

Coping Strategies Experiment

Coping strategy	How much does this strategy help?					I like this strategy	I don't like this strategy
	1 None	2 A little	3 Some	4 A lot	5 I feel better		
Take five deep breaths.							
Close your eyes and think of a "happy place" (e.g., the beach).							
Close your eyes and think of your favorite activity.							
Run outside (maybe a lap around the house or ball field).							
Chew a piece of gum.							
Have a drink of water.							
Take a break.							
Read.							
Draw.							
Make your own strategy: _____							

Make your own strategy: _____							

From Cannon, L., Kenworthy, L., Alexander, K.C., Werner, M.A., & Anthony, L.G. (2011). *Unstuck and on target!: An executive function curriculum to improve flexibility for children with autism spectrum disorders, research edition* (p. 73). Baltimore, MD: Paul H. Brookes Publishing Co.; adapted by permission. Copyright © 2011 by Paul H. Brookes Publishing Co., Inc. All rights reserved.

In *Solving Executive Function Challenges: Simple Ways to Get Kids with Autism Unstuck and on Target*, by Lauren Kenworthy, Laura Gutermuth Anthony, Katie C. Alexander, Monica Adler-Werner, Lynn Cannon, & Lisa Greenman. (2014, Paul H. Brookes Publishing Co., Inc.)