Coping Skills

Talk with an adult	Color	Imagine your safe place	Stretching	Paint
Do Yoga	Talk to staff	Read a book	Count backwards	Talk to a friend
Use a stress ball	Count to 10	**FREE**	Listen to music	Make funny faces
Take a walk	Meditate	Sing/write a song	Jumping jacks	Play a game
Deep breathing	Take a time out	Drawing	Work out/Play a sport	Go outside

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Coping Skills

Use a stress ball	Work out/Play a sport	Count backwards	Meditate	Do Yoga
Stretching	Make funny faces	Imagine your safe place	Play a game	Count to 10
Listen to music	Color	**FREE**	Jumping jacks	Sing/write a song
Go outside	Talk with an adult	Drawing	Take a walk	Deep breathing
Paint	Listen to music	Talk to a friend	Read a book	Talk to staff

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Coping Skills

Take a walk	Jumping jacks	Use a stress ball	Go outside	Stretching
Take a time out	Talk to a friend	Work out/Play a sport	Meditate	Count to 10
Sing/write a song	Count backwards	**FREE**	Listen to music	Imagine your safe place
Listen to music	Paint	Deep breathing	Color	Talk with an adult
Talk to staff	Read a book	Make funny faces	Play a game	Drawing

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