

Coping Skills

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

Coping Skills

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

Coping Skills

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