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	**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

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Coping Skills

Write	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

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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	Take a break	Take a nap	Yoga	Draw
Listen to music	Count backwards	Stress ball	Dance	Exercise

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