Coping Skills

Watch TV	Arts and Crafts	Go outside	Talk to Mom or Dad	Read
Drawing	Think about loved ones	Take a bath or shower	Count to 10	Take space
Think about happy memories	Watch a movie	FREE SPACE!	Dance	Painting
Play cards	Talk to a friend	Play games on iPAD	Listen to music	Stress balls
Help a friend	Deep breathing	Take a walk	Write in a journal	Excerise

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Coping Skills

Watch a movie	Count to 10	Talk to Mom or Dad	Drawing	Take a bath or shower
Go outside	Write in a journal	Read	Deep breathing	Take space
Play cards	Dance	FREE SPACE!	Painting	Arts and Crafts
Listen to music	Take a walk	Watch TV	Excerise	Talk to a friend
Play games on iPAD	Stress balls	Think about happy memories	Think about loved ones	Help a friend

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Coping Skills

Deep breathing	Take a walk	Count to 10	Stress balls	Dance
Watch TV	Play cards	Play games on iPAD	Think about loved ones	Read
Think about happy memories	Excerise	FREE SPACE!	Talk to a friend	Listen to music
Watch a movie	Take space	Talk to Mom or Dad	Write in a journal	Go outside
Painting	Arts and Crafts	Take a bath or shower	Drawing	Help a friend

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