

What's Your Child's Coping Style?

Discover how your child responds to big emotions—and where to start with mindfulness tools.



From Mindful Living Resources
Helping Kids Feel Calm, Confident, and Connected

What's Your Child's Coping Style?

Answer a few quick questions to discover how your child tends to cope with big emotions.

Instructions:

Choose the answer that sounds most like your child. Go with your first instinct—there are no wrong answers!

1. When your child is upset, they usually...
 - A. Cry, yell, or show big feelings
 - B. Want to move or run around
 - C. Get quiet or go to their room
 - D. Try to help someone else or solve problems

2. During stressful moments (like leaving for school or going to the doctor), your child tends to...
 - A. Panic or cling to you
 - B. Fidget, jump, or ask to walk around
 - C. Shut down or withdraw
 - D. Comfort others or ask, "What can I do to help?"

3. When things don't go as planned, your child...
 - A. Gets really emotional or frustrated
 - B. Needs to burn energy or be active
 - C. Retreats to a safe spot or hides
 - D. Tries to fix it or make someone else feel better

Almost done! Continue to the next page to finish the quiz and discover your child's unique coping style.

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Let's Keep Going...

4. Your child feels better when...
 - A. Someone sits with them and helps them calm down
 - B. They move their body or go outside
 - C. They have space and quiet time
 - D. They're helping someone or doing something useful

5. After a tough moment, your child is most likely to...
 - A. Keep talking about what happened
 - B. Start bouncing or jumping again
 - C. Stay quiet and curl up alone
 - D. Ask if you're okay or try to clean up the mess

Tally Your Child's Responses:

Count how many times you chose each letter below:

- A = _____ (Big Feeler) 
- B = _____ (Mindful Mover) 
- C = _____ (Quiet Hider) 
- D = _____ (Super Helper) 

Your Result:

While there is no-one size-all coping style, the letter you chose most often points to your child's primary coping style.

Turn the page to learn what that means—and try one simple strategy to support them today!

Your Child's Coping Style: What It Means + One Helpful Tip

Big Feeler

- Your child feels emotions deeply and often needs help calming down.
 - **Try this:** Sit beside them and say, “It’s okay to feel big things. Let’s breathe together like blowing bubbles.”
 - **Explore:** [Fill Your Cup: Emotional Awareness Activity Bundle](#) on our **Store** page.

Mindful Mover

- Your child copes best when they can move, stretch, or get energy out.
 - **Try this:** Go for a short walk or do 5 animal stretches together.
 - **Explore:** [Mindful Self-Care Plan for Kids](#) on our **Free ACT Materials** page.

Quiet Hider

- Your child tends to retreat, hide, or become very quiet when overwhelmed.
 - **Try this:** Gently say, “I’m here when you're ready,” and offer a cozy space with calming items.
 - **Explore:** [Partnering Color with Thought Clouds](#) on our **Free ACT Materials** page.

Super Helper

- Your child tries to help others or fix things when they’re anxious.
 - **Try this:** Validate their desire to help, and then say, “Before we try to fix or help. Let’s take care of you first.”
 - **Explore:** Self-care activities such as [Light Leaf Thoughts: Defusion Card Set](#) or [Figure Eight Breathing Exercise](#). Both of these can be found on our **Free ACT Materials** page.

What's Next for You + Your Child?

Quick notes before you move forward:

- No child (or adult!) fits perfectly into just one coping style. These styles are meant to offer insight—not labels. Your child might show traits of more than one style depending on the moment, environment, or situation. That's completely normal!
- You can gently try tools from different styles and see what supports your child best—flexibility is part of resilience.
- Coping flexibility—our ability to shift and adjust strategies—is one of the strongest predictors of emotional well-being.
 - “Research shows that emotional resilience grows when we help children learn to shift and adapt their coping strategies based on the situation.”
 - Kato, T. (2012). Development of the Coping Flexibility Scale: Evidence for the coping flexibility hypothesis. *Journal of Counseling Psychology*, 59(2), 262–273.

Keep Growing Together




Curious to Explore More?

- Every child is different—and their coping style may shift with the moment.
- You don't have to have all the answers. The good news? You're already exploring what works best for your child—and we're here to keep supporting you along the way.





Coming Soon and In the Coming Months 🌱

- A free downloadable mini toolkit for each coping style.
- An interactive web quiz that unlocks personalized activity bundles for your child.

In the Meantime 💡

-  Explore free printable resources like breathing cards and emotion check-ins.
-  Read illustrated stories that help kids understand and manage emotions.
-  Check out simple tools in our affordable, family-friendly shop.

Quick Links

-  [\(Free ACT-Materials\)](#)
-  [\(Paid Products Store\)](#)
-  [\(Free Mindfulness Starter Activities Pack\)](#)
-  [\(Join Our Newsletter - Scroll to the Bottom of Our Home Page\)](#)

Final Thoughts

No matter where your child is on their journey, you're doing something meaningful just by being here.

We're so glad to walk alongside you as you keep growing together!