

Coping Skills

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

Coping Skills

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

Coping Skills

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