

Coping Skills

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

Coping Skills

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

Coping Skills

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