Coping Skills

Visualization	5 4 3 2 1 (using 5 senses)	Drawing	Talk to a loved one	Scream
Cry	Use fidgets	Take a bath or shower	Arts and Crafts	Thought challenging
Watch TV	Color	FREE SPACE!	Journal	Listen to music
Think about your safe place	Progressive muscle relaxation	Take a walk	Go outside	Sing
Count to 10	Think about happy memories	Dance	Write in a journal	Deep breathing

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Coping Skills

Watch TV	Write in a journal	Arts and Crafts	Progressive muscle relaxation	Cry
Talk to a loved one	Listen to music	Drawing	Sing	Color
Journal	5 4 3 2 1 (using 5 senses)	FREE SPACE!	Go outside	Take a walk
Deep breathing	Visualization	Dance	Think about your safe place	Count to 10
Scream	Hold ice or something cold	Thought challenging	Take a bath or shower	Use fidgets

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Coping Skills

Think about your safe place	Go outside	Watch TV	Deep breathing	Talk to a loved one
Think about happy memories	Thought challenging	Write in a journal	Progressive muscle relaxation	Color
Take a walk	Arts and Crafts	FREE SPACE!	Journal	Drawing
Hold ice or something cold	Scream	Count to 10	5 4 3 2 1 (using 5 senses)	Visualization
Use fidgets	Take a bath or shower	Listen to music	Sing	Dance

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