

# coping tools

|                            |                       |                        |                    |                      |
|----------------------------|-----------------------|------------------------|--------------------|----------------------|
| Think about happy memories | 5 Objects in the Room | Finger Pinch           | Stop and Think     | Play a Sport         |
| Draw/color                 | Talk to a friend      | Punch a Pillow         | Arts and Crafts    | Read                 |
| Take a walk                | Visit your family     | <b>FREE</b>            | Belly Breathing    | Imagine a Calm Place |
| Listen to music            | Take a time out       | Play Dough/Silly Putty | Help a friend      | Play cards           |
| Go outside                 | Count Backwards       | Puzzles                | Write in a journal | Exercise             |

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|                              |                       |                                     |                            |                             |
|------------------------------|-----------------------|-------------------------------------|----------------------------|-----------------------------|
| Visit<br>your<br>family      | Arts and<br>Crafts    | Stop<br>and<br>Think                | Draw/color                 | Punch a<br>Pillow           |
| Finger<br>Pinch              | Write in<br>a journal | Play a<br>Sport                     | Count<br>Backwards         | Read                        |
| Listen to<br>music           | Belly<br>Breathing    | <b>FREE</b>                         | Imagine<br>a Calm<br>Place | 5 Objects<br>in the<br>Room |
| Help a<br>friend             | Puzzles               | Think<br>about<br>happy<br>memories | Excerise                   | Take a<br>time out          |
| Play<br>Dough/Silly<br>Putty | Play<br>cards         | Take a<br>walk                      | Talk to a<br>friend        | Go<br>outside               |

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| Take a walk                | Excerise              | <b>FREE</b>            | Take a time out    | Help a friend   |
| Visit your family          | Read                  | Stop and Think         | Write in a journal | Finger Pinch    |
| Imagine a Calm Place       | 5 Objects in the Room | Punch a Pillow         | Draw/color         | Go outside      |