

Coping Skills

Watch a movie	Count backwards	Draw	Take a nap	Sing
Dance	Talk to an adult	Stress ball	Count forwards	Take a break
Talk to a friend	Write/Journal	FREE	Count to 100	Listen to music
Painting	Take a walk	Read	Hand clasp	Slow breathing
Exercise	Count to 50	Take a bath/shower	Yoga	Deep breathing

Coping Skills

Write/Journal	Count forwards	Take a nap	Dance	Stress ball
Draw	Yoga	Sing	Count to 50	Take a break
Painting	Count to 100	FREE	Listen to music	Count backwards
Hand clasp	Take a bath/shower	Watch a movie	Deep breathing	Take a walk
Read	Slow breathing	Talk to a friend	Talk to an adult	Exercise

Coping Skills

Count to 50	Take a bath/shower	Count forwards	Slow breathing	Count to 100
Watch a movie	Painting	Read	Talk to an adult	Sing
Talk to a friend	Deep breathing	FREE	Take a walk	Hand clasp
Write/Journal	Take a break	Take a nap	Yoga	Draw
Listen to music	Count backwards	Stress ball	Dance	Exercise