Coping Skills

Watch TV	Ask Staff to go for a walk	Exercise	Take a shower	Pet an animal
Deep breathing	Talk to a loved one	Play with a fidget toy	Clean my room	Take a nap
Talk to a friend	Watch a movie	**FREE**	Color a Picture	Help a friend
Journaling	Take a walk	Listen to music	Go to quiet area	Play a card game
Go outside	Count to 10	Read	Yoga	Drawing

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Coping Skills

Watch a movie	Clean my room	Take a shower	Deep breathing	Play with a fidget toy
Exercise	Yoga	Pet an animal	Count to 10	Take a nap
Journaling	Color a Picture	**FREE**	Help a friend	Ask Staff to go for a walk
Go to quiet area	Read	Watch TV	Drawing	Take a walk
Listen to music	Play a card game	Talk to a friend	Talk to a loved one	Go outside

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Coping Skills

Count to 10	Read	Clean my room	Play a card game	Color a Picture
Watch TV	Journaling	Listen to music	Talk to a loved one	Pet an animal
Talk to a friend	Drawing	**FREE**	Take a walk	Go to quiet area
Watch a movie	Take a nap	Take a shower	Yoga	Exercise
Help a friend	Ask Staff to go for a walk	Play with a fidget toy	Deep breathing	Go outside

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