

COPING SKILLS

Watch TV	Arts and Crafts	Deep breathing	Take a walk	Painting
Dance	Think about loved ones	Read	Color a picture	Take a time out
Think about happy memories	Watch a movie	FREE	Cooking	Go outside
Help a friend	Talk to a friend	Listen to music	Exercise	Play cards
Drawing	Count to 10	Sing a song	Write in a journal	Dance

COPING SKILLS

Watch a movie	Color a picture	Take a walk	Dance	Read
Deep breathing	Write in a journal	Painting	Count to 10	Take a time out
Help a friend	Cooking	FREE	Go outside	Arts and Crafts
Excerise	Sing a song	Watch TV	Dance	Talk to a friend
Listen to music	Play cards	Think about happy memories	Think about loved ones	Drawing

COPING SKILLS

Count to 10	Sing a song	Color a picture	Play cards	Cooking
Watch TV	Help a friend	Listen to music	Think about loved ones	Painting
Think about happy memories	Dance	FREE	Talk to a friend	Exercise
Watch a movie	Take a time out	Take a walk	Write in a journal	Deep breathing
Go outside	Arts and Crafts	Read	Dance	Drawing