

coping tools

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

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

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