

C	O	P	E	!
Write down positive things about self	54321 Activity	Let yourself cry	Take a hot shower or relaxing bath	Rip paper into pieces
Do a puzzle	Write a letter	Sort photographs	Call a friend	Stretch
Watch tv	Write positive affirmations	Clean	Play a video game	Deep breathing
Play with Legos	Talk to a friend	Read a book	Talk to an adult	Pet your dog
Sing	Meditation	Cook a meal	Squeeze my stuffed animals	Play a board game

C	O	P	E	!
54321 Activity	Read a book	Do a puzzle	Sing	Write down positive things about self
Cook a meal	exercise	Write positive affirmations	Clean	Take a hot shower or relaxing bath
Sort photographs	Let yourself cry	Call a friend	Deep breathing	Play a video game
Play with Legos	Play a board game	Pet your dog	Stretch	Squeeze my stuffed animals
Write a letter	Talk to an adult	Watch tv	Rip paper into pieces	Meditation

C	O	P	E	!
Cook a meal	Squeeze my stuffed animals	Call a friend	Sing	Clean
Write a letter	Write down positive things about self	Play a video game	Read a book	Watch tv
Talk to an adult	Do a puzzle	Pet your dog	Write positive affirmations	Draw
Stretch	Take a hot shower or relaxing bath	exercise	Talk to a friend	Let yourself cry
Play a board game	Rip paper into pieces	Deep breathing	54321 Activity	Sort photographs