDE



www.youngblackpsych.com

WELCOME TO YOUR VERY OWN A-Z COPING STRATEGY CARDS

We hope you enjoy using the A-Z Coping Strategy Cards and have made a short guide answering some questions you may have on how to use them. There is also a bonus blank card for you to print out and add to your pack making your set super unique!

Much Love,
Shy and Lauren
Co-Founders of Young Black Psych Ltd.



WHO CAN USE THESE CARDS?

That's a good question - to start with, they are suitable for children aged 3 and upwards, though it will be helpful to give younger children, or those that might benefit from some additional support a helping hand. The cards were designed to be used in a range of different ways to work, and can be easily adapted depending on the individual. In short, **EVERYONE!** From practitioners and parents to professionals and carers. The cards were designed to fit into your toolkit, and to be used alongside a multitude of other resources that can promote emotional intelligence and self-regulation.

WHY USE THESE CARDS, AND WHAT IS THE RATIONALE BEHIND THEM?

These cards have been designed to be easily accessible, creative, and as fun as possible. They offer a playful non-threatening way to develop an understanding of many coping strategies, paired with an affirmation to challenge and overcome negative thoughts and core beliefs. This pack of 26 Coping Strategy Cards have been designed to develop resilience and encourage young minds to be the best versions of themselves.

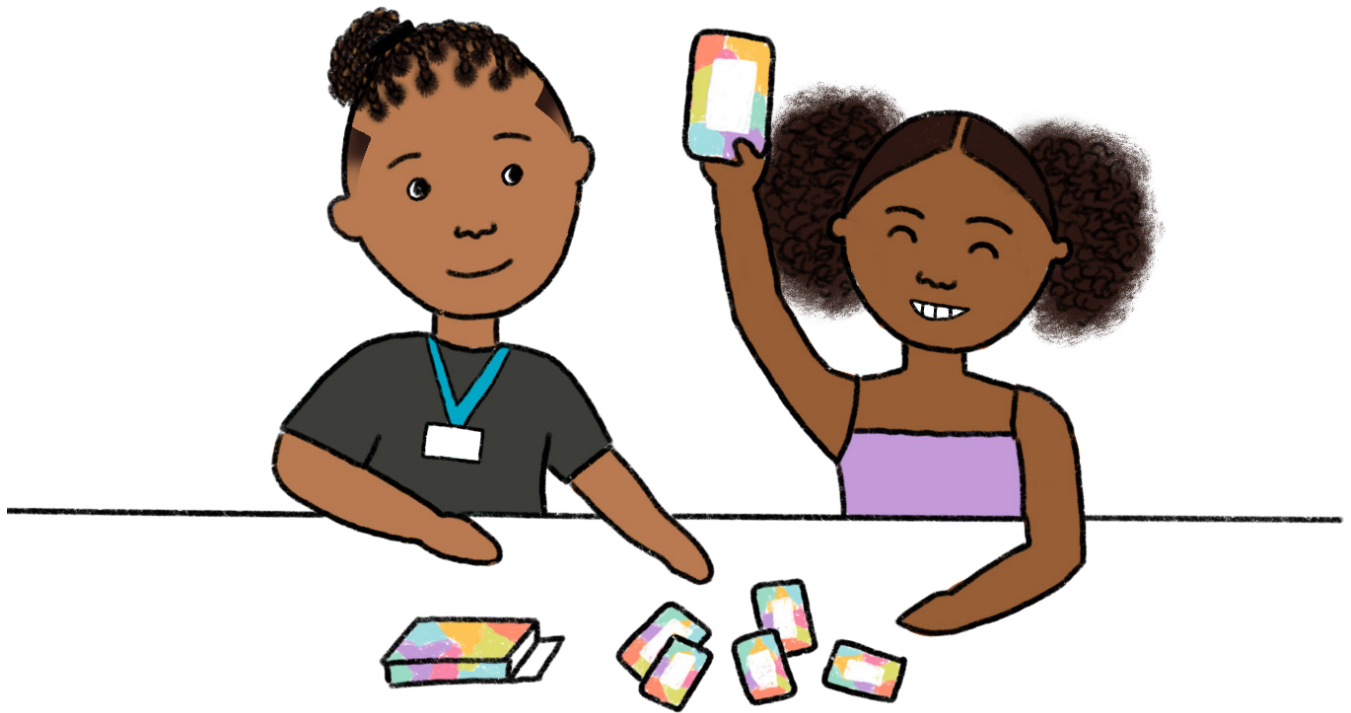
WHAT ARE THE BENEFITS OF USING THE CARDS?

- ★ One of the benefit of using the cards is that it helps to encourage positive self-talk and boost self-esteem. This helps the young person to feel good about themselves, whether that's through the Coping Strategy or by saying the affirmations.
- ★ Another benefit of having an adult go through the Coping Strategy Cards with a young person means they will get the opportunity to have their feelings and sensations co-regulated by a safe, attuned and thinking adult; which can support them to gradually move on to self-regulation.

HOW TO USE THE CARDS?

Before using the cards, we encourage you to consider the following:

- ♥ Create a safe space. This may include having minimal distractions, where the young person is able to feel comfortable to discuss their thoughts and feelings.
- ♥ Consider the young person's current emotional state and whether they are in a heightened state (e.g. fight, flight or freeze). If the young person is dysregulated, they may find the activities too difficult to engage with.
- ♥ If you are a practitioner, it is recommended that you familiarise yourself with the cards and where appropriate (i.e. according to the individuals presentation), select the appropriate cards and withdraw the other cards.



