coping skills

take a time out	Count to 10	Take a time out	muscle relaxation	go noodle
Listen to music	stretching	jumping jacks	Deep breathing	square breathing
take a walk	Drawing	**FREE**	Talk to staff	Write in a journal
sign loudly	count backward	make funny faces	Take a walk	imagine your safe place
Go outside	punch a pillow	Play a game	talk with an adult	Read a book

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coping skills

take a walk	talk with an adult	Deep breathing	count backward	Listen to music
muscle relaxation	Write in a journal	Take a time out	imagine your safe place	Drawing
Talk to staff	Count to 10	**FREE**	Take a walk	make funny faces
Read a book	take a time out	Play a game	sign loudly	Go outside
go noodle	Talk to a friend	square breathing	jumping jacks	stretching

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coping skills

sign loudly	Take a walk	take a walk	Read a book	muscle relaxation
punch a pillow	square breathing	talk with an adult	count backward	Drawing
make funny faces	Deep breathing	**FREE**	Talk to staff	Take a time out
Talk to a friend	go noodle	Go outside	Count to 10	take a time out
stretching	jumping jacks	Write in a journal	imagine your safe place	Play a game

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