

Coping Skills

play a game	Arts and Crafts	Help a friend	Think about loved ones	Take a time out
Drawing	paint your nails	Talk to a friend	Call a loved one	Talk with a peer
Work on a puzzle	play with pets	FREE	Count to 10	Play cards
Deep breathing	Play with thinking putty	Watch TV	Read	Watch a movie
Listen to music	Take a walk (mindfully)	Leisure activities	Dance	Talk to staff

Coping Skills

play with pets	Watch TV	Talk with a peer	Talk to staff	Watch a movie
Count to 10	Deep breathing	Take a time out	Drawing	Take a walk (mindfully)
Call a loved one	Painting	FREE	Arts and Crafts	Read
play a game	Dance	start a new hobby	Think about loved ones	Talk to a friend
Help a friend	Play cards	Play with thinking putty	Listen to music	paint your nails

Coping Skills

Drawing	Watch a movie	Play with thinking putty	Think about loved ones	Arts and Crafts
play with pets	Talk with a peer	Help a friend	Deep breathing	Take a walk (mindfully)
Play cards	Painting	FREE	Count to 10	Call a loved one
Dance	Work on a puzzle	Take a time out	Leisure activities	Talk to staff
paint your nails	play a game	Read	Listen to music	Go outside