

## Coping Skills Jeopardy

	Triggers	Individual Coping Skills	Group Coping Skills	True or False	Humor/Jokes
100	This is what most easily triggers you	When you are angry, this is the coping skill that helps you most	This coping skill is when you are helping someone else	"Instant Fixes" for stress exist. (False)	Why are ghosts bad liars? (Because you can see right through them)
200	This is something you do that triggers peers	When you are depressed, this is the coping skill that helps you the most	This is a person you can turn to when you need someone	No thought or feeling is wrong in <del>itself</del> , it is what we do with it that really counts. (True)	Why did the kid sleep with the ruler? (To measure how long he had slept)
300	When a peer is angry, this is something you can do to help calm the peer down	When you want to give up, this is the coping skill that helps you the most	This is an activity you can do to help you cope with anger	Taking time for <del>yourself</del> each day is essential to coping with life's pressures. (True)	How do you make seven an even number? (Take out the 5)
400	When a peer is sad, this is something you can do to help lift the peer up	When you feel out of control, this is the coping skill that helps you the most	This is an activity you can do with others to help you cope with depression	All stress is out of your control (False)	How do you make fruit punch? (Give it a boxing lesson)
500	After you have triggered a peer, this is something you can do to help make the situation better	Name 5 coping skills that are most effective for you	This is a way your family can help you cope when you are feeling out of control	No one can help me with my stress. I am all alone. (False)	What did the math book say to the other math book? (Boy do I have problems)