

COPING SKILLS

1. Take Deep Breaths
2. Color a Picture
3. Squeeze a Stress Ball
4. Punch A Pillow
5. Blow Bubbles
6. Read a Book
7. Eat a Healthy Snack
8. Listen to Music
9. Play Outside
10. Talk to an Adult
11. Sing
12. Count to 10
13. Draw a Picture
14. Play a Board Game
15. Walk Away
16. Paint a Picture
17. Rip Paper
18. Play a Video Game
19. Go for a Walk
20. Write in a Journal
21. Talk to a Friend
22. Take a Nap
23. Hug a Stuffed Animal
24. Dance
25. Play with Play-Doh
26. Put Together a Puzzle
27. Play an Instrument
28. Stretch
29. Play a Sport
30. Drink Cold Water
31. Give someone a hug
32. Build with Blocks
33. Play with Legos
34. Yoga
35. Exercise
36. Paint your Nails
37. Take a Bubble Bath
38. Think of Something Funny
39. Take Pictures
40. Close Your Eyes
41. Use a Fidget Spinner
42. Chew Gum
43. Look at Old Pictures
44. Do Something Kind
45. Go for a Run
46. Do A Craft
47. Clean
48. Pet an Animal
49. Watch a Funny Video
50. Bake