Coping Skills

Watch TV	Arts and Crafts	Help a friend	Take a time out	Play cards
Exercise	Think about loved ones Visit your family	Start a new hobby	Count to 10	Talk to an adult
Watch a movie	Dance	**FREE**	Read	Paint your nails
Drawing	Painting	Take a walk	Play a game	Take a shower/bath
Talk to a friend	Listen to music	Leisure activities	Play with pets	Deep breathing

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Coping Skills

Read	Play cards	Dance	Talk to an adult	Deep breathing
Take a walk	Paint your nails	Painting	Think about loved ones Visit your family	Count to 10
Watch a movie	Take a time out	**FREE**	Play with pets	Exercise
Help a friend	Start a new hobby	Talk to a friend	Drawing	Take a shower/bath
Arts and Crafts	Watch TV	Write in a journal	Go outside	Leisure activities

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Coping Skills

Read	Exercise	Take a shower/bath	Go outside	Count to 10
Arts and Crafts	Write in a journal	Help a friend	Watch a movie	Drawing
Think about loved ones Visit your family	Talk to a friend	**FREE**	Play a game	Take a time out
Deep breathing	Play with pets	Painting	Paint your nails	Dance
Talk to an adult	Play cards	Leisure activities	Start a new hobby	Watch TV

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