

Coping Skills

Watch TV	Arts and Crafts	Drawing	Take a walk	Play cards
Create a song/rap	Think about loved ones	Sewing	Clean or organize room	Think about happy memories
Watch a movie	Cooking	FREE	Help a friend	Listen to music
Talk to staff	Painting	Take a time out	Exercise	Read
Count to 10	Talk to a friend	Dance	Write in a journal	Deep breathing

Coping Skills

Watch a movie	Write in a journal	Clean or organize room	Painting	Create a song/rap
Take a walk	Listen to music	Drawing	Read	Cooking
Help a friend	Arts and Crafts	FREE	Exercise	Take a time out
Deep breathing	Watch TV	Dance	Talk to staff	Count to 10
Play cards	Go outside	Think about happy memories	Sewing	Think about loved ones

Coping Skills

Talk to staff	Exercise	Watch a movie	Deep breathing	Take a walk
Talk to a friend	Think about happy memories	Write in a journal	Painting	Cooking
Take a time out	Clean or organize room	FREE	Help a friend	Drawing
Go outside	Play cards	Count to 10	Arts and Crafts	Watch TV
Think about loved ones	Sewing	Listen to music	Read	Dance