

Coping Skills

Visualization	5 4 3 2 1 (using 5 senses)	Deep breathing	Take a walk	Progressive muscle relaxation
Count to 10	Use fidgets	Sing	Arts and Crafts	Think about your safe place
Watch TV	Color	FREE SPACE!	Hold ice or something cold	Journal
Think about happy memories	Listen to music	Take a bath or shower	Drawing	Scream
Count backwards by from 100 by 7	Talk to a loved one	Cry	Write in a journal	Dance

Coping Skills

Watch TV	Write in a journal	Arts and Crafts	Listen to music	Count to 10
Take a walk	Journal	Deep breathing	Scream	Color
Hold ice or something cold	5 4 3 2 1 (using 5 senses)	FREE SPACE!	Drawing	Take a bath or shower
Dance	Visualization	Cry	Think about happy memories	Count backwards by from 100 by 7
Progressive muscle relaxation	Go outside	Think about your safe place	Sing	Use fidgets

Coping Skills

Think about happy memories	Drawing	Watch TV	Dance	Take a walk
Talk to a loved one	Think about your safe place	Write in a journal	Listen to music	Color
Take a bath or shower	Arts and Crafts	FREE SPACE!	Hold ice or something cold	Deep breathing
Go outside	Progressive muscle relaxation	Count backwards by from 100 by 7	5 4 3 2 1 (using 5 senses)	Visualization
Use fidgets	Sing	Journal	Scream	Cry