

Coping Skills

Watch TV	Arts and Crafts	Go outside	Talk to Mom or Dad	Read
Deep breathing	Think about loved ones	Take a bath or shower	Call a friend	Take space
Think about happy memories	Watch a movie	FREE SPACE!	Count to 10	Painting
Play cards	Talk to a friend	Play games on iPad	Listen to music	Stress balls
Help a friend	Dance	Take a walk	Write in a journal	Drawing

Coping Skills

Watch a movie	Call a friend	Talk to Mom or Dad	Deep breathing	Take a bath or shower
Go outside	Write in a journal	Read	Dance	Take space
Play cards	Count to 10	FREE SPACE!	Painting	Arts and Crafts
Listen to music	Take a walk	Watch TV	Drawing	Talk to a friend
Play games on iPad	Stress balls	Think about happy memories	Think about loved ones	Help a friend

Coping Skills

Dance	Take a walk	Call a friend	Stress balls	Count to 10
Watch TV	Play cards	Play games on iPad	Think about loved ones	Read
Think about happy memories	Drawing	FREE SPACE!	Talk to a friend	Listen to music
Watch a movie	Take space	Talk to Mom or Dad	Write in a journal	Go outside
Painting	Arts and Crafts	Take a bath or shower	Deep breathing	Help a friend