Coping skills

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

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Coping skills

positive thoughts	paint	breath-in breathe out	take a shower	clean your room
squeeze a pillow	journal	listen to music	talk to a friend	STOP and think..
time with pets	play with playdough	**FREE**	craft	go outside
removing yourself	sing	read	take a break	collect rocks
54321 grounding	talk to an adult	write down your feelings	fidget	guided meditation

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Coping skills

positive thoughts	craft	removing yourself	fidget	STOP and think..
54321 grounding	write down your feelings	time with pets	collect rocks	talk to a friend
do a puzzle	take a break	**FREE**	make a playlist	sing
play with playdough	listen to music	journal	breath-in breathe out	take a nap
clean your room	take a shower	paint	go outside	read

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