

C	O	P	E	!
Use "I Feel" Statements	Bike Ride	Alphabetize CDs/DVDs/Books	Grounding Techniques	Stretch
Play an instrument	Do Schoolwork	Turn off Electronics	Read your favorite Book	Call a Friend
Spirituality	Take a Walk	FREE (Your coping skill)	Watch Favorite TV Show	Contact a Hotline/Therapist
Punch a pillow	Make a Playlist	Talk to Your Support System	Make as many words as possible out of your full name	Take a Nap
Paint your Nails	Sing and dance to favorite music	Make Slime	Listen to positive music	Practice Mindfulness

C	O	P	E	!
Make as many words as possible out of your full name	Listen to Guided Imagery	Contact a Hotline/Therapist	Count Backwards from 100 by 7s	Punch a pillow
Play with a Hacky Sack	Play an instrument	Call a Friend	Talk to Your Support System	Stretch
Make a Calming Jar	Make a Playlist	FREE (Your coping skill)	Turn off Electronics	Watch Favorite TV Show
Bike Ride	Practice Mindfulness	Do Schoolwork	Sing and dance to favorite music	Watch Funny Videos (with permission)
Swim (if possible)	Spirituality	Read your favorite Book	Take a Nap	Deep Breathing (4-7-8 technique)

C	O	P	E	!
Sing and dance to favorite music	Play with a Hacky Sack	Do Schoolwork	Spirituality	Practice Mindfulness
Bike Ride	Make a Calming Jar	Alphabetize CDs/DVDs/Books	Play an instrument	Use "I Feel" Statements
Count Backwards from 100 by 7s	Write a letter	FREE (Your coping skill)	Watch Funny Videos (with permission)	Get your favorite drink
Call a Friend	Stretch	Punch a pillow	Give a Compliment to someone	Watch Favorite TV Show
Deep Breathing (4-7-8 technique)	Make as many words as possible out of your full name	Grounding Techniques	Contact a Hotline/Therapist	Listen to positive music