

Stop your pan from boiling over!
 Use coping skills. Coping skills are things you do to stay happy and safe. You use different skills, depending on how hot your pan is. Adults help you by doing things that match how upset you are. Write 3 skills for YOU and for ADULTS to use for each pan.

SIMMER

Good Mood
 Happy Thoughts
 Nice Behaviors



ROLLING BOIL

Low Mood
 Angry Thoughts
 Oops! Behaviors



BOILING OVER



My Coping Skills



Goal: Keep pan simmering

Goal: Return to simmer

Goal: Return to simmer

How Adults Help Me



Goal: Maintain simmer

Goal: Lower heat, gently stir food, add something to decrease boiling

Goal: Immediately remove pan from heat, protect from hot food spilling out, call help into the kitchen.