



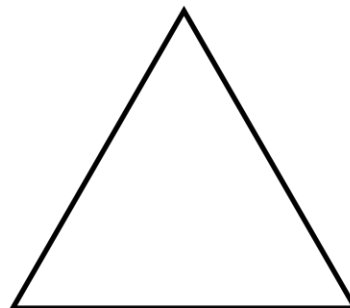
Head, Heart, Conscience: Coping Strategies

Adapted from FacingHistory.org

By Rabbi Rachel Simmons

Dividing our responses into Head, Heart, and Conscience can also help us to practice good self-care in difficult situations.

Parents, feel free to use this guide to help brainstorm and identify strategies for practicing self-care with your kids. Please adapt your questions based on the level of knowledge of your kids.



Opening questions:

1. How do you know when you need a break from talking, watching TV, or listening? What signs do you see in yourself and others that mean a break is necessary?

Head:

4. What can you see and hear and smell and touch around you right now, physically?
5. Have you moved your body and drunk water in the last hour? Do so.
6. Will having more information make you feel better, or worse?

Heart:

1. What makes you feel better when you are sad? Can you do those things?
2. Who can you talk to when you have big feelings?
3. Is there something you like to hear your parents say that makes you feel better?
4. Is there a song that you would like to sing right now?

Conscience:

1. What's something kind someone else has done for you?
2. What's something kind you could do for someone else?
3. What kind of a person do you want to be known as? How do you want to make other people feel?
4. What do you want to say to God? What do you think God would say back?