

Coping Skills

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

Coping Skills

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

Coping Skills

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