Coping Skills

Watch TV	Ask for a break	Drawing	Think about happy memories	Read quietly
Ask to sit in a quiet place	Visualize a stop sign in your head	Take a structured time out	Ask for a modification of the work	Talk with a friend
Use a behavioral graphic organizer	Watch a movie	**FREE**	Ask for space	Painting
Play cards	Think of what you can earn	Put your head down	Listen to music	Take 10 Deep Breaths
Exercise	Ask to go for a walk	Talk to a trusted adult	Write in a journal	Deep breathing

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Coping Skills

Watch a movie	Ask for a modification of the work	Think about happy memories	Ask to sit in a quiet place	Take a structured time out
Drawing	Write in a journal	Read quietly	Ask to go for a walk	Talk with a friend
Play cards	Ask for space	**FREE**	Painting	Ask for a break
Listen to music	Talk to a trusted adult	Watch TV	Deep breathing	Think of what you can earn
Put your head down	Take 10 Deep Breaths	Use a behavioral graphic organizer	Visualize a stop sign in your head	Exercise

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Coping Skills

Ask to go for a walk	Talk to a trusted adult	Ask for a modification of the work	Take 10 Deep Breaths	Ask for space
Watch TV	Play cards	Put your head down	Visualize a stop sign in your head	Read quietly
Use a behavioral graphic organizer	Deep breathing	**FREE**	Think of what you can earn	Listen to music
Watch a movie	Talk with a friend	Think about happy memories	Write in a journal	Drawing
Painting	Ask for a break	Take a structured time out	Ask to sit in a quiet place	Exercise

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