



Cope2Hope Quarterly Newsletter March 2022

The Mission of Cope2Hope

is to empower children by teaching healthy coping skills. By providing virtual classes, visual reminders, and interactive games to reinforce these healthy coping skills, we aim to increase self-esteem, academic achievement and greater ability to deal with big emotions and challenging circumstances in life in healthy ways.

Looking Forward...

We are planning to add 2 new Little Coping Books this year, teach more Afterschool Classes and have the Afterschool Curriculum used by more programs. Thanks for joining us on this journey!

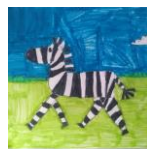
Make sure to get your FREE Little Coping Book! Buy any 3 Little Coping Books by March 31st and get the newest one “The Little Light Bulb: Coping with Failings and Disappointments” FREE!



NEW FREE PRINTABLES!

There are several new printables and activities available on the website: Cope2Hope.org including the Healthy Coping Calendar that has links to all activities and can be used for daily ideas to teach healthy coping skills or an idea board to cross off as you do them.

Duck Duck
Emoji



Make
Rain

Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Review 1888 Healthy Coping Calendar From Cope2Hope.org and print it!	Make Coping Skills Cards	Make Emotion Cards	Read Video Thankful ABC's	Listen to "The Little Strawberry Coping with Struggles and Loss"	Watch Coping Video	Mix and Match
Watch Video Make a Thank You Card	Listen to "The Little Crab Coping with Anger"	Listen to "The Little Strawberry Coping with Struggles and Loss"	Play Bingo, Dot Markers Character Checklist	Take a Breath Video	Listen to "The Little Snowflake Coping with Sadness and Grief"	Take a Friend's Coping Video
Watch Power Video Practiced to be Successful	Play Coping Skills Bingo	Play Emotion Character Checklist	Complete Video	Listen to "The Little Clock Coping with Stress and Anxiety"	Make a snowflake	Play Emot Mantra
Play the Coping Skills Mantra	Play the Coping Skills Mantra	Play the Coping Skills Mantra	Play Duck, Duck, Goose	Watch Video	Write or talk about the answers to Emot Mantra Mantra	Copy Emot Video

Founder's Message

We have had a great start to 2022! We have had the opportunity to share Cope2Hope resources as a presenter at the Utah Afterschool Network's February Virtual Conference. -Angie Jowers