

Coping Skills

Watch TV	Arts and Crafts	Go outside	Talk to a friend	Read
Drawing	Think about loved ones	Take a bath or shower	Count to 10	Take space
Think about happy memories	Watch a movie	FREE SPACE!	Dance	Painting
Play cards	Talk to family or significant others	Play games on iPad	Listen to music	Stress balls
Help a friend	Deep breathing	Take a walk	Write in a journal	Exercise

Coping Skills

Watch a movie	Count to 10	Talk to a friend	Drawing	Take a bath or shower
Go outside	Write in a journal	Read	Deep breathing	Take space
Play cards	Dance	FREE SPACE!	Painting	Arts and Crafts
Listen to music	Take a walk	Watch TV	Exercise	Talk to family or significant others
Play games on iPad	Stress balls	Think about happy memories	Think about loved ones	Help a friend

Coping Skills

Deep breathing	Take a walk	Count to 10	Stress balls	Dance
Watch TV	Play cards	Play games on iPad	Think about loved ones	Read
Think about happy memories	Exercise	FREE SPACE!	Talk to family or significant others	Listen to music
Watch a movie	Take space	Talk to a friend	Write in a journal	Go outside
Painting	Arts and Crafts	Take a bath or shower	Drawing	Help a friend