

Coping Skills

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