Coping Skills

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

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Coping Skills

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

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Coping Skills

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

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