

Coping Skills

Visualization	Arts and Crafts	Go outside	Talk to a loved one	Scream
Dance	Use fidgets	Take a bath or shower	Color	Thought challenging
Watch TV	Count to 10	FREE SPACE!	Play games	Progressive muscle relaxation
Think about your safe place	Read	Take a walk	Listen to music	Sing
Cry	Think about happy memories	Deep breathing	Write in a journal	Drawing

Coping Skills

Watch TV	Write in a journal	Color	Read	Dance
Talk to a loved one	Progressive muscle relaxation	Go outside	Sing	Count to 10
Play games	Arts and Crafts	FREE SPACE!	Listen to music	Take a walk
Drawing	Visualization	Deep breathing	Think about your safe place	Cry
Scream	Painting	Thought challenging	Take a bath or shower	Use fidgets

Coping Skills

Think about your safe place	Listen to music	Watch TV	Drawing	Talk to a loved one
Think about happy memories	Thought challenging	Write in a journal	Read	Count to 10
Take a walk	Color	FREE SPACE!	Play games	Go outside
Painting	Scream	Cry	Arts and Crafts	Visualization
Use fidgets	Take a bath or shower	Progressive muscle relaxation	Sing	Deep breathing