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

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

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C	O	P	E	!
Punch a pillow	Count to 50	Sort photographs	Sing	Do a puzzle
Call a friend	Write yourself \"I love you because\" letter	Draw	Write positive affirmations	Write a letter
Dance	Take some deep breaths	I can COPE	Meditate	Stretch
Bounce a ball	Count to 10	Play a sport	Make a healthy snack	Let yourself cry
Write a list of compliments about someone	Clean or tidy up	Talk to a mentor	Colour	Watch fish

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