

|                                           |                      |                           |                       |                |
|-------------------------------------------|----------------------|---------------------------|-----------------------|----------------|
| <b>C</b>                                  | <b>O</b>             | <b>P</b>                  | <b>E</b>              | <b>!</b>       |
| Write a list of compliments about someone | Call a friend        | Bounce a ball             | Draw                  | Stretch        |
| Play a sport                              | Count to 50          | Watch fish                | Rip paper into pieces | Dance          |
| Sort photographs                          | Talk to a mentor     | I can COPE                | Colour                | Punch a pillow |
| Listen to music                           | Make a healthy snack | Take a hot shower or bath | Pet a cat or dog      | Sing           |
| Take some deep breaths                    | Let yourself cry     | Go for a walk             | Play cards            | Exercise       |

|                  |                       |                        |                                           |                             |
|------------------|-----------------------|------------------------|-------------------------------------------|-----------------------------|
| <b>C</b>         | <b>O</b>              | <b>P</b>               | <b>E</b>                                  | <b>!</b>                    |
| Colour           | Count to 10           | Punch a pillow         | Play a sport                              | Pet a cat or dog            |
| Clean or tidy up | Talk to a mentor      | Stretch                | Listen to music                           | Make a healthy snack        |
| Watch fish       | Call a friend         | I can COPE             | Write a list of compliments about someone | Play cards                  |
| Meditate         | Dance                 | Exercise               | Sing                                      | Write positive affirmations |
| Sort photographs | Rip paper into pieces | Take some deep breaths | Count to 50                               | Bounce a ball               |

|                                              |                             |                      |                  |                                           |
|----------------------------------------------|-----------------------------|----------------------|------------------|-------------------------------------------|
| <b>C</b>                                     | <b>O</b>                    | <b>P</b>             | <b>E</b>         | <b>!</b>                                  |
| Pet a cat or dog                             | Count to 50                 | Punch a pillow       | Write a letter   | Colour                                    |
| Write yourself \"I love you because\" letter | Write positive affirmations | Dance                | Clean or tidy up | Stretch                                   |
| Rip paper into pieces                        | Draw                        | I can COPE           | Call a friend    | Write a list of compliments about someone |
| Play a sport                                 | Sort photographs            | Make a healthy snack | Listen to music  | Go for a walk                             |
| Sing                                         | Take some deep breaths      | Meditate             | Bounce a ball    | Count to 10                               |