

Coping skills

talk to a friend	STOP and think..	drawing	squeeze a pillow	make a playlist
count to 50	take a shower	read	breath-in breathe out	sing
take a nap	talk to an adult	FREE	clean your room	go outside
hold ice	take a break	journal	exercise	positive thoughts
drink water	count to 100	removing yourself	write down your feelings	craft

Coping skills

talk to an adult	breath-in breathe out	squeeze a pillow	count to 50	read
drawing	write down your feelings	make a playlist	count to 100	sing
hold ice	clean your room	FREE	go outside	STOP and think..
exercise	removing yourself	talk to a friend	craft	take a break
journal	positive thoughts	take a nap	take a shower	drink water

Coping skills

count to 100	removing yourself	breath-in breathe out	positive thoughts	clean your room
talk to a friend	hold ice	journal	take a shower	make a playlist
take a nap	craft	FREE	take a break	exercise
talk to an adult	sing	squeeze a pillow	write down your feelings	drawing
go outside	STOP and think..	read	count to 50	drink water