

# Coping Skills

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

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

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