

Coping Skills

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

Coping Skills

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

Coping Skills

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