

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	Make funny faces
Perform a random act of kindness	Take a walk	Pet your pet	Listen to music	Play a sport
Keep a positive attitude	Do Art	Stretching	Watch a movie	Drawing

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
Perform a random act of kindness	Deep breathing	FREE	Make funny faces	Count backwards
Listen to music	Stretching	Tell a silly story	Drawing	Take a walk
Pet your pet	Play a sport	Talk to a friend	Talk with an adult	Keep a positive attitude

Coping Skills

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