

Coping Skills

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

Coping Skills

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

Coping Skills

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