Coping skills

take a nap	54321 grounding	craft	read	hold ice
count to 100	take a break	listen to music	STOP and think..	positive thoughts
squeeze a pillow	talk to an adult	**FREE**	breath-in breathe out	fidget
collect rocks	go outside	removing yourself	guided meditation	sing
drink water	journal	drawing	clean your room	make a playlist

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Coping skills

talk to an adult	removing yourself	positive thoughts	make a playlist	sing
breath-in breathe out	collect rocks	hold ice	count to 100	journal
STOP and think..	exercise	**FREE**	54321 grounding	guided meditation
take a nap	clean your room	write down your feelings	read	listen to music
craft	fidget	go outside	drink water	take a break

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Coping skills

count to 100	sing	go outside	read	54321 grounding
talk to an adult	positive thoughts	craft	collect rocks	journal
fidget	exercise	**FREE**	breath-in breathe out	STOP and think..
clean your room	squeeze a pillow	hold ice	drawing	make a playlist
take a break	take a nap	guided meditation	drink water	count to 50

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