

coping skills

take a time out	Count to 10	Take a time out	make funny faces	count backward
Listen to music	stretching	imagine your safe place	Deep breathing	square breathing
take a walk	Drawing	FREE	Talk to a friend	Talk to staff
sign loudly	Write in a journal	jumping jacks	Take a walk	go noodle
Go outside	muscle relaxation	Play a game	talk with an adult	Read a book

coping skills

take a walk	talk with an adult	Deep breathing	Write in a journal	Listen to music
make funny faces	Talk to staff	Take a time out	go noodle	Drawing
Talk to a friend	Count to 10	FREE	Take a walk	jumping jacks
Read a book	take a time out	Play a game	sign loudly	Go outside
count backward	Talk to a friend	square breathing	imagine your safe place	stretching

coping skills

sign loudly	Take a walk	take a walk	Read a book	make funny faces
muscle relaxation	square breathing	talk with an adult	Write in a journal	Drawing
jumping jacks	Deep breathing	FREE	Talk to a friend	Take a time out
Talk to a friend	count backward	Go outside	Count to 10	take a time out
stretching	imagine your safe place	Talk to staff	go noodle	Play a game