

HOLIDAY

COLOR BY COPING SKILLS

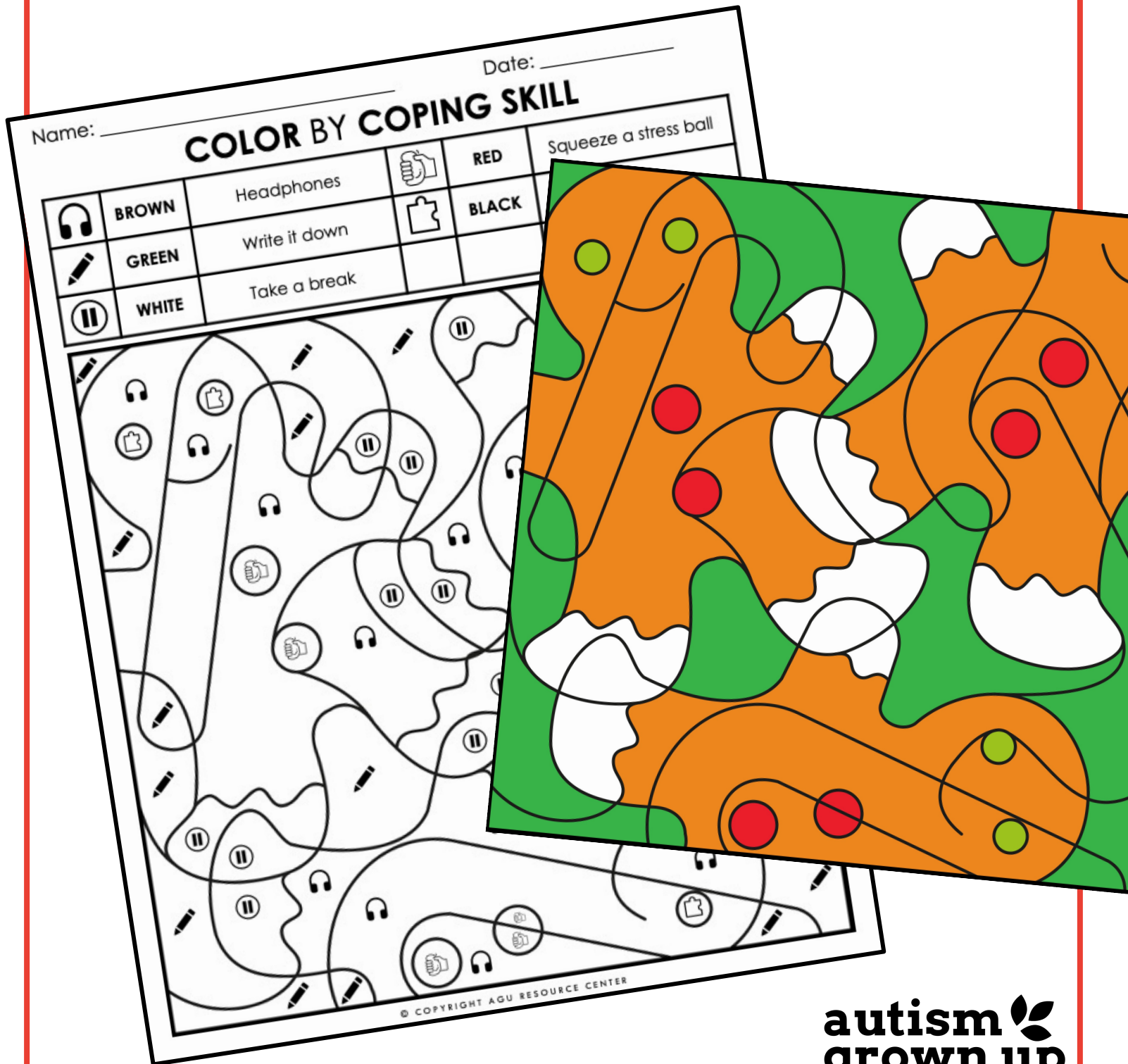


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thank you!

Thank you for downloading this resource! We hope you find the resource helpful & enjoy using it!



TERMS OF USE

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CREDITS

Thank you to all the talented artists and resource creators who contributed to this resource. **Noun Project**



meet the agu resource center



Autism Grown Up is a non-profit start-up creating and sharing resources to support all learners on the autism spectrum as they grow up and prepare for and navigate adulthood. We seek to equip all autism team members with the knowledge, strategies, and confidence to support the autistic people in their lives. We create resources based in evidence-based practices and input from the autism community.

 | @autismgrownup  | Autism Grown Up  | Autism Grown Up  | hello@autismgrownup.com

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how to use **HOLIDAY COLOR BY CODE**

OVERVIEW

This color by code resource was made to support you and/or your learner(s) in discussing and practicing coping skills. For any learner at any age.

MATERIALS & PREP

- Print preferred pages
- Grab preferred coloring utensils

GETTING STARTED

- Review coping strategies with learners individually, in small groups, as a whole class.
- Discuss the situations over the holiday and/or daily that learners may benefit from using coping skills.
- Review the key for the coloring page
- Students look at the color-coded picture and determine which color to use for each space by referring to the key on the top of the page.
- Any spaces left blank can be filled in by the student's choice of color!

DIFFERENTIATION

- There multiple levels of coloring pages within this resource, you can differentiate for ease and difficulty by the number of colors for each page
- Additionally, you can encourage learners to use different shades of colors

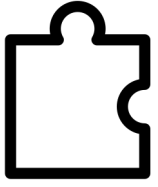
ADDITIONAL STRATEGIES & CONTINUED USE

These coloring pages are another proactive way to support and promote coping skills as well as normalizing discussion and their use.

Additionally, these coloring pages may be a helpful coping strategy on their own!

Teachers, clinicians, and professionals: practice and send home with individuals and families to use over the holiday break.

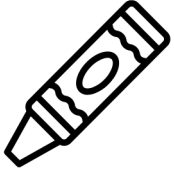
COPING SKILLS LIST



Do a puzzle



Write it down



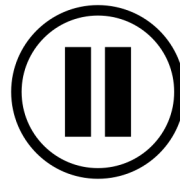
Color or draw



Ask for help



Move around



Take a break



Listen to music



Headphones



Deep breaths



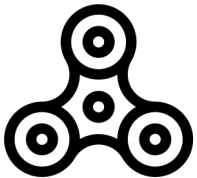
**Talk to someone
I trust**



**Squeeze a
stress ball**



**Picture a calm,
happy place**



Use a sensory tool



**Take a
walk around**



**Watch a video
I like**






**Sit in a
calming spot**

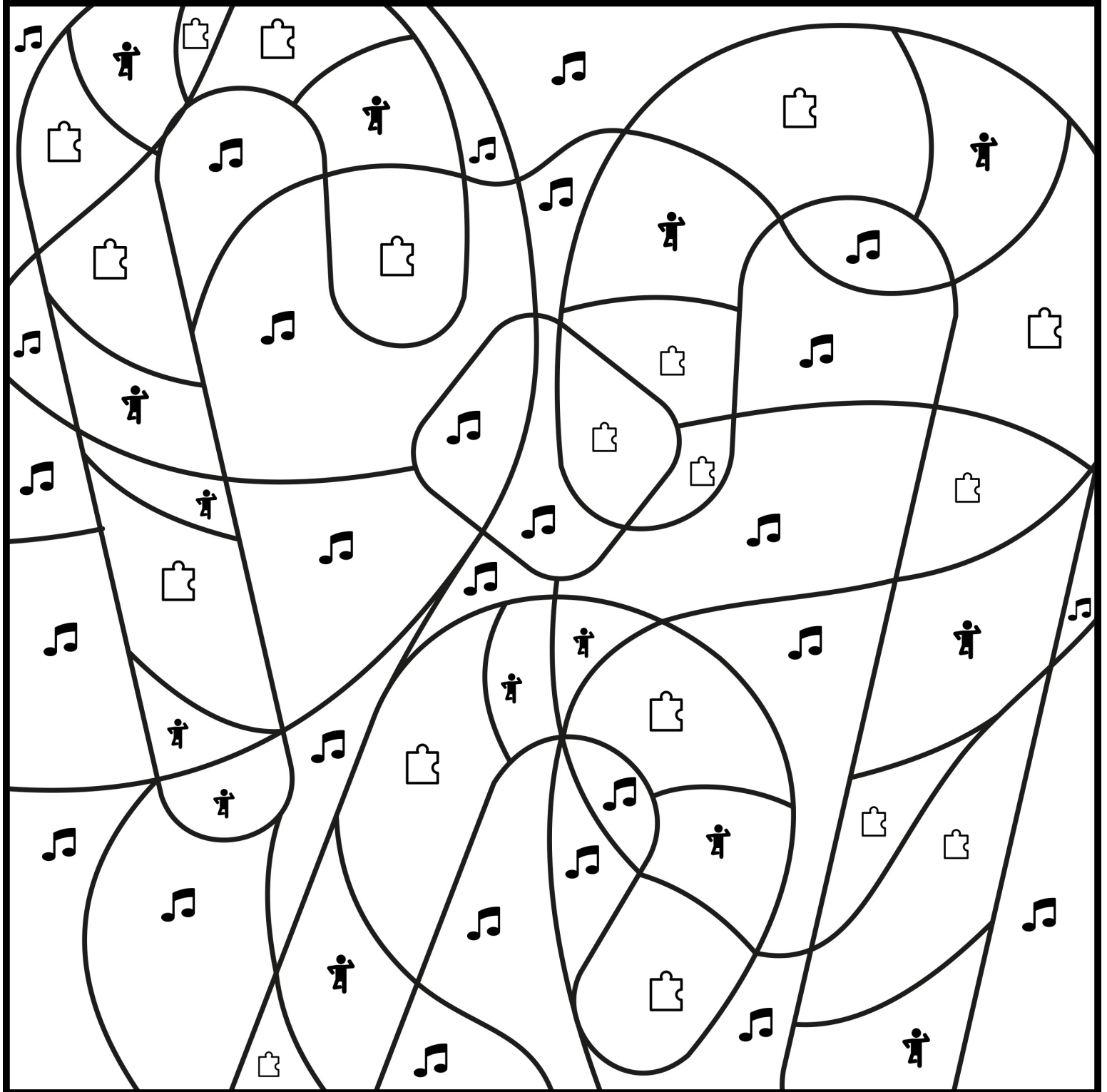
holiday
color by coping skills
coloring sheets

