

coping skills

take a time out	Arts and Crafts	Listen to music	count backward	Talk to staff
Excerise	square breathing	Watch a movie	Count to 10	muscle relaxation
Dance	Watch TV	FREE	Take a time out	punch a pillow
Take a walk	imagine your safe place	Talk to a friend	Write in a journal	Play cards
Painting	Think about happy memories	Deep breathing	Drawing	guided imagery

coping skills

Read	Dance	Take a time out	square breathing	Count to 10
take a time out	punch a pillow	Watch TV	count backward	Think about happy memories
Take a walk	Talk to staff	FREE	Excerise	Listen to music
Watch a movie	take a walk	guided imagery	imagine your safe place	Deep breathing
Drawing	Write in a journal	Arts and Crafts	Talk to a friend	talk with mom

coping skills

take a walk	Go outside	Dance	guided imagery	Excerise
Watch TV	Help a friend	talk with mom	Count to 10	take a time out
Talk to a friend	Drawing	FREE	count backward	Take a time out
Listen to music	Read	Arts and Crafts	Painting	Think about happy memories
Write in a journal	square breathing	imagine your safe place	Take a walk	muscle relaxation