coping tools

Think about happy memories	5 Objects in the Room	Finger Pinch	Stop and Think	Play a Sport
Draw/color	Talk to a friend	Punch a Pillow	Arts and Crafts	Read
Take a walk	Visit your family	**FREE**	Belly Breathing	Imagine a Calm Place
Listen to music	Take a time out	Play Dough/Silly Putty	Help a friend	Play cards
Go outside	Count Backwards	Puzzles	Write in a journal	Excerise

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coping tools

Visit your family	Arts and Crafts	Stop and Think	Draw/color	Punch a Pillow
Finger Pinch	Write in a journal	Play a Sport	Count Backwards	Read
Listen to music	Belly Breathing	**FREE**	Imagine a Calm Place	5 Objects in the Room
Help a friend	Puzzles	Think about happy memories	Excerise	Take a time out
Play Dough/Silly Putty	Play cards	Take a walk	Talk to a friend	Go outside

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coping tools

Count Backwards	Puzzles	Arts and Crafts	Play cards	Belly Breathing
Think about happy memories	Listen to music	Play Dough/Silly Putty	Talk to a friend	Play a Sport
Take a walk	Excerise	**FREE**	Take a time out	Help a friend
Visit your family	Read	Stop and Think	Write in a journal	Finger Pinch
Imagine a Calm Place	5 Objects in the Room	Punch a Pillow	Draw/color	Go outside

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