

Coping Skills

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

Coping Skills

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

Coping Skills

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