

Kids coping list



When you have had a problem or something has gone wrong, what did you do?

Please tick how often you did the following:

You tried to think of different ways to solve the problem.

- Never Sometimes A lot

You did not want to think about it.

- Never Sometimes A lot

You thought about what others might do.

- Never Sometimes A lot

You tried your best to make things better.

- Never Sometimes A lot

You avoided the problem or where it happened.

- Never Sometimes A lot

You asked someone to help.

- Never Sometimes A lot

You tried hard to fix the problem.

- Never Sometimes A lot

You did things to stop thinking about it.

- Never Sometimes A lot

If it was your fault you would say that you were sorry.

- Never Sometimes A lot