

Coping Skills

Watch a movie	Deep breathing	Listen to music	Use STOPP skill	THINK: What are the consequences of my behavior?
Help a friend appropriately	Watch TV	Talk to staff	Do a chore around the house	Think before you act!
Watch TV	Write in a journal	FREE SPACE!	Drawing or Coloring	Play cards
Shake glitter bottle and watch it settle	Use your safety plan	Stress balls	Muscle Relaxation	Take a shower
Look at a magazine	Exercise	Think about happy memories	YOU USED YOUR COPING SKILLS! TAKE THIS SPACE	Keep your goals in mind

Coping Skills

Write in a journal	Do a chore around the house	Use STOPP skill	Help a friend appropriately	Talk to staff
Listen to music	YOU USED YOUR COPING SKILLS! TAKE THIS SPACE	THINK: What are the consequences of my behavior?	Exercise	Think before you act!
Shake glitter bottle and watch it settle	Drawing or Coloring	FREE SPACE!	Play cards	Deep breathing
Muscle Relaxation	Think about happy memories	Watch a movie	Keep your goals in mind	Use your safety plan
Stress balls	Take a shower	Watch TV	Watch TV	Look at a magazine

Coping Skills

Exercise	Think about happy memories	Do a chore around the house	Take a shower	Drawing or Coloring
Watch a movie	Shake glitter bottle and watch it settle	Stress balls	Watch TV	THINK: What are the consequences of my behavior?
Watch TV	Keep your goals in mind	FREE SPACE!	Use your safety plan	Muscle Relaxation
Write in a journal	Think before you act!	Use STOPP skill	YOU USED YOUR COPING SKILLS! TAKE THIS SPACE	Listen to music
Play cards	Deep breathing	Talk to staff	Help a friend appropriately	Look at a magazine