

Coping skills

talk to a friend	STOP and think..	54321 grounding	drawing	removing yourself
listen to music	count to 50	take a shower	play with playdough	take a nap
talk to an adult	clean your room	FREE	paint	go outside
guided meditation	squeeze a pillow	journal	read	take a break
exercise	make a playlist	drink water	collect rocks	breath-in breathe out

Coping skills

take a nap	collect rocks	sing	go outside	clean your room
guided meditation	take a shower	breath-in breathe out	talk to an adult	STOP and think..
paint	removing yourself	FREE	make a playlist	hold ice
listen to music	count to 50	drawing	positive thoughts	time with pets
play with playdough	squeeze a pillow	count to 100	read	54321 grounding

Coping skills

journal	count to 50	paint	talk to a friend	collect rocks
write down your feelings	time with pets	craft	breath-in breathe out	removing yourself
play with playdough	do a puzzle	FREE	STOP and think..	talk to an adult
listen to music	count to 100	guided meditation	drawing	clean your room
go outside	exercise	read	positive thoughts	squeeze a pillow