



GOIN' WITH THA FLOW

It can be stressful to deal with racism, prejudice, and discrimination on a daily basis. Use the area below to use at least one emotion and one coping skill to create a hip-hop lyric to help you boss back against race-based stress! You can use your own emotions and coping skills or use the examples below to help you.

EMOTIONS

Happy
Sad
Mad
Scared
Frustrated
Disgusted
Embarrassed
Nervous
Ashamed
Proud
Hopeful
Concerned
Encouraged
Loved

COPING SKILLS

Take a walk
Take deep breaths
Sing a song
Dance it out
Talk to a friend
Read a book
Watch a funny show
Hang with friends
Count to 10
Take a time out
Work out
Talk to a parent
Take a time out
Color a picture

GO WITH THE FLOW

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