Coping skills

take a time out	Count to 10	Listen to music	jumping jacks	Work out
Drawing	stretching	count backwards	Deep breathing	square breathing
take a walk	Do Art	**FREE**	Talk to a friend	Talk to staff
sing a song	Use a stress ball	imagine your safe place	Play a game	Write in a journal
Do Yoga	make funny faces	Go outside	talk with an adult	Listen to music

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Coping skills

take a walk	talk with an adult	Deep breathing	Use a stress ball	Drawing
jumping jacks	Talk to staff	Listen to music	Write in a journal	Do Art
Talk to a friend	Count to 10	**FREE**	Play a game	imagine your safe place
Listen to music	take a time out	Go outside	sing a song	Do Yoga
Work out	Read a book	square breathing	count backwards	stretching

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Coping skills

sing a song	Play a game	take a walk	Listen to music	jumping jacks
make funny faces	square breathing	talk with an adult	Use a stress ball	Do Art
imagine your safe place	Deep breathing	**FREE**	Talk to a friend	Listen to music
Read a book	Work out	Do Yoga	Count to 10	take a time out
stretching	count backwards	Talk to staff	Write in a journal	Go outside

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