COPING SKILLS

Visit your family	Arts and Crafts	Drawing	Take a time out	Pet an animal
Dance	Think about happy memories	Pray	Color	Sewing
Talk to a friend	Watch a movie	**FREE**	Cooking	Help a friend
Listen to music	Take a walk	Painting	Go outside	Play cards
Excerise	Count to 10	Read	Write in a journal	Deep breathing

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COPING SKILLS

Watch a movie	Color	Take a time out	Dance	Pray
Drawing	Write in a journal	Pet an animal	Count to 10	Sewing
Listen to music	Cooking	**FREE**	Help a friend	Arts and Crafts
Go outside	Read	Visit your family	Deep breathing	Take a walk
Painting	Play cards	Talk to a friend	Think about happy memories	Excerise

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Watch a movie	Sewing	Take a time out	Write in a journal	Drawing
Help a friend	Arts and Crafts	Pray	Dance	Excerise

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