

Coping Skills

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

Coping Skills

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

Coping Skills

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