

C	O	P	E	!
Write positive affirmations	Bake	Listen to Music	Watch TV	Sing
Draw	Write it out	Take a hot shower or relaxing bath	Call a friend	Use your coping cube
Write a list of compliments about someone	Clean	FREE	Stretch	Pet your cat or dog
Punch a punching bag	Watch a fish	Rip paper into pieces	Talk to an adult	Write a letter
Paint your nails	Meditate	Sort photographs	Cook a meal	Do a puzzle

C	O	P	E	!
Stretch	Sing	Clean	Write a list of compliments about someone	Cook a meal
Watch TV	Pet your cat or dog	Punch a punching bag	Write it out	Call a friend
Write yourself "I love you because" letter	Sort photographs	FREE	Draw	Listen to Music
Talk to an adult	Use your coping cube	Take a hot shower or relaxing bath	Watch a fish	Do a puzzle
Bake	Write positive affirmations	Yoga	Let yourself cry	Meditate

C	O	P	E	!
Stretch	Draw	Talk to an adult	Let yourself cry	Call a friend
Bake	Yoga	Write yourself "I love you because" letter	Do a puzzle	Write it out
Go for a bike ride	Watch a fish	FREE	Rip paper into pieces	Use your coping cube
Sort photographs	Punch a punching bag	Pet your cat or dog	Clean	Write a letter
Cook a meal	Write a list of compliments about someone	Sing	Listen to Music	Take a hot shower or relaxing bath