

Coping skills

Watch TV	Coloring	Exercise	Tell a teacher	Painting
Deep breathing	Walking	Reading	Count	Talk to a friend
Walk Away	Write	FREE	Count to Ten	Laying down
Listen to music	Wait and Cool Off	Meditate	Hand clasp	Play a game
Hallway Cool Down	Dance	Stress ball	Yoga	Draw

Coping skills

Write	Count	Tell a teacher	Deep breathing	Reading
Exercise	Yoga	Painting	Dance	Talk to a friend
Listen to music	Count to Ten	FREE	Laying down	Coloring
Hand clasp	Stress ball	Watch TV	Draw	Wait and Cool Off
Meditate	Play a game	Walk Away	Walking	Hallway Cool Down

Coping skills

Dance	Stress ball	Count	Play a game	Count to Ten
Watch TV	Listen to music	Meditate	Walking	Painting
Walk Away	Draw	FREE	Wait and Cool Off	Hand clasp
Write	Talk to a friend	Tell a teacher	Yoga	Exercise
Laying down	Coloring	Reading	Deep breathing	Hallway Cool Down