Coping Skills

Use a stress ball	Count backwards	Imagine your safe place	Take a time out	Read a book
Do Yoga	Talk with an adult	Stretching	Count to 10	Talk to staff
Work out/Play a sport	Deep breathing	**FREE**	Listen to music	Make funny faces
Talk to a friend	Play a game	Take a nap	Jumping jacks	Sing/write a song
Do Art	Take a walk	Drawing	Write in a journal	Go outside

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Coping Skills

Work out/Play a sport	Write in a journal	Count to 10	Play a game	Do Yoga
Take a time out	Make funny faces	Imagine your safe place	Sing/write a song	Deep breathing
Listen to music	Count backwards	**FREE**	Jumping jacks	Take a nap
Go outside	Use a stress ball	Drawing	Talk to a friend	Do Art
Read a book	Listen to music	Talk to staff	Stretching	Talk with an adult

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Coping Skills

Talk to a friend	Jumping jacks	Work out/Play a sport	Go outside	Take a time out
Take a walk	Talk to staff	Write in a journal	Play a game	Deep breathing
Take a nap	Count to 10	**FREE**	Listen to music	Imagine your safe place
Listen to music	Read a book	Do Art	Count backwards	Use a stress ball
Talk with an adult	Stretching	Make funny faces	Sing/write a song	Drawing

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