

Name \_\_\_\_\_

## Coping Choices Answer Key

1. D
2. C
3. A
4. C
5. B

Short Answer: Answers will vary. Must describe a healthy strategy (talking, journaling, exercising, creative expression, etc.) with a reason why it helps.

### Teacher's Guide:

- **Differentiation Tips:** Read each scenario aloud for students who benefit from auditory input. Use visual prompts or icons for "healthy" and "unhealthy" choices to reinforce learning.
- **Engagement Idea:** After each question, discuss as a group why one choice is healthier than the others. Encourage students to connect examples to real-life coping skills.
- **Extension Activity:** Have students create a "Coping Toolbox" by listing or drawing three personal healthy strategies they can use in difficult times.
- **Support Strategy:** Reinforce that grief affects everyone differently and healthy coping means finding safe ways to express emotions. Model examples of positive coping language (e.g., "It's okay to feel sad, but I can still take care of myself").