

Coping Skills

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

Coping Skills

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

Coping Skills

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