

Coping skills

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

Coping skills

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

Coping skills

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