Name: _____

Date: _____

COLOR BY COPING SKILL



	RED	Do a puzzle		GREEN	Listen to music
	WHITE	Move around			

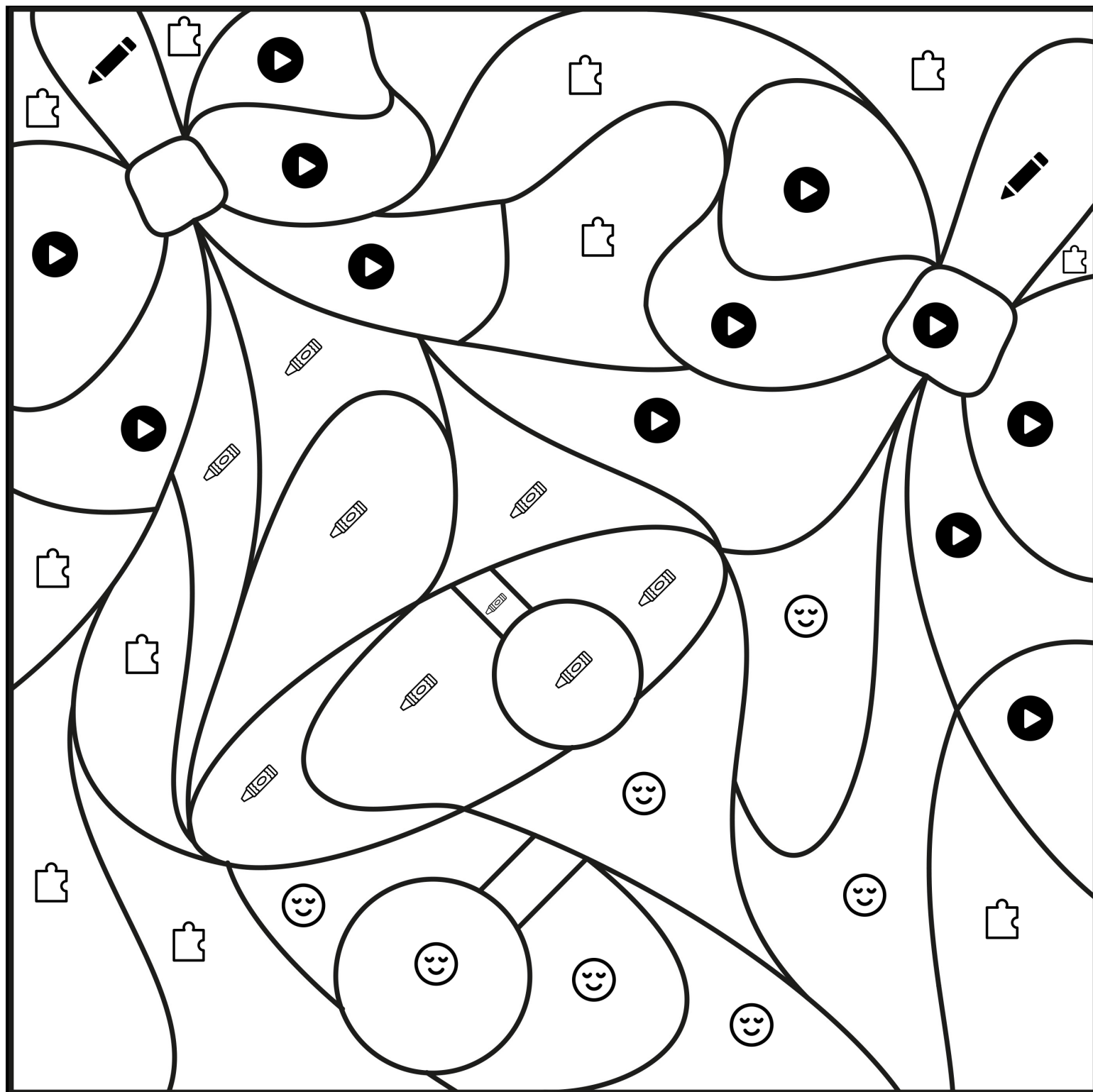


Name: _____

Date: _____

COLOR BY COPING SKILL





	YELLOW	Color or draw		BLUE	Do a puzzle
	ORANGE	Picture a calm, happy place		BROWN	Write it down
	RED	Watch a video I like			

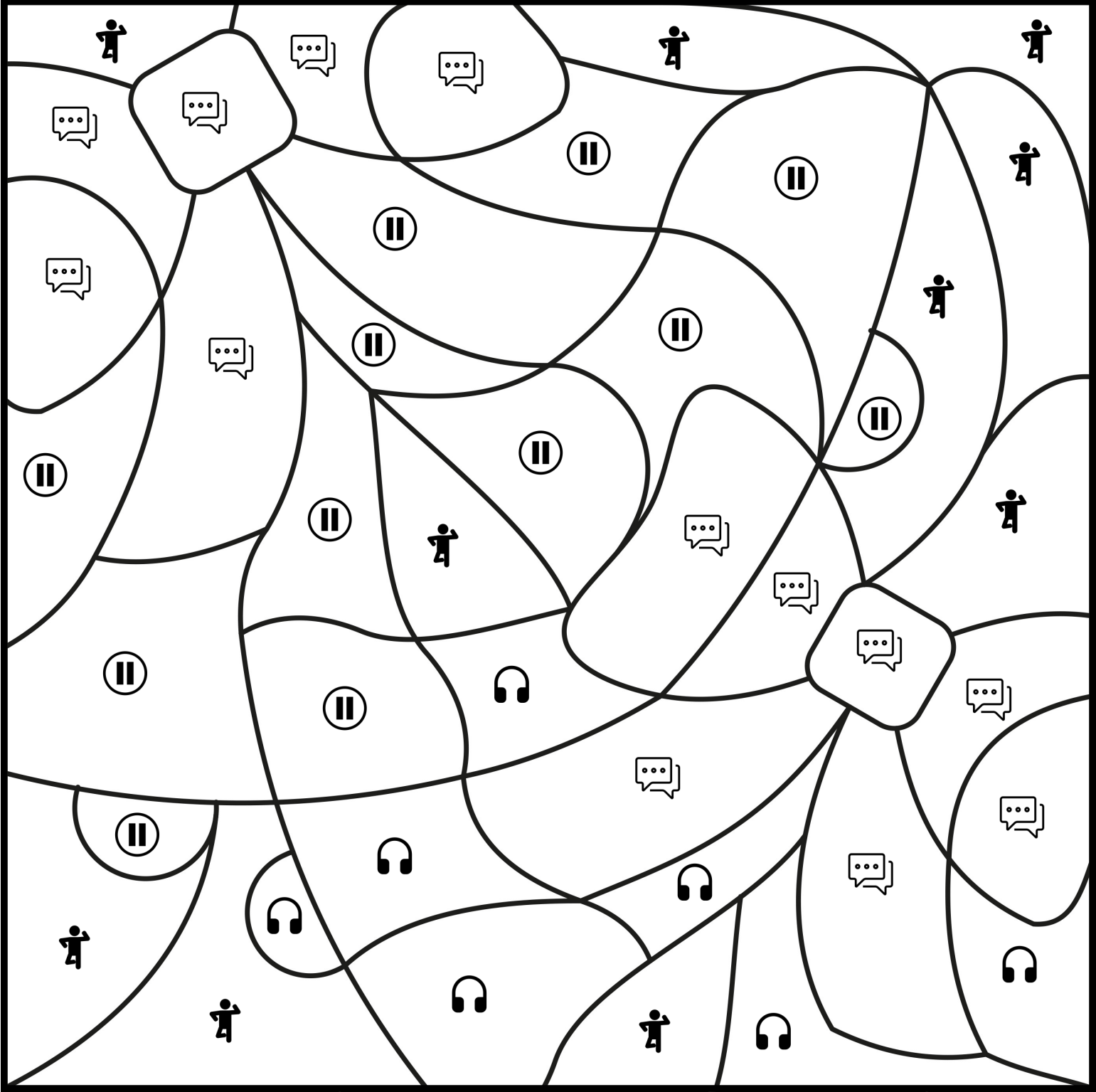


Name: _____

Date: _____

COLOR BY COPING SKILL







	YELLOW	Take a break		PURPLE	Move around
	ORANGE	Headphones		RED	Talk to someone I trust

