

***Individualized Coping Plan***  
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Emotional Triggers:

The following events or elements of the environment may contribute to big feelings for your/my child:  
(Examples could include transitions, meal or nap times, separation from caregiver/parent, loud noises).

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Triggers can also stem from internal experiences that occur for a child such as physical symptoms (like a headache or bellyache), emotional memories, or thoughts related to scary events. The following internal triggers may contribute to big feelings for your/my child:

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## Warning Signs

When children begin to have emotional outbursts due to fear or anger, they typically have some sort of body cues that happen right before the outburst. Examples may include increased agitation and energy in their body, balling their fists/stomping feet, demonstrating tenseness in their muscles, and/or seeming to think differently or speak differently. The following warning signs typically occur before your/my child's emotion-related outbursts:

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## Activities that can help calm the child in the moment

To distract their brain by doing creative activities:

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To help them let energy out:

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To promote positive socializing:

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To assist them with relaxing:

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## Family Communication

Communication related to emotional outbursts will be given on a \_\_\_\_\_ basis (e.g., weekly, daily, as needed).

Communication will be delivered \_\_\_\_\_ (verbally, by text, by email).

Other Notes for Coping Plan:

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