

Instructions

- Use the guidelines below to create a comic strip with five frames. (If you want to use more than five frames, make adjustments to the guidelines.)
- For the characters, you can use stick figures, avatars, or even superheroes.
- Use speech balloons or thought balloons for text your characters say or think.
- The purpose is to show how a coping strategy can be used to help manage a problem. Your comic strip should be clear, helpful, and show a coping skill that could work in a real situation.

<p style="text-align: center;">Creating a Five-Frame Comic Strip</p>	<p>Frame 1</p> <p>Identify the situation. You can use words, illustrations, facial expressions, and body language to make the problem clear.</p>
<p>Frame 2</p> <p>Indicate that the situation is stressful for the character involved. Along with spoken words and thoughts, think about visible signs that could help to show that the character is feeling stress.</p>	<p>Frame 3</p> <p>Show the character considering some coping strategies that might be helpful in the situation.</p>
<p>Frame 4</p> <p>Show the character using one of the coping strategies from Frame 3.</p>	<p>Frame 5</p> <p>Show how the character feels after applying the coping strategy.</p>