

COPING SKILLS

Watch TV	Arts and Crafts	Exercise	Take a walk	Play cards
Deep breathing	Visit your family	Read	Cooking	Take a time out
Talk to staff	Watch a movie	FREE	Count to 10	Help a friend
Listen to music	Talk to a friend	Painting	Go shopping	Play sports
Go outside	Dance	Stress ball	Write in a journal	Drawing

COPING SKILLS

Watch a movie	Cooking	Take a walk	Deep breathing	Read
Exercise	Write in a journal	Play cards	Dance	Take a time out
Listen to music	Count to 10	FREE	Help a friend	Arts and Crafts
Go shopping	Stress ball	Watch TV	Drawing	Talk to a friend
Painting	Play sports	Talk to staff	Visit your family	Go outside

COPING SKILLS

Dance	Stress ball	Cooking	Play sports	Count to 10
Watch TV	Listen to music	Painting	Visit your family	Play cards
Talk to staff	Drawing	FREE	Talk to a friend	Go shopping
Watch a movie	Take a time out	Take a walk	Write in a journal	Exercise
Help a friend	Arts and Crafts	Read	Deep breathing	Go outside