

Coping Skills

Work Quietly at My Desk	Accept the Consequence	Drawing	Take a walk	Listen to music
Count to 10	Think about loved ones	Read	Agree to Disagree	Take a time out
Think about happy memories	Work on stuff for tomorrow	FREE	Ask the teacher to go for a walk	Help a friend
Hug a stuff animal	Talk to a friend	Ignore	Go to Quiet Room	Play with the magnetic marbles
Exercise	Color a Picture	Stay calm and ask what you can do better	Write in a journal	Deep breathing

Coping Skills

Work on stuff for tomorrow	Agree to Disagree	Take a walk	Count to 10	Read
Drawing	Write in a journal	Listen to music	Color a Picture	Take a time out
Hug a stuff animal	Ask the teacher to go for a walk	FREE	Help a friend	Accept the Consequence
Go to Quiet Room	Stay calm and ask what you can do better	Work Quietly at My Desk	Deep breathing	Talk to a friend
Ignore	Play with the magnetic marbles	Think about happy memories	Think about loved ones	Exercise

Coping Skills

Color a Picture	Stay calm and ask what you can do better	Agree to Disagree	Play with the magnetic marbles	Ask the teacher to go for a walk
Work Quietly at My Desk	Hug a stuff animal	Ignore	Think about loved ones	Listen to music
Think about happy memories	Deep breathing	FREE	Talk to a friend	Go to Quiet Room
Work on stuff for tomorrow	Take a time out	Take a walk	Write in a journal	Drawing
Help a friend	Accept the Consequence	Read	Count to 10	Exercise