

Coping Skills

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

Coping Skills

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

Coping Skills

Take a walk	Excerise	Talk to Mom or Dad	Go outside	Count to 10
Arts and Crafts	sing a song	Help a friend	pet therapy	Drawing
Watch a movie	Think about loved ones	FREE SPACE!	Read	Talk to a friend
Deep breathing	Take a bath or shower	Play games on iPad	Play cards	Dance
Watch TV	Stress balls	Listen to music	Take space	Write in a journal