There are many different ways you can use these cards, and here are some of our favourite ways to use them:

ACTIVITY 1

1. Start by having the deck out, and remove the first card from the deck that has the general info on.
2. Shuffle the deck at random.
3. Ask the young person to choose a card at random.
4. Where appropriate, complete the coping strategy drawn from the deck.
5. Ask the young person to think about where they might use the strategy in the future or when it would be helpful.
6. Encourage the young person to read aloud the affirmation on the back of the card.

ACTIVITY 2

1. Shuffle the cards and split into two piles.
2. Ask the young person to choose which pile they would like to work from.
3. Ask the young person to think of a number between 1-5.
4. Once a number has been chosen (e.g. 5), pick out the fifth card and perform that coping strategy.
5. Repeat until outcome is achieved.

ACTIVITY 3

1. Have the young person look through all of the cards.
2. Once done, ask the young person to then organise the cards in what they feel would be the 'most useful' to the 'least useful' for how they are feeling.
3. Support the young person to be able to complete the strategies that they feel would be most useful.

ACTIVITY 4

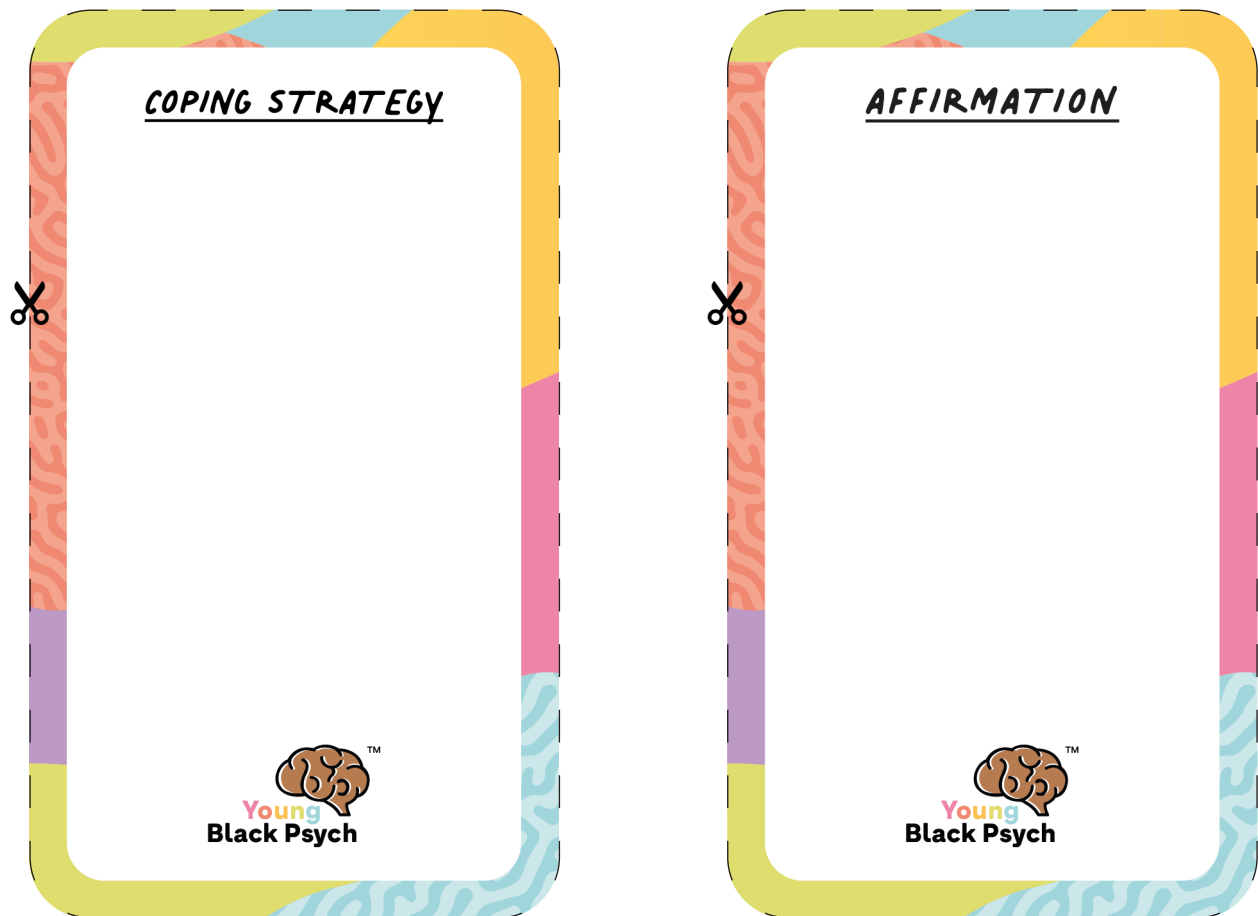
1. Ask the child to look through the deck of cards, and to choose an affirmation that resonates with them most.
2. Once chosen, have them write this on a piece of paper which they can then stick around the house (e.g. on the mirror or their bedroom walls) to encourage them to say the affirmation to themselves when they see it.

BONUS ACTIVITY

Here, we have included a blank card for you to create your own coping strategy card, making it unique to you.

Feel free to print this page out, cut along the dotted lines, stick the cards back to back and customise with your own coping strategy and affirmation.

Be sure to ask an adult for help with cutting and sticking.



We hope you enjoy using the A-Z Coping Strategy Cards.

We would love to hear your feedback and how you are using the cards.

You can leave a review on our website.



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