Coping skills

take a shower	54321 grounding	do a puzzle	removing yourself	listen to music
count to 100	take a nap	play with playdough	STOP and think..	read
take a break	talk to a friend	**FREE**	breath-in breathe out	fidget
collect rocks	go outside	sing	guided meditation	squeeze a pillow
drink water	paint	drawing	clean your room	positive thoughts

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Coping skills

talk to a friend	sing	read	positive thoughts	squeeze a pillow
breath-in breathe out	collect rocks	listen to music	count to 100	paint
STOP and think..	exercise	**FREE**	54321 grounding	guided meditation
take a shower	clean your room	time with pets	removing yourself	play with playdough
do a puzzle	fidget	go outside	drink water	take a nap

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Coping skills

count to 100	squeeze a pillow	go outside	removing yourself	54321 grounding
talk to a friend	read	do a puzzle	collect rocks	paint
fidget	exercise	**FREE**	breath-in breathe out	STOP and think..
clean your room	take a break	listen to music	drawing	positive thoughts
take a nap	take a shower	guided meditation	drink water	count to 50

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