

# Coping skills

|                  |                  |                   |                          |                     |
|------------------|------------------|-------------------|--------------------------|---------------------|
| talk to a friend | STOP and think.. | drink water       | squeeze a teddy bear     | play with playdough |
| count to 50      | take a shower    | read              | breath-in breathe out    | sing                |
| take a nap       | talk to an adult | <b>FREE</b>       | clean your room          | listen to music     |
| paint            | take a break     | play              | go out to play           | postive thoughts    |
| excercise        | count to 100     | removing yourself | write down your feelings | drawing             |

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|                     |                                   |                            |                    |                        |
|---------------------|-----------------------------------|----------------------------|--------------------|------------------------|
| talk to<br>an adult | breath-in<br>breathe<br>out       | squeeze<br>a teddy<br>bear | count to<br>50     | read                   |
| drink<br>water      | write<br>down<br>your<br>feelings | play with<br>playdough     | count to<br>100    | sing                   |
| paint               | clean<br>your<br>room             | <b>FREE</b>                | listen to<br>music | STOP<br>and<br>think.. |
| go out to<br>play   | removing<br>yourself              | talk to a<br>friend        | drawing            | take a<br>break        |
| play                | postive<br>thoughts               | take a<br>nap              | take a<br>shower   | excercis<br>e          |

# Coping skills

|                  |                            |                          |                          |                     |
|------------------|----------------------------|--------------------------|--------------------------|---------------------|
| count to 100     | removing yourself          | breath-in<br>breathe out | postive thoughts         | clean your room     |
| talk to a friend | paint                      | play                     | take a shower            | play with playdough |
| take a nap       | drawing                    | <b>FREE</b>              | take a break             | go out to play      |
| talk to an adult | sing                       | squeeze a teddy bear     | write down your feelings | drink water         |
| listen to music  | <b>STOP</b><br>and think.. | read                     | count to 50              | excercis e          |