

COPING SKILLS

Write a poem	Blow bubbles	Hug a stuff animal	Take a trip	Play a card game
Garden	Write a letter	Read a book	Chew gum	Stress ball
Watch a movie	Write in a journal	FREE	Color	Listen to music
Listen to nature sounds	Take a walk	Pet an animal	List 10 positives about you	Play a sport
Laugh	Cook	Smile in the mirror	Yoga	Give someone a hug

COPING SKILLS

Write in a journal	Chew gum	Take a trip	Garden	Read a book
Hug a stuff animal	Yoga	Play a card game	Cook	Stress ball
Listen to nature sounds	Color	FREE	Listen to music	Blow bubbles
List 10 positives about you	Smile in the mirror	Write a poem	Give someone a hug	Take a walk
Pet an animal	Play a sport	Watch a movie	Write a letter	Laugh

COPING SKILLS

Cook	Smile in the mirror	Chew gum	Play a sport	Color
Write a poem	Listen to nature sounds	Pet an animal	Write a letter	Play a card game
Watch a movie	Give someone a hug	FREE	Take a walk	List 10 positives about you
Write in a journal	Stress ball	Take a trip	Yoga	Hug a stuff animal
Listen to music	Blow bubbles	Read a book	Garden	Laugh