

Coping Skills

Watch TV	Color	Go outside	Take a walk	Play cards
Deep breathing	Visit your family	Read	Cooking	Think about happy memories
Watch a movie	Count to 10	FREE	Knitting	Listen to music
Talk to a teacher	Painting	Take a time out	Help a friend	Play video games
Dance	Talk to a friend	Drawing	Write in a journal	Exercise

Coping Skills

Watch a movie	Write in a journal	Cooking	Painting	Deep breathing
Take a walk	Listen to music	Go outside	Play video games	Count to 10
Knitting	Color	FREE	Help a friend	Take a time out
Exercise	Watch TV	Drawing	Talk to a teacher	Dance
Play cards	Jump Rope	Think about happy memories	Read	Visit your family

Coping Skills

Talk to a teacher	Help a friend	Watch a movie	Exercise	Take a walk
Talk to a friend	Think about happy memories	Write in a journal	Painting	Count to 10
Take a time out	Cooking	FREE	Knitting	Go outside
Jump Rope	Play cards	Dance	Color	Watch TV
Visit your family	Read	Listen to music	Play video games	Drawing