

C	O	P	E	S
talk to staff	cry	meditate/pray	surfing	punching a punching bag
going to the beach	talk to a friend	scream/yell	dance	squeeze a stress ball
take a shower/bath	watch tv	FREE	deep breathing	play a game
play an instrument	swimming	play with slime	painting	reading
paint your nails	exercise	sing	write in a journal	listen to music

C	O	P	E	S
watch tv	dance	surfing	going to the beach	scream/yell
meditate/pray	write in a journal	punching a punching bag	exercise	squeeze a stress ball
play an instrument	deep breathing	FREE	play a game	cry
painting	sing	talk to staff	listen to music	swimming
play with slime	reading	take a shower/bath	talk to a friend	paint your nails

C	O	P	E	S
exercise	sing	dance	reading	deep breathing
talk to staff	play an instrument	play with slime	talk to a friend	punching a punching bag
take a shower/bath	listen to music	FREE	swimming	painting
watch tv	squeeze a stress ball	surfing	write in a journal	meditate/pray
play a game	cry	scream/yell	going to the beach	paint your nails