Coping skills

Use a stress ball	Color Breathing	Drawing	Take a break	Play a game
Do Art	Talk to staff	Sing a song	Count backwards	Stretching
Talk to a friend	Work out	**FREE**	Count to 10	Jumping jacks
Listen to music	Take a walk	Meditation	Imagine your safe place	Read a book
Go outside	Deep breathing	Square breathing	Write in a journal	Do Yoga

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Coping skills

Work out	Count backwards	Take a break	Do Art	Sing a song
Drawing	Write in a journal	Play a game	Deep breathing	Stretching
Listen to music	Count to 10	**FREE**	Jumping jacks	Color Breathing
Imagine your safe place	Square breathing	Use a stress ball	Do Yoga	Take a walk
Meditation	Read a book	Talk to a friend	Talk to staff	Go outside

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Coping skills

Deep breathing	Square breathing	Count backwards	Read a book	Count to 10
Use a stress ball	Listen to music	Meditation	Talk to staff	Play a game
Talk to a friend	Do Yoga	**FREE**	Take a walk	Imagine your safe place
Work out	Stretching	Take a break	Write in a journal	Drawing
Jumping jacks	Color Breathing	Sing a song	Do Art	Go outside

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