

Coping Skills

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

Coping Skills

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

Coping Skills

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