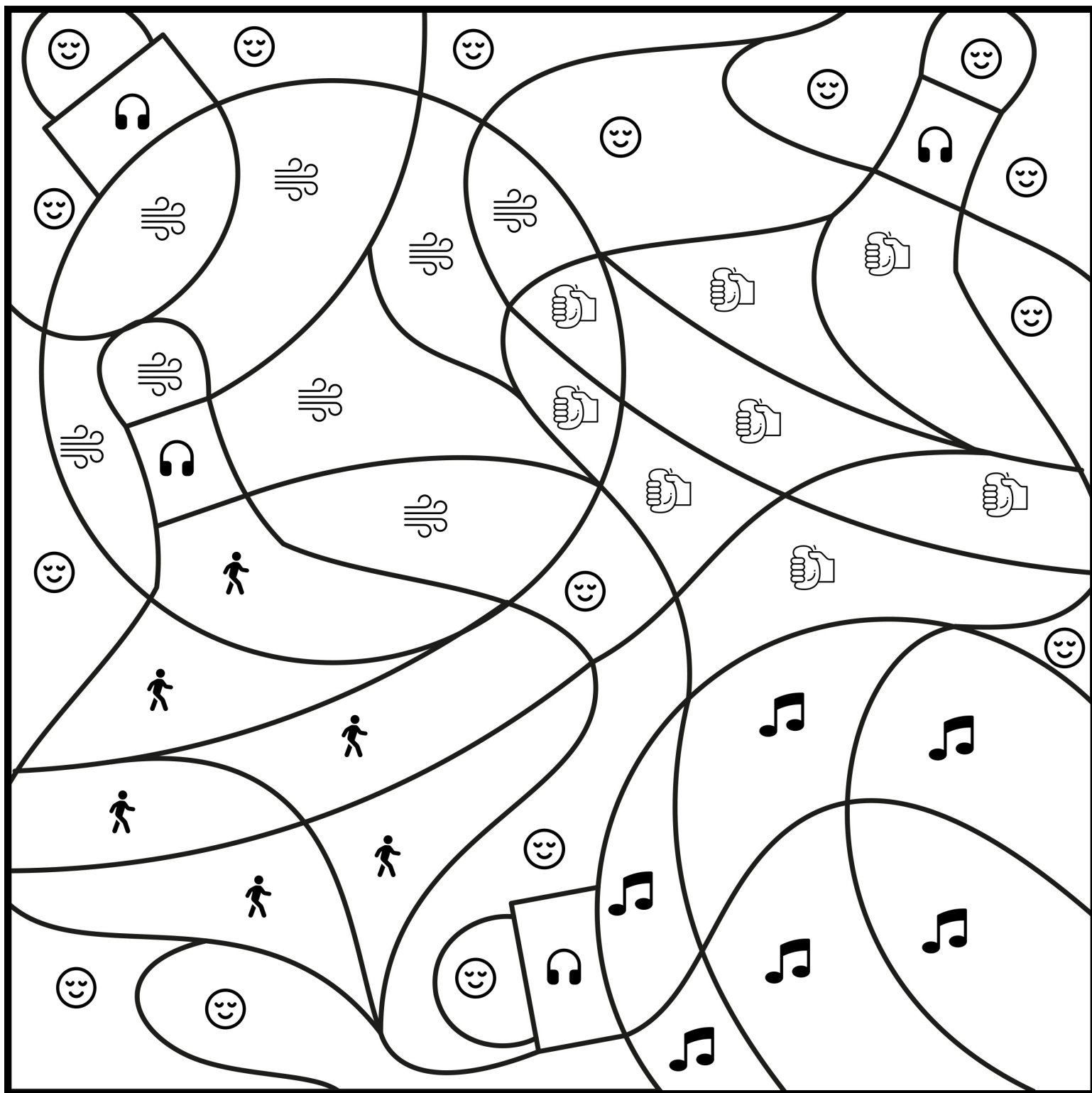


Name: _____

Date: _____

COLOR BY COPING SKILL


	YELLOW	Headphones		PURPLE	Take a walk around
	ORANGE	Deep breaths		BLUE	Squeeze a stress ball
	RED	Listen to music		GREEN	Picture a calm, happy place

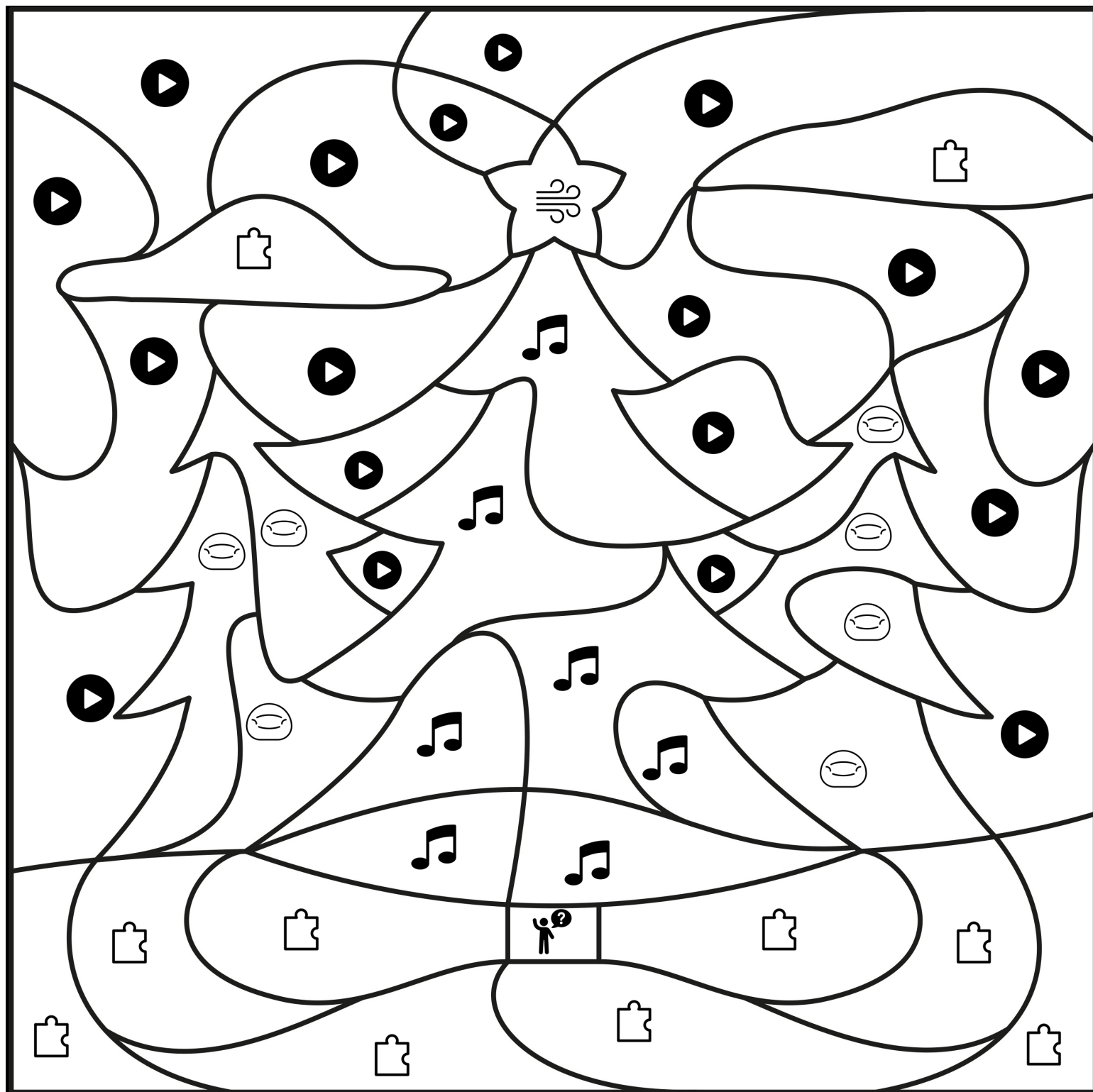


Name: _____

Date: _____

COLOR BY COPING SKILL






	YELLOW	Deep breaths		BROWN	Ask for help
	BLUE	Watch a video I like		WHITE	Do a puzzle
	LIGHT GREEN	Listen to music		DARK GREEN	Sit in a calming spot

