

Coping skills

jumping jacks	5-4-3-2-1	Do Yoga	Take a break	Rainbow groundin g
Calm meditation	count backwards from 10	Stop-Think-Go	Ask for Help	Take 5 slow breathes
Write in a journal	make funny faces	FREE	Ask for a hug	Exercise
Help someone out	Think of my safe place	Play a game	Draw/color	Splash cold water on my face/hands
Do something kind for someone	Butterfly breathing	Stuffed animal breathing	sing a song	Do Art

Coping skills

make funny faces	Ask for Help	Take a break	Calm meditation	Stop-Think-Go
Do Yoga	sing a song	Rainbow grounding	Butterfly breathing	Take 5 slow breathes
Help someone out	Ask for a hug	FREE	Exercise	5-4-3-2-1
Draw/color	Stuffed animal breathing	jumping jacks	Do Art	Think of my safe place
Play a game	Splash cold water on my face/hands	Write in a journal	count backwards from 10	Do something kind for someone

Coping skills

Butterfly breathing	Stuffed animal breathing	Ask for Help	Splash cold water on my face/hands	Ask for a hug
jumping jacks	Help someone out	Play a game	count backwards from 10	Rainbow grounding
Write in a journal	Do Art	FREE	Think of my safe place	Draw/color
make funny faces	Take 5 slow breathes	Take a break	sing a song	Do Yoga
Exercise	5-4-3-2-1	Stop-Think-Go	Calm meditation	Do something kind for someone