

# Coping Skills

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

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

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