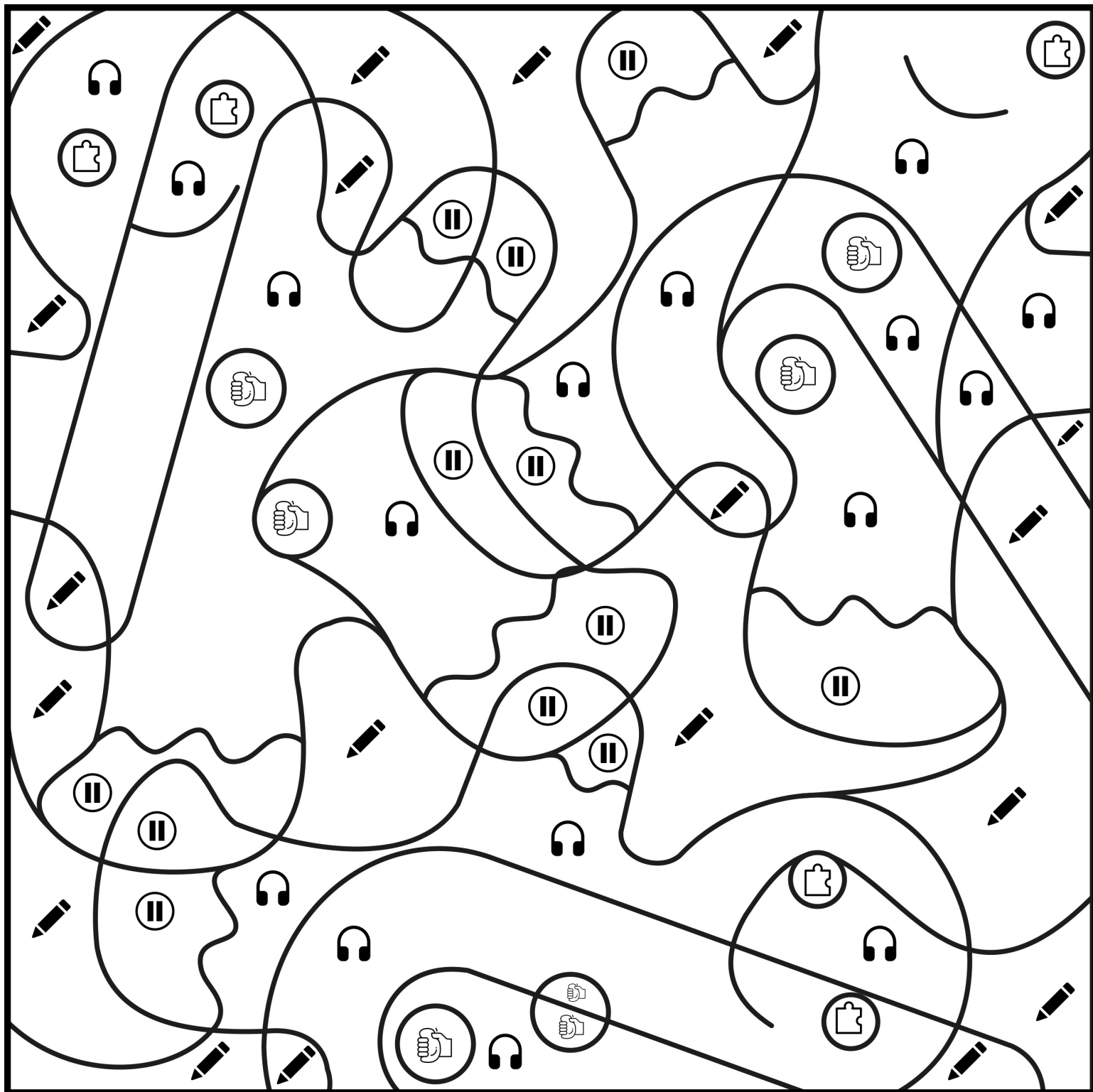


Name: _____

Date: _____

COLOR BY COPING SKILL







	BROWN	Headphones		RED	Squeeze a stress ball
	GREEN	Write it down		BLACK	Do a puzzle
	WHITE	Take a break			

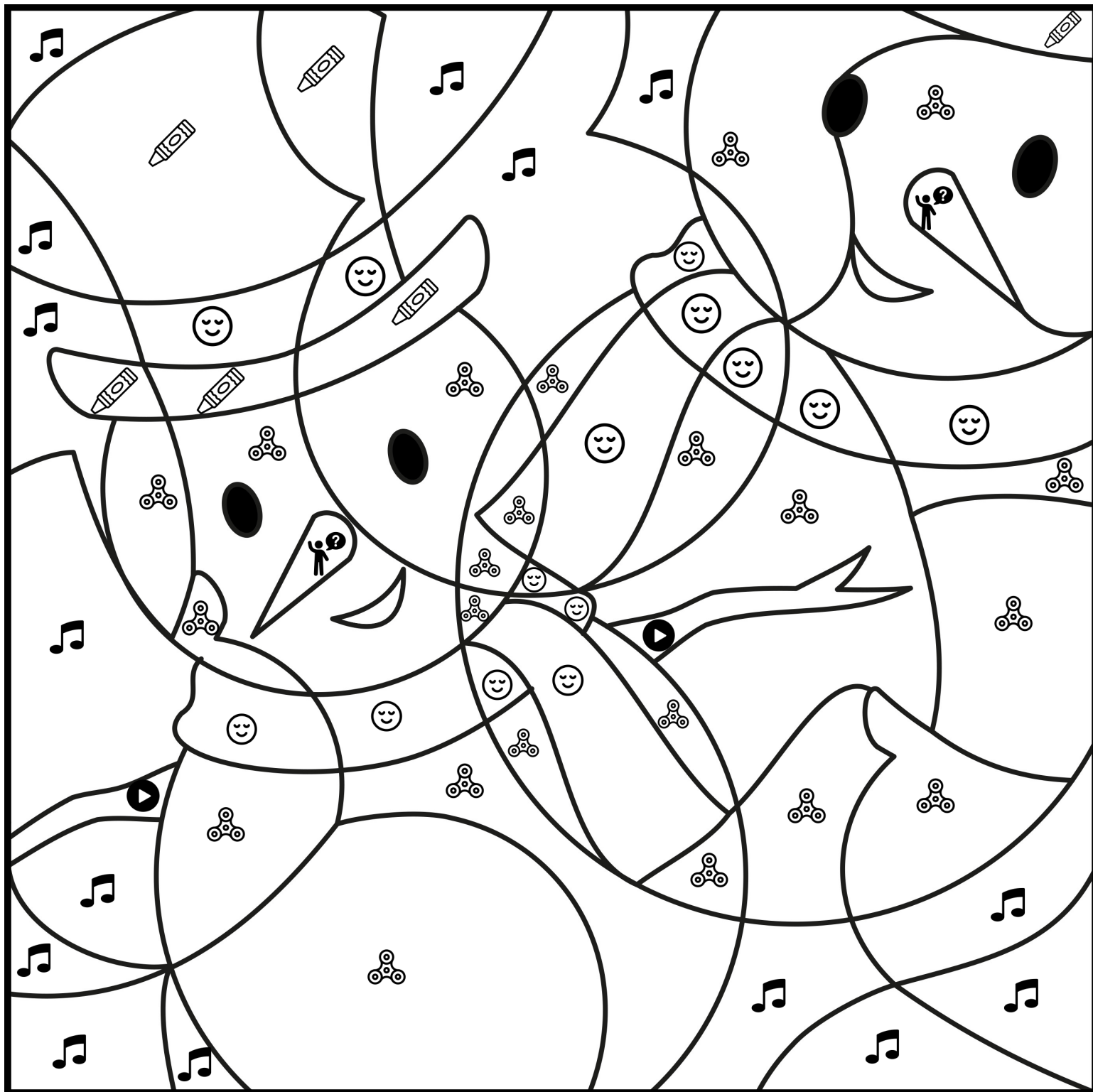


Name: _____

Date: _____

COLOR BY COPING SKILL






	ORANGE	Ask for help		BROWN	Watch a video I like
	BLACK	Color or draw		WHITE	Use a sensory tool
	RED	Picture a calm, happy place		BLUE	Listen to music

