2. Learn coping skills

**Group size**



Pairs

**Suggested timing**

15-20 minutes

**Method**



Discussion

**What you need**

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Pens and paper

Learning objectives

* Learn about helping others and kindness
* Learn to look after your well-being

## Overview

In this activity, learners consider the term ‘coping’ and then in pairs consider what might help them to cope in a challenging situation or when someone needs first aid.

## Preparation

Ensure there are pens and paper for the learners to use.

## Delivering the activity

1. Ask learners to think about the word ‘coping’, what do they think it means? Hand out pens and paper and give learners one minute to write down their definition of coping.
2. Once this is complete ask learners to write down one thing they might do to cope if they were in a situation that worries them of that they find challenging. Ask them to think about something immediate they could do, for example in a situation where someone needed first aid e.g. taking a deep breath. Then ask them what they might do to cope in the longer term e.g. list to music or spend time on their favourite hobby or with friends.
3. Ask learners to pair up and compare answers. Working together, ask the pairs to develop or add to their definitions of coping and think of more coping actions they could take in an immediate situation and in a longer term one. Ask them to write their ideas down.
4. Once this is done, ask learners to find a different partner, and again, to develop their coping definitions and immediate and longer-term coping actions in their new pair.
5. You can run this as many times as needed to give time for learners to develop their coping definitions and actions.
6. After this is complete ask learners to share some of their definitions. Then share the Oxford English Dictionary definition of coping: “**to deal effectively with something difficult.**” Explain that this is one definition. Ask learners to discuss this definition, you can use the following prompt questions if needed:
* Does it cover what they were thinking?
* Does it have enough detail? Is there anything they would change or add?
* Can it be applied to a range of situations?

## Ask for some learners to share the coping actions they might use if they were helping someone in need of first aid, what might help them to look after their well-being whilst helping others? What were their immediate and longer-term coping ideas? Return to the coping definition ask the group to think through whether or not their coping action helps to “deal effectively with something difficult”.

## Summing up

Ask learners to think about how they could use these coping skills in a range of situations. Do they have one or two that they think would work well for them? They could write these down to help them form a coping plan to manage well in a range of situations.