Coping Skills

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

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Coping Skills

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

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Coping Skills

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

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