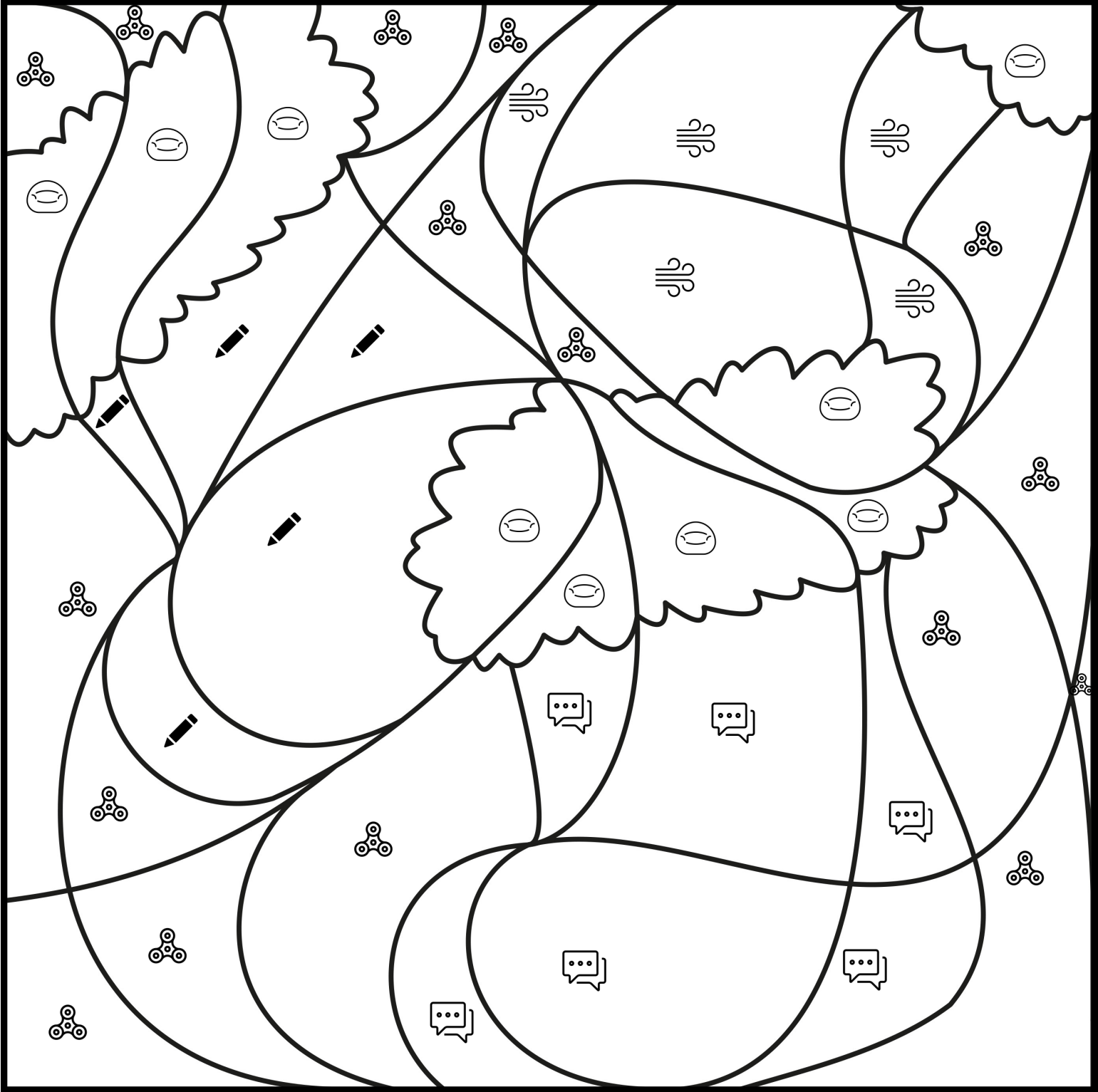


Name: _____

Date: _____

COLOR BY COPING SKILL




	BLUE	Write it down		GREEN	Deep breaths
	PINK	Use a sensory tool		WHITE	Sit in a calming spot
	RED	Talk to someone I trust			

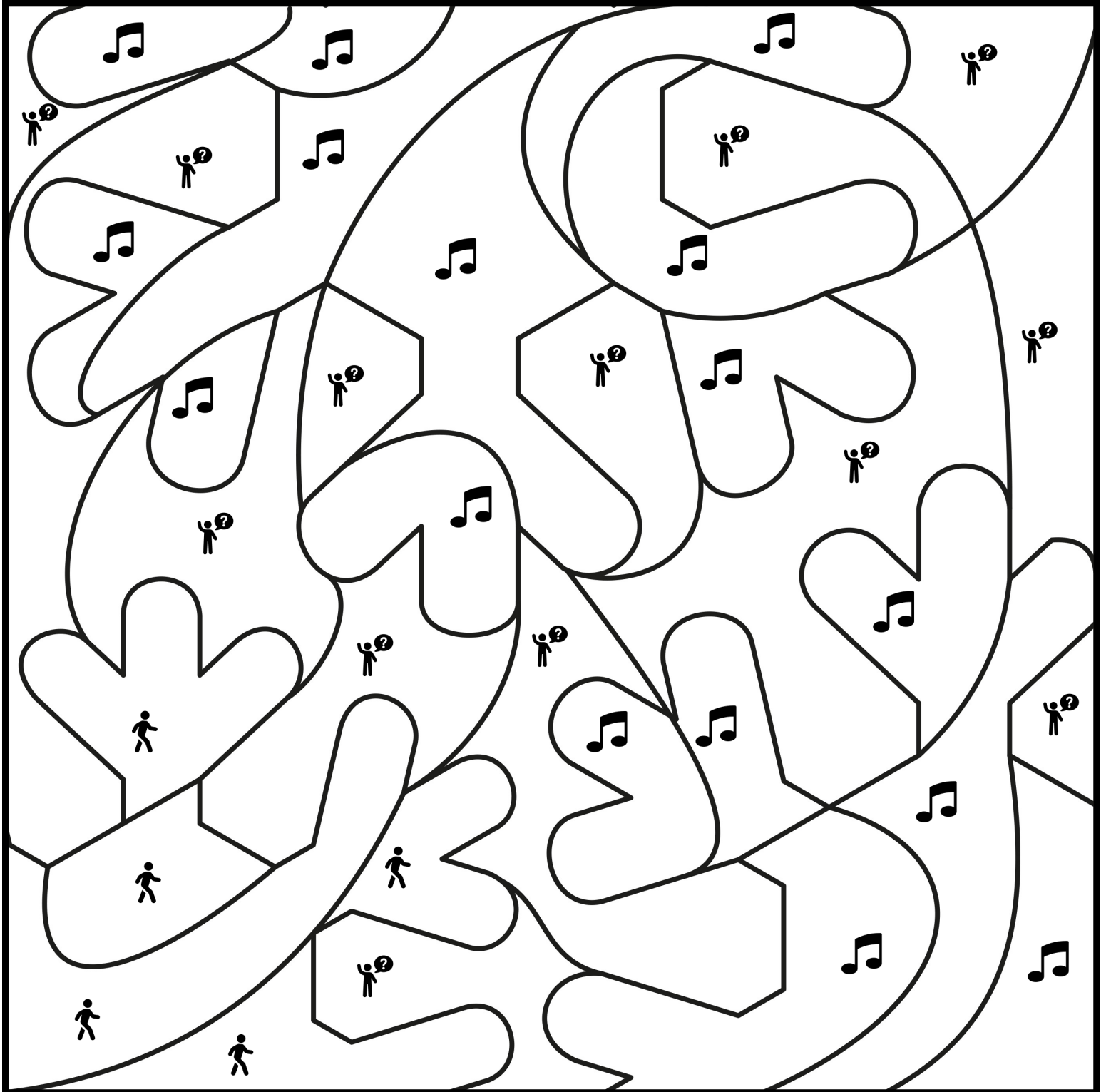


Name: _____

Date: _____

COLOR BY COPING SKILL







	BLUE	Ask for help		GRAY	Take a walk around
	WHITE	Listen to music			

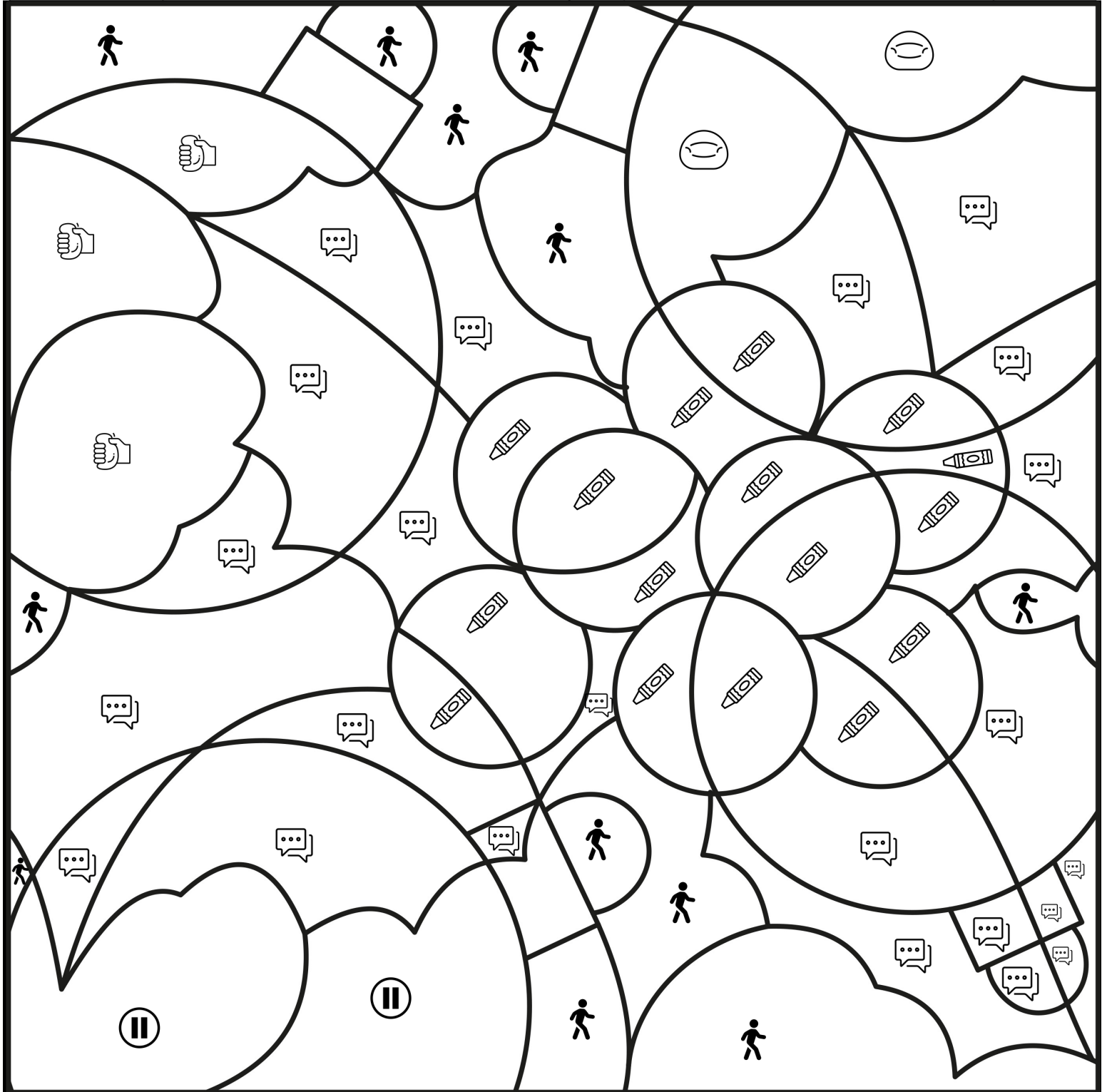


Name: _____

Date: _____

COLOR BY COPING SKILL





	PINK	Sit in a calming spot		BLUE	Squeeze a stress ball
	ORANGE	Take a break		PURPLE	Take a walk around
	RED	Color or draw		GREEN	Talk to someone I trust

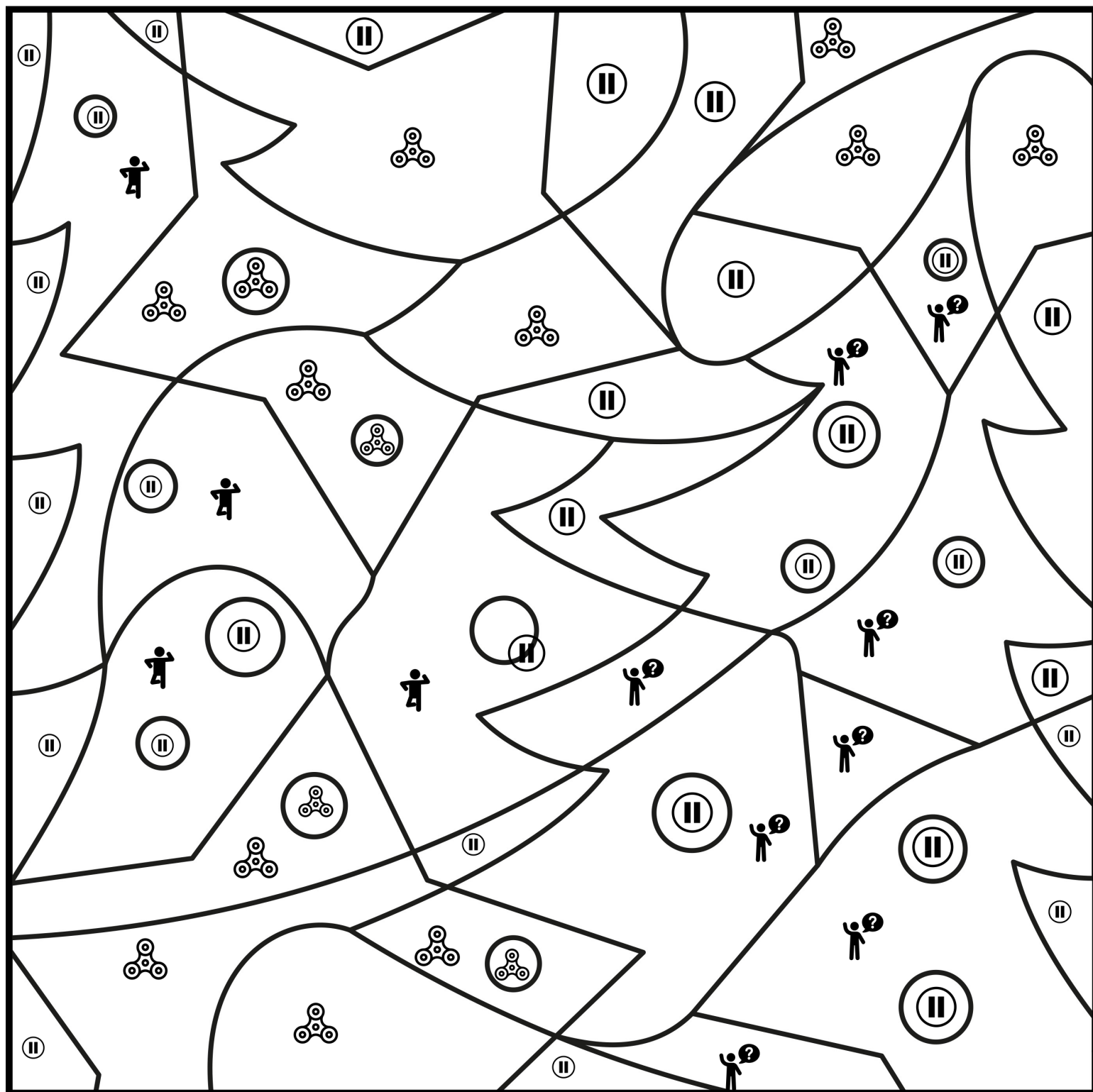


Name: _____

Date: _____

COLOR BY COPING SKILL

	YELLOW	Use a sensory tool		LIGHT GREEN	Ask for help
	DARK GREEN	Move around		RED	Take a break






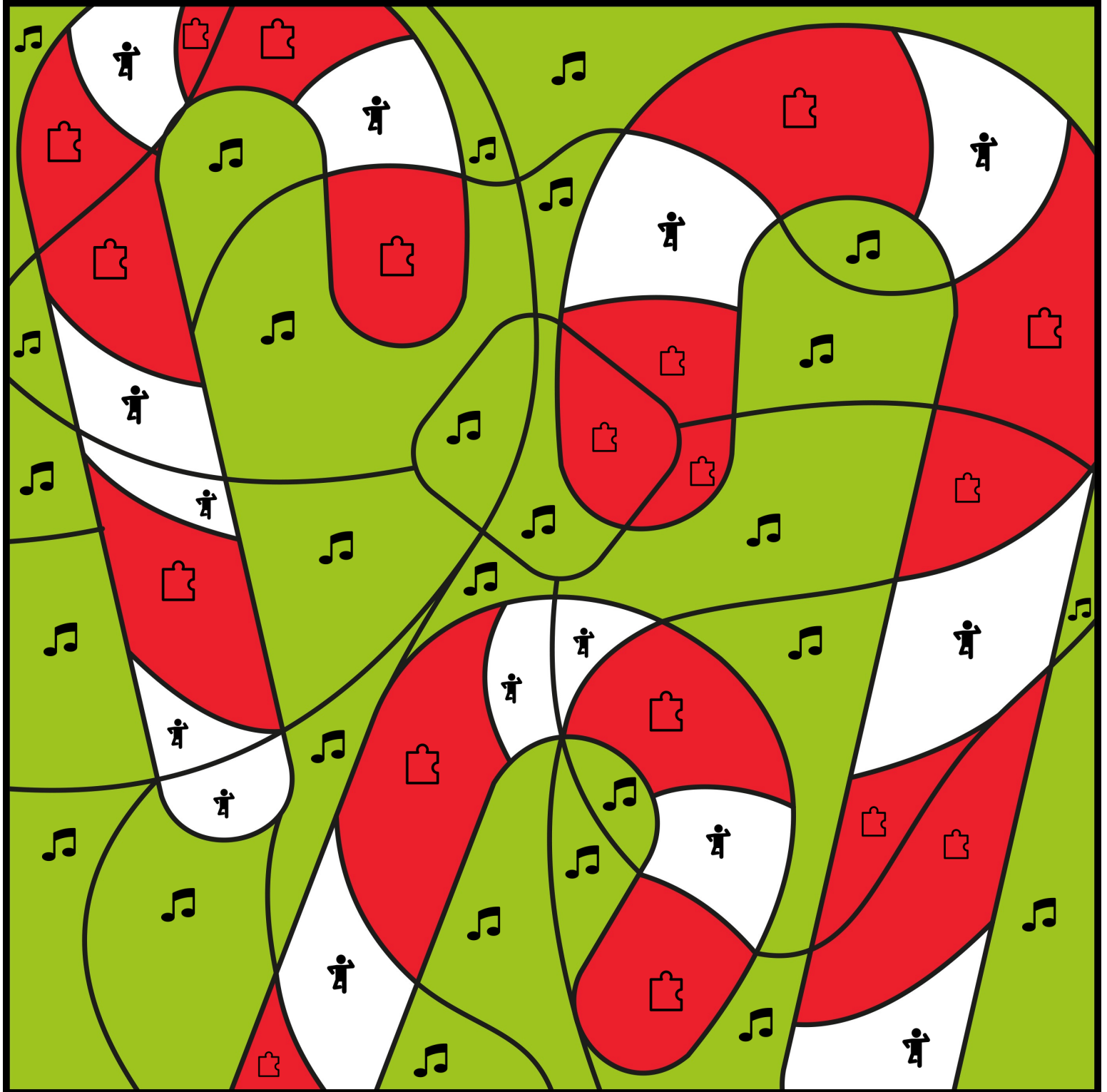
holiday
color by coping skills
answer keys

Name: _____

Date: _____

COLOR BY COPING SKILL

	RED	Do a puzzle		GREEN	Listen to music
	WHITE	Move around			

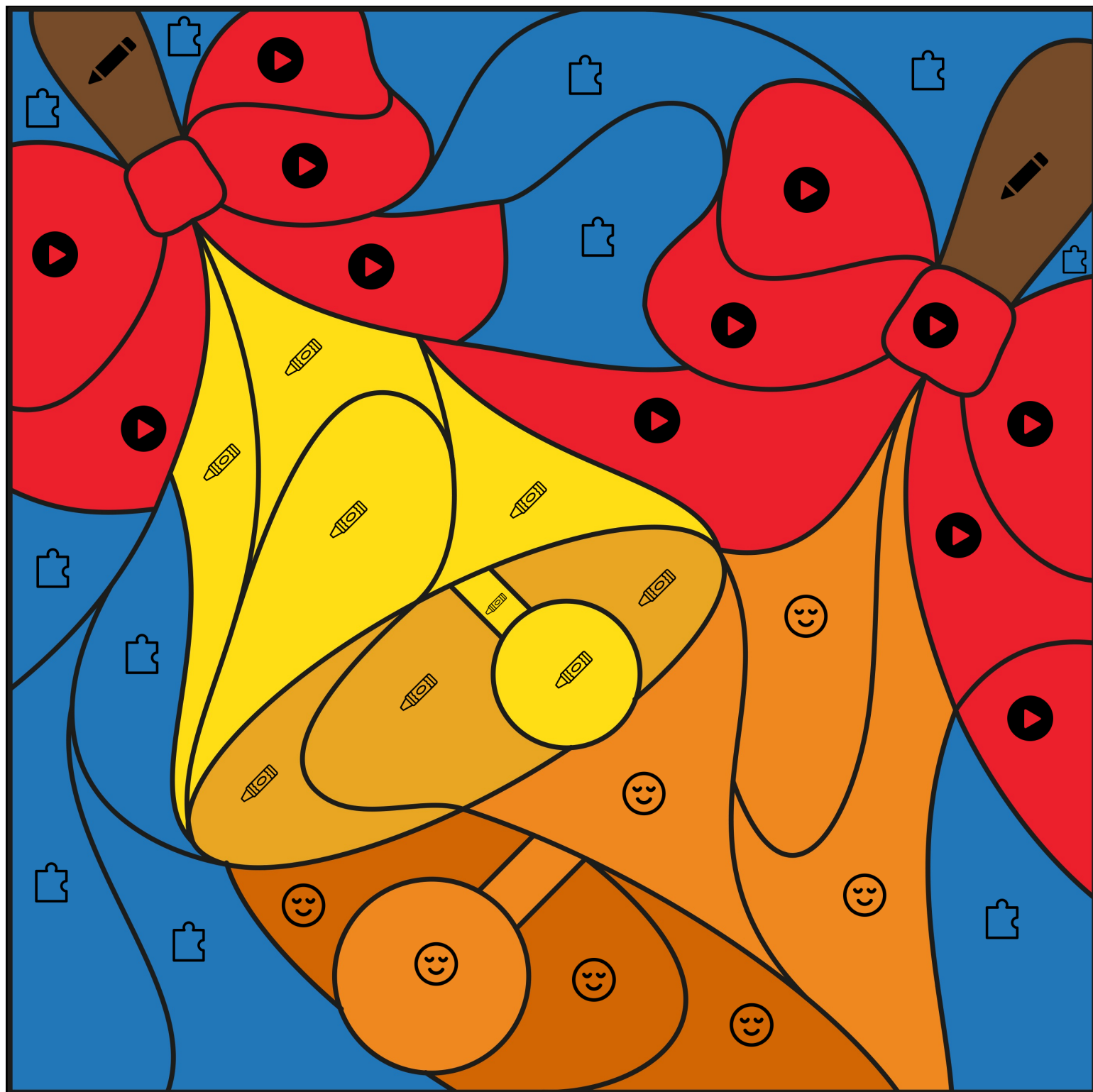


Name: _____

Date: _____

COLOR BY COPING SKILL





	YELLOW	Color or draw		BLUE	Do a puzzle
	ORANGE	Picture a calm, happy place		BROWN	Write it down
	RED	Watch a video I like			

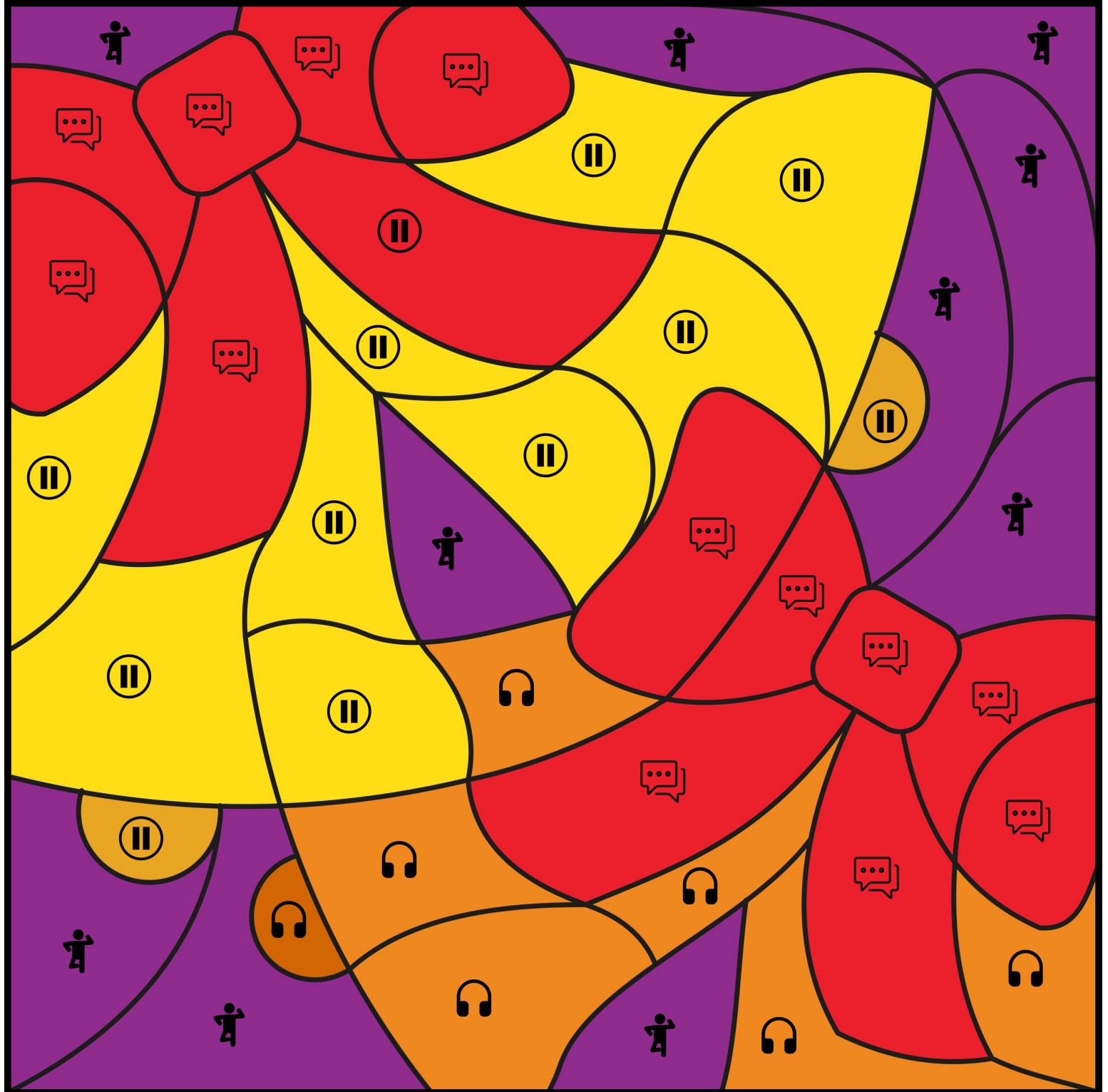


Name: _____

Date: _____

COLOR BY COPING SKILL







	YELLOW	Take a break		PURPLE	Move around
	ORANGE	Headphones		RED	Talk to someone I trust

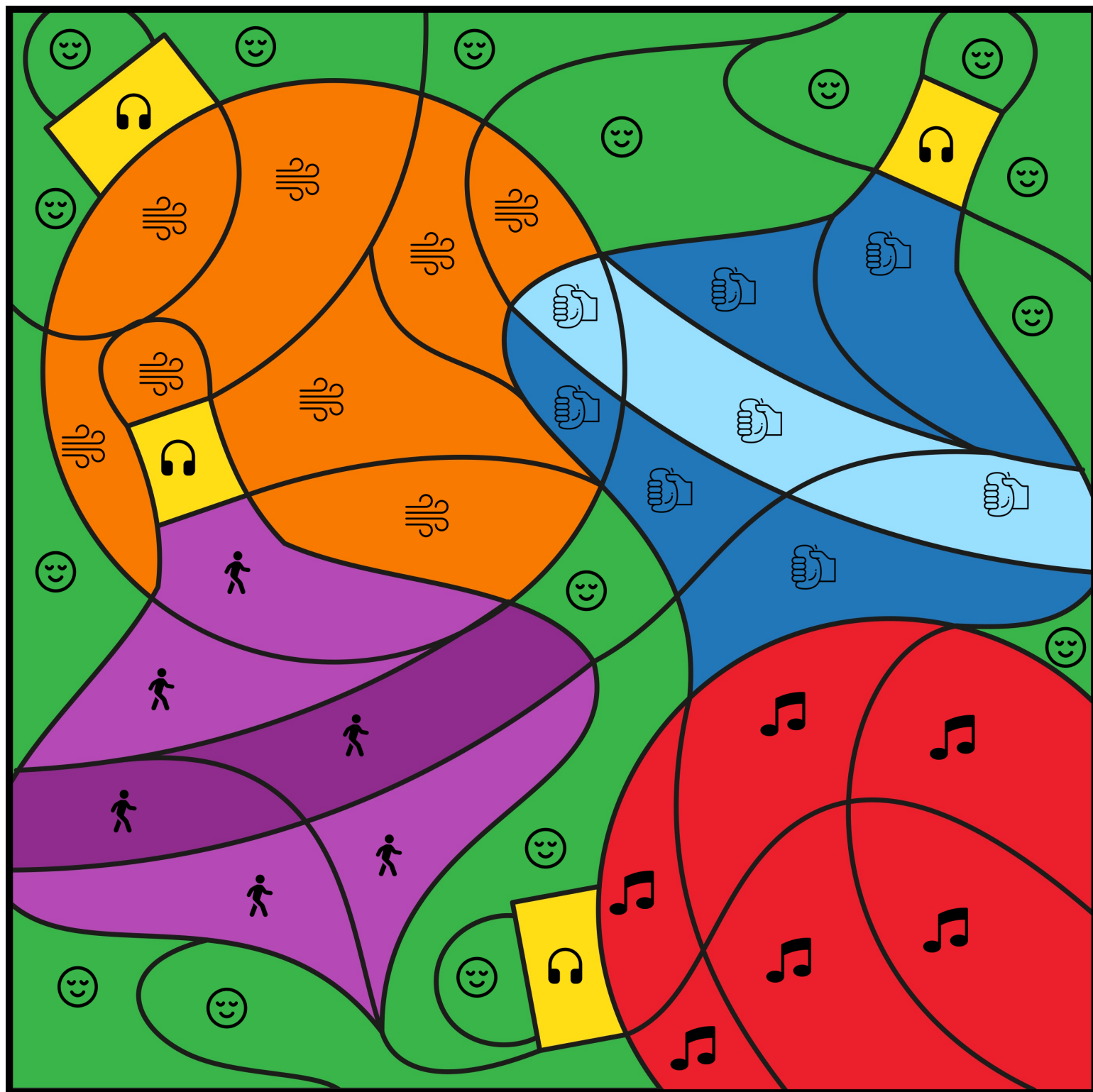


Name: _____

Date: _____

COLOR BY COPING SKILL



	YELLOW	Headphones		PURPLE	Take a walk around
	ORANGE	Deep breaths		BLUE	Squeeze a stress ball
	RED	Listen to music		GREEN	Picture a calm, happy place

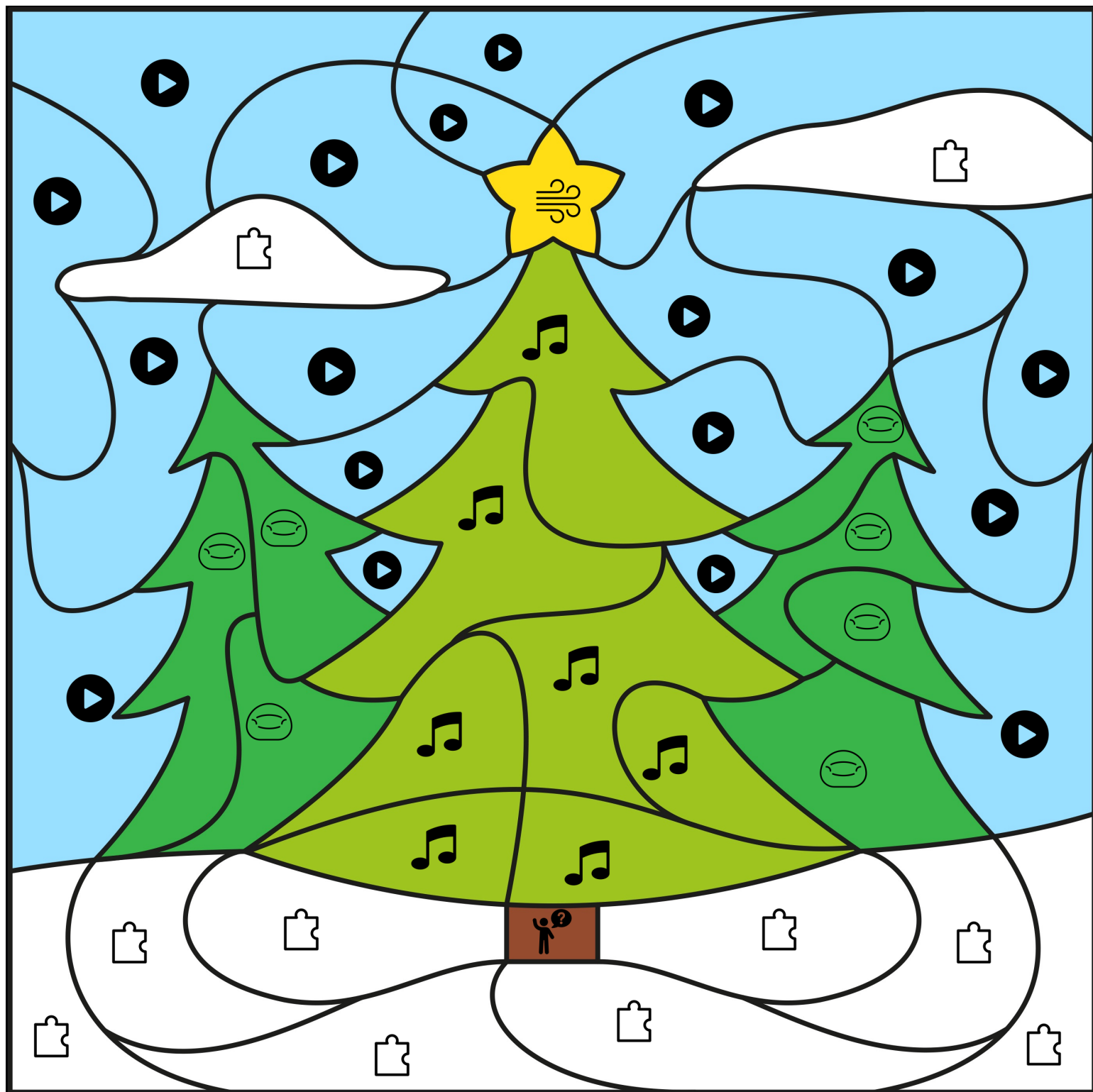


Name: _____

Date: _____

COLOR BY COPING SKILL






	YELLOW	Deep breaths		BROWN	Ask for help
	BLUE	Watch a video I like		WHITE	Do a puzzle
	LIGHT GREEN	Listen to music		DARK GREEN	Sit in a calming spot

