

Bubbling Over

When The Water Gets Too Hot!

Sometimes, we feel stressed out, angry, or anxious inside. Things start to “heat up” - just like a pot on the cooker.

When this happens, we can use coping skills - different things that help us think good thoughts and remain happy.

Coping skills can help you keep your pot at a safe temperature, so it doesn't “bubble over” and become dangerous!

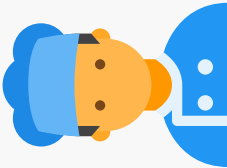
You may have different coping skills that work at different temperatures.

- Starting with the second row, use this worksheet to think of THREE different coping skills that work for you.

Grown-ups can also help us to keep our pots from bubbling over, too.

- In the last row, try to come up with three coping skills that grown-ups can use when your pot is simmering, boiling, or bubbling over!



Your challenge is to use coping skills to keep your pot at a safe simmer.	Safe Simmer	Rolling Boil	Bubbling Over!
<p>First, think of coping skills that can keep you in a happy mood, with nice thoughts!</p> <p>If it begins to boil, try to get your pot back to a simmer.</p> <p>If it's already bubbling over, think of skills that can bring your pot back to a simmer.</p>	<p>Feeling happy</p> <p>Thinking good thoughts</p> <p>Doing nice things</p>	<p>Feeling angry, stressed out, or anxious</p> <p>Thinking 'Red Hot' thoughts</p> <p>Acting angry</p>	<p>Feeling AWFUL!</p> <p>Uncontrollable thoughts</p> <p>Acting dangerously</p>
<p>Coping Skills For Me: What I Can Do</p> 	<p>How can I stay at a safe simmer?</p>	<p>How can I get back to a safe simmer?</p>	<p>How can I get back to a safe simmer?</p>
<p>Coping Skills For Grown-Ups: What Adults Can Do</p> 	<p>How can a grown-up help me stay at a safe simmer?</p>	<p>How can a grown-up help me get back to a safe simmer?</p>	<p>How can a grown-up help me get back to a safe simmer?</p>