

Coping Skills

Think about loved ones	Arts and Crafts	Exercise	Take a walk	Play cards
Deep breathing	Think about happy memories	Sing a Song	Calm Down Bottle	Take a bath or shower
Talk to a trusted adult	Watch TV	FREE SPACE!	Count to 10	Listen to music
Painting	Take space	Pet Therapy	Help a friend	Read
Go outside	Dance	Stress balls	Write in a journal	Drawing

Coping Skills

Watch TV	Calm Down Bottle	Take a walk	Deep breathing	Sing a Song
Exercise	Write in a journal	Play cards	Dance	Take a bath or shower
Painting	Count to 10	FREE SPACE!	Listen to music	Arts and Crafts
Help a friend	Stress balls	Think about loved ones	Drawing	Take space
Pet Therapy	Read	Talk to a trusted adult	Think about happy memories	Go outside

Coping Skills

Dance	Stress balls	Calm Down Bottle	Read	Count to 10
Think about loved ones	Painting	Pet Therapy	Think about happy memories	Play cards
Talk to a trusted adult	Drawing	FREE SPACE!	Take space	Help a friend
Watch TV	Take a bath or shower	Take a walk	Write in a journal	Exercise
Listen to music	Arts and Crafts	Sing a Song	Deep breathing	Go outside