Coping Skills

Tell a silly story	Count backwards	Go outside	Take a time out	Play a game
Do Yoga	Talk with an adult	Sing a song	Count to 10	Take a nap
Talk to a friend	Use a stress ball	**FREE**	Deep breathing	Listen to music
Make funny faces	Take a walk	Perform a random act of kindness	Keep a positive attitude	Play a sport
Imagine your safe place	Do Art	Stretching	Watch a movie	Drawing

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Coping Skills

Use a stress ball	Count to 10	Take a time out	Do Yoga	Sing a song
Go outside	Watch a movie	Play a game	Do Art	Take a nap
Make funny faces	Deep breathing	**FREE**	Listen to music	Count backwards
Keep a positive attitude	Stretching	Tell a silly story	Drawing	Take a walk
Perform a random act of kindness	Play a sport	Talk to a friend	Talk with an adult	Imagine your safe place

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Coping Skills

Do Art	Stretching	Count to 10	Play a sport	Deep breathing
Tell a silly story	Make funny faces	Perform a random act of kindness	Talk with an adult	Play a game
Talk to a friend	Drawing	**FREE**	Take a walk	Keep a positive attitude
Use a stress ball	Take a nap	Take a time out	Watch a movie	Go outside
Listen to music	Count backwards	Sing a song	Do Yoga	Imagine your safe place

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