Coping Skills

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

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Coping Skills

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

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Coping Skills

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

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