About Self-Injury - Level 2 Student Activity Guide



Think About It:	
1. What can be stressful for teens your age?	
	TIP TIP
2. How do you usually cope with stress?	
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Brain Quiz!

- 1. The top five stressors for teens include all of the following EXCEPT:
 - a. Cartoons
 - b. Family Problems
 - c. School Issues
 - d. Body Image
 - e. Friends
 - f. Romantic Relationships
- 2. The _____ is a part of the brain that is constantly searching the environment for things that we perceive as stressful.
 - a. Brainstem
 - b. Pre-Frontal Cortex
 - c. Occipital Lobe
 - d. Amygdala
 - e. None of the above

- 3. The stress hormone is _____
- 4. Feeling overwhelmed and changing the way we feel by avoiding the stress is called
 - a. Anxiety
 - b. Self-Compassion
 - c. Active Coping
 - d. Avoidant Coping
- 5. Facing problems and finding solutions, even when it is difficult and doesn't feel good is called
 - a. Anxiety
 - b. Self-Compassion
 - c. Active Coping
 - d. Avoidant Coping



Activity #1 Write About It:

Journal: What keeps you motivated to keep going even when times get tough? What helps you to cope with negative emotions? What will be your "go-to" coping strategies? Why? Examples of Coping strategies:

- Journal. (Don't worry about spelling, punctuation, or what makes sense. Just Write)
- Draw. (Don't worry about what your drawing looks like or making mistakes. Just Draw)
- · Listen to soothing music.
- Meditate on positive quotes/messages.
- Do something kind for someone else. (Help a sibling with homework, play with a sibling, help a caregiver with a chore)

 Go for a walk/run outside. (Being in nature can help) Exercise or do something active. 		
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Activity #2 Group Lesson:

People often use negative coping behaviors like self-harm when they do not have positive coping skills. Brainstorm positive coping skills. Pick your top 5 coping skills from the brainstormed list and use paper and markers or pens to create artwork that illustrates your top 5 coping skills.



Activity #3 Extended Learning:

self Injury is negative coping. Search the internet for quotes that promote positive coping using the keywords: Quotes on (resiliency, optimism, positive attitude, self-love, faith, hope etc.) Write down your favorites (5-10) and ead them often.		

