

Gerber Coping Skills

Use grounding techniques	Arts and Crafts	Deep breathing	Take space	Play cards
Count to 10	Think about happy memories	Stress balls	Ask to go outside	Take a walk
Talk to staff	Watch TV	FREE SPACE!	Ask to walk the oval	Listen to music
Make a phone call	Talk to a friend	Play a game	Exercise	Read
Drawing	Bounce a ball	Take a bath or shower	Write in a journal	Dance

Gerber Coping Skills

Watch TV	Ask to go outside	Take space	Count to 10	Stress balls
Deep breathing	Write in a journal	Play cards	Bounce a ball	Take a walk
Make a phone call	Ask to walk the oval	FREE SPACE!	Listen to music	Arts and Crafts
Exercise	Take a bath or shower	Use grounding techniques	Dance	Talk to a friend
Play a game	Read	Talk to staff	Think about happy memories	Drawing

Gerber Coping Skills

Bounce a ball	Take a bath or shower	Ask to go outside	Read	Ask to walk the oval
Use grounding techniques	Make a phone call	Play a game	Think about happy memories	Play cards
Talk to staff	Dance	FREE SPACE!	Talk to a friend	Exercise
Watch TV	Take a walk	Take space	Write in a journal	Deep breathing
Listen to music	Arts and Crafts	Stress balls	Count to 10	Drawing