

Coping skills

Talk to a teacher	5-4-3-2-1 Grounding activity	Draw	Sing a song	Listen to music
Do 5 jumping jacks	Talk to a friend	Play a game	Count backwards from 10	Read a book
Take a time out	Talk with an adult	FREE	Count to 10	Go outside
Imagine your safe place	Stretch	Journal	Go for a walk	Make a funny faces
Exercise	Deep breathing	Practice square breathing	Use a stress ball	Do Yoga

Coping skills

Talk with an adult	Count backwards from 10	Sing a song	Do 5 jumping jacks	Play a game
Draw	Use a stress ball	Listen to music	Deep breathing	Read a book
Imagine your safe place	Count to 10	FREE	Go outside	5-4-3-2-1 Grounding activity
Go for a walk	Practice square breathing	Talk to a teacher	Do Yoga	Stretch
Journal	Make a funny faces	Take a time out	Talk to a friend	Exercise

Coping skills

Deep breathing	Practice square breathing	Count backwards from 10	Make a funny faces	Count to 10
Talk to a teacher	Imagine your safe place	Journal	Talk to a friend	Listen to music
Take a time out	Do Yoga	FREE	Stretch	Go for a walk
Talk with an adult	Read a book	Sing a song	Use a stress ball	Draw
Go outside	5-4-3-2-1 Grounding activity	Play a game	Do 5 jumping jacks	Exercise