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When I  
Really  
Struggle  
With My  
Schoolwork

Coping Skills for  
Kiddos with learning  
struggles

Sometimes, learning new things can be difficult - this can be **frustrating**.  
That's why **Coping** **SKILLS** are important!



Hint:

**Keep Reading!**

First of all:

It's **NOT YOUR FAULT**  
that you struggle to learn-  
Some people just struggle  
more than others.

Be **kind** to yourself!!



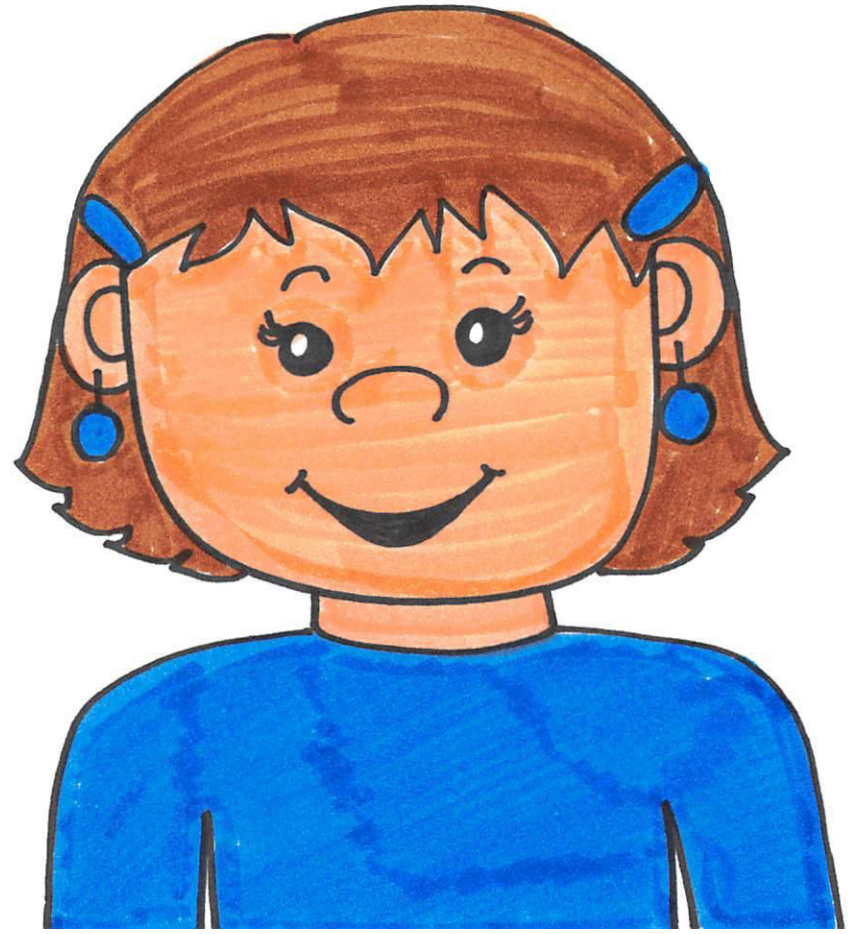
If you struggle with your schoolwork, don't hesitate to ask for help.

It's okay to ask questions when you don't understand something!



When you are learning something new, go <sup>at</sup> your **own** **pace** → learning is **not a race.**

Everyone learns at their own pace!



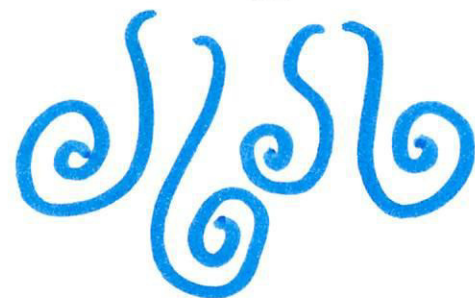
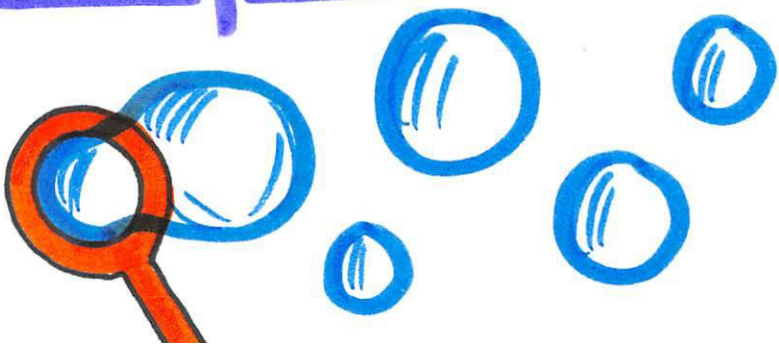
When I am struggling  
and I get anxious, I can  
try Deep Breathing

Step 1: Breathe in SLOWLY  
through your nose

Step 2: Breathe out SLOWLY  
through your mouth

(★It can help to pretend you're blowing  
bubbles)

Step 3: Repeat step 1 and step 2  
at least 3 times

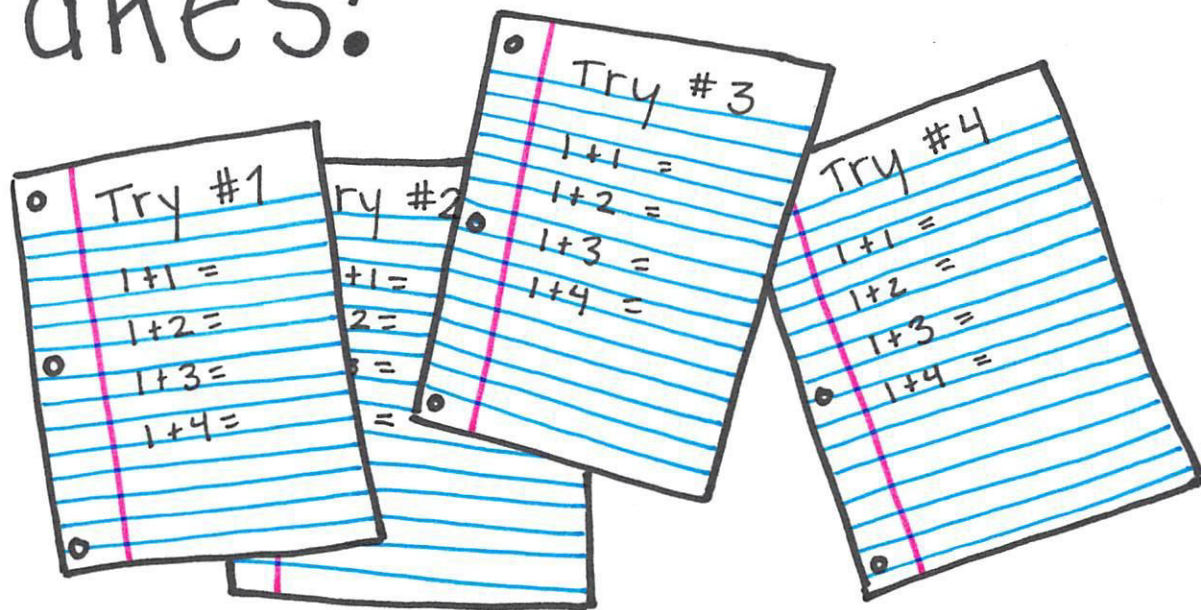


Remember that you  
have lots of resources:

- Teachers
- Family Members
- Books
- Internet
- Classmates
- Notes

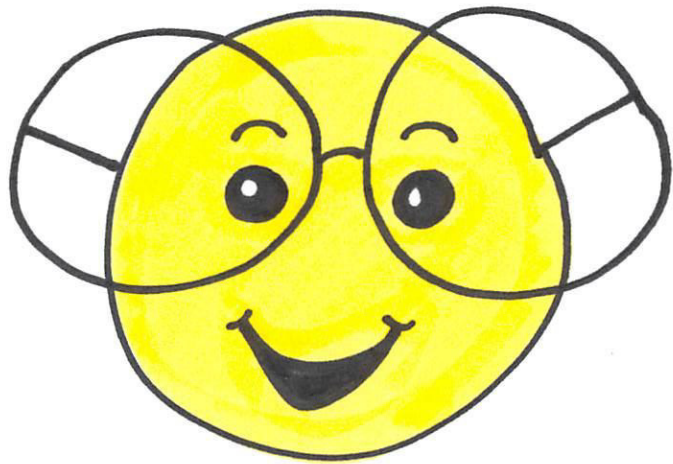


When working on a new topic or skill, practice it many times - Sometimes, a lot of repetition is what it takes!





When something doesn't  
work the first time,  
try again and try a  
different way.



Don't give  
up!!

If you start to feel down from your struggles to learn, use positive self talk (basically, a pep talk to yourself)

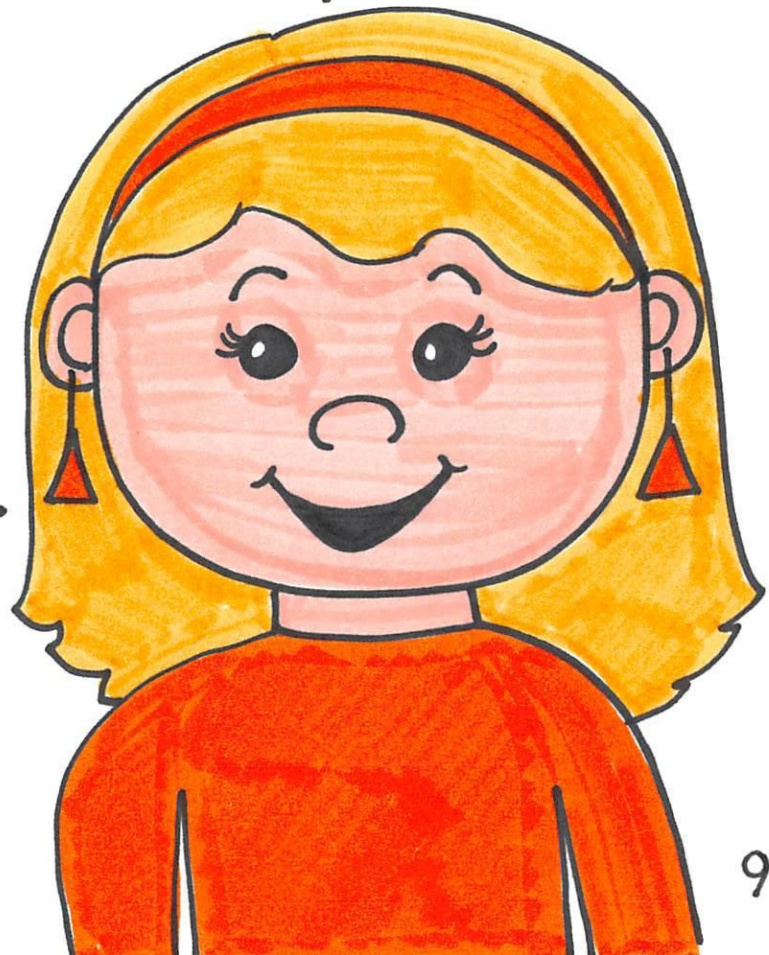
### Examples:

"I can do this!"

"I am smart."

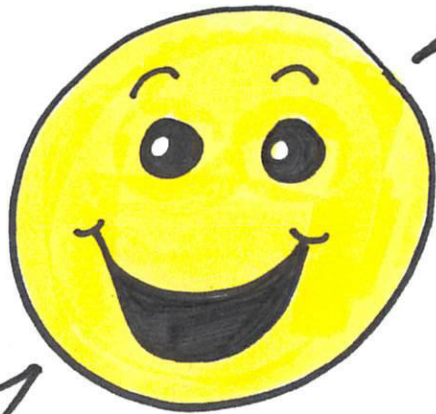
"I will try again."

"I won't give up!"



Use growth mindset →  
instead of "I don't get  
it" it's "I don't get it  
yet."

There's  
**always**  
room to  
**grow!**



Work for  
**growth,**  
not  
perfection!

When you are learning something difficult, take breaks. It keeps your body and brain ready to learn.

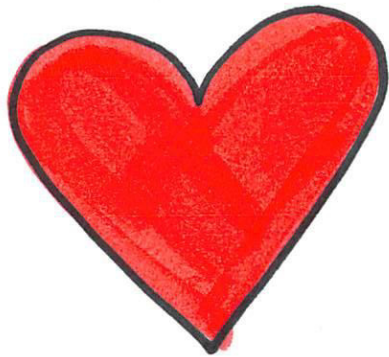
- Do some jumping jacks
- Run in place
- Hop on one foot
- Sit-ups crunches
- Jump rope



Just move for 5-10 minutes sometimes!!

# Remember:

It's not your fault  
that you struggle to  
learn → be patient and  
Kind with yourself.



Don't Forget:

You are BRAVE and  
you are STRONG

You can Cope!!

(You really can! Even when your  
Schoolwork is a struggle.)

