

coping skills

take a time out	Count to 10	Read a book	imagine your safe place	Watch TV
Listen to music	square breathing	Write in a journal	Deep breathing	punch a pillow
take a walk	Drawing	FREE	Talk to a friend	Talk to staff
muscle relaxation	Think about happy memories	count backward	Take a time out	Watch a movie
Go outside	jumping jacks	Painting	talk with mom	Play a game

coping skills

take a walk	talk with mom	Deep breathing	Think about happy memories	Listen to music
imagine your safe place	Talk to staff	Read a book	Watch a movie	Drawing
Talk to a friend	Count to 10	FREE	Take a time out	count backward
Play a game	take a time out	Painting	muscle relaxation	Go outside
Watch TV	Take a walk	punch a pillow	Write in a journal	square breathing

coping skills

muscle relaxation	Take a time out	take a walk	Play a game	imagine your safe place
jumping jacks	punch a pillow	talk with mom	Think about happy memories	Drawing
count backward	Deep breathing	FREE	Talk to a friend	Read a book
Take a walk	Watch TV	Go outside	Count to 10	take a time out
square breathing	Write in a journal	Talk to staff	Watch a movie	Painting