

COPING SKILLS

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

COPING SKILLS

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

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