

Coping Skills

Visit your family	Arts and Crafts	Go outside	Talk to a friend	Play video games
Drawing	Think about loved ones	Read	Count to 10	Take a walk
Think about happy memories	Watch TV	FREE	Dance	Painting
Play baseball	Talk to an adult	Play cards	Listen to music	Play with puppy
Help a friend	Deep breathing	Take a time out	Write in a journal	Exercise

Coping Skills

Watch TV	Count to 10	Talk to a friend	Drawing	Read
Go outside	Write in a journal	Play video games	Deep breathing	Take a walk
Play baseball	Dance	FREE	Painting	Arts and Crafts
Listen to music	Take a time out	Visit your family	Excerise	Talk to an adult
Play cards	Play with puppy	Think about happy memories	Think about loved ones	Help a friend

Coping Skills

Deep breathing	Take a time out	Count to 10	Play with puppy	Dance
Visit your family	Play baseball	Play cards	Think about loved ones	Play video games
Think about happy memories	Exercise	FREE	Talk to an adult	Listen to music
Watch TV	Take a walk	Talk to a friend	Write in a journal	Go outside
Painting	Arts and Crafts	Read	Drawing	Help a friend