

Coping Skills

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

Coping Skills

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

Coping Skills

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