

C	O	P	E	!
Write down positive things about self	Call a friend	Pet your dog	Talk to a friend	Sing
Draw	Write a letter	Squeeze my stuffed animals	Clean	Take a hot shower or relaxing bath
Watch tv	Write positive affirmations	FREE	Cook a meal	Play with Legos
Read a book	Talk to an adult	Rip paper into pieces	Play a video game	Sort photographs
Play a board game	Do a puzzle	Stretch	exercise	Let yourself cry

C	O	P	E	!
Write positive affirmations	Clean	Talk to a friend	Draw	Squeeze my stuffed animals
Pet your dog	exercise	Sing	Do a puzzle	Take a hot shower or relaxing bath
Read a book	Cook a meal	FREE	Play with Legos	Call a friend
Play a video game	Stretch	Write down positive things about self	Let yourself cry	Talk to an adult
Rip paper into pieces	Sort photographs	Watch tv	Write a letter	Play a board game

C	O	P	E	!
Do a puzzle	Stretch	Clean	Sort photographs	Cook a meal
Write down positive things about self	Read a book	Rip paper into pieces	Write a letter	Sing
Watch tv	Let yourself cry	FREE	Talk to an adult	Play a video game
Write positive affirmations	Take a hot shower or relaxing bath	Talk to a friend	exercise	Pet your dog
Play with Legos	Call a friend	Squeeze my stuffed animals	Draw	Play a board game