

Coping Skills

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

Coping Skills

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