coping tools

Think about happy memories	Arts and Crafts	Imagine a Calm Place	Squeeze a Pillow	Play cards
Draw/color	Talk to a friend	Read	Count Backwards	Take a walk
Visit your family	Dance	**FREE**	Play Minecraft	Play a Sport
Take a time out	Play a game	Ride your bike	Listen to music	Puzzles
Deep Breathing	Stop and Think	Go outside	Write in a journal	Help a friend

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coping tools

Visit your family	Write in a journal	Count Backwards	Play a game	Draw/color
Squeeze a Pillow	Play a Sport	Imagine a Calm Place	Puzzles	Dance
Play Minecraft	Arts and Crafts	**FREE**	Listen to music	Ride your bike
Help a friend	Think about happy memories	Go outside	Take a time out	Deep Breathing
Play cards	Play Dough/Silly Putty	Take a walk	Read	Talk to a friend

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coping tools

Take a time out	Listen to music	Visit your family	Help a friend	Squeeze a Pillow
Stop and Think	Take a walk	Write in a journal	Play a game	Dance
Ride your bike	Count Backwards	**FREE**	Play Minecraft	Imagine a Calm Place
Play Dough/Silly Putty	Play cards	Deep Breathing	Arts and Crafts	Think about happy memories
Talk to a friend	Read	Play a Sport	Puzzles	Go outside

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