

Coping Skills

Use a stress ball	Count backwards	Imagine your safe place	Take a time out	Sing/write a song
Do Yoga	Talk with an adult	Take a bubble bath	Count to 10	Talk to staff
Work out/Play a sport	Deep breathing	FREE	Make funny faces	Play a game
Talk to a friend	Read a book	Take a nap	Jumping jacks	Stretching
Do Art	Take a walk	Drawing	Write in a journal	Go outside

Coping Skills

Work out/Play a sport	Write in a journal	Count to 10	Read a book	Do Yoga
Take a time out	Play a game	Imagine your safe place	Stretching	Deep breathing
Make funny faces	Count backwards	FREE	Jumping jacks	Take a nap
Go outside	Use a stress ball	Drawing	Talk to a friend	Do Art
Sing/write a song	Listen to music	Talk to staff	Take a bubble bath	Talk with an adult

Coping Skills

Talk to a friend	Jumping jacks	Work out/Play a sport	Go outside	Take a time out
Take a walk	Talk to staff	Write in a journal	Read a book	Deep breathing
Take a nap	Count to 10	FREE	Make funny faces	Imagine your safe place
Listen to music	Sing/write a song	Do Art	Count backwards	Use a stress ball
Talk with an adult	Take a bubble bath	Play a game	Stretching	Drawing