C	O	P	E	!
Use \"I statements\"	5 objects in a room	Go to room	Stress ball	Positive self-talk
Draw	Talk	Read	Count backwards	Sing
Take time out	Walk away	**FREE**	Count to ten	Listen to music
Play a game	Take deep breaths	Play cards	Imagine a calm place	Puzzle
Happy memories	Craft	Recognize angry cues	Watch a movie	Exercise

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C	O	P	E	!
Walk away	Count backwards	Stress ball	Draw	Read
Go to room	Watch a movie	Positive self-talk	Craft	Sing
Play a game	Count to ten	**FREE**	Listen to music	5 objects in a room
Imagine a calm place	Recognize angry cues	Use \"I statements\"	Exercise	Take deep breaths
Play cards	Puzzle	Take time out	Talk	Happy memories

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C	O	P	E	!
Craft	Recognize angry cues	Count backwards	Puzzle	Count to ten
Use \"I statements\"	Play a game	Play cards	Talk	Positive self-talk
Take time out	Exercise	**FREE**	Take deep breaths	Imagine a calm place
Walk away	Sing	Stress ball	Watch a movie	Go to room
Listen to music	5 objects in a room	Read	Draw	Happy memories

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