

Coping Skills

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

Coping Skills

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

Coping Skills

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