

Coping skills

stretching	Count to 10	Listen to music	make funny faces	Work out
Drawing	square breathing	count backwards	Deep breathing	jumping jacks
sing a song	take a time out	FREE	Do Art	Talk to a friend
Talk to staff	meditation	Use a stress ball	Read a book	Write in a journal
Play a game	Do Yoga	imagine your safe place	take a walk	Go outside

Coping skills

take a time out	Deep breathing	make funny faces	Drawing	count backwards
Listen to music	take a walk	Work out	Do Yoga	jumping jacks
Talk to staff	Do Art	FREE	Talk to a friend	Count to 10
Read a book	imagine your safe place	stretching	Go outside	meditation
Use a stress ball	Write in a journal	sing a song	square breathing	Play a game

Coping skills

Do Yoga	imagine your safe place	Deep breathing	Write in a journal	Do Art
stretching	Talk to staff	Use a stress ball	square breathing	Work out
sing a song	Go outside	FREE	meditation	Read a book
take a time out	jumping jacks	make funny faces	take a walk	Listen to music
Talk to a friend	Count to 10	count backwards	Drawing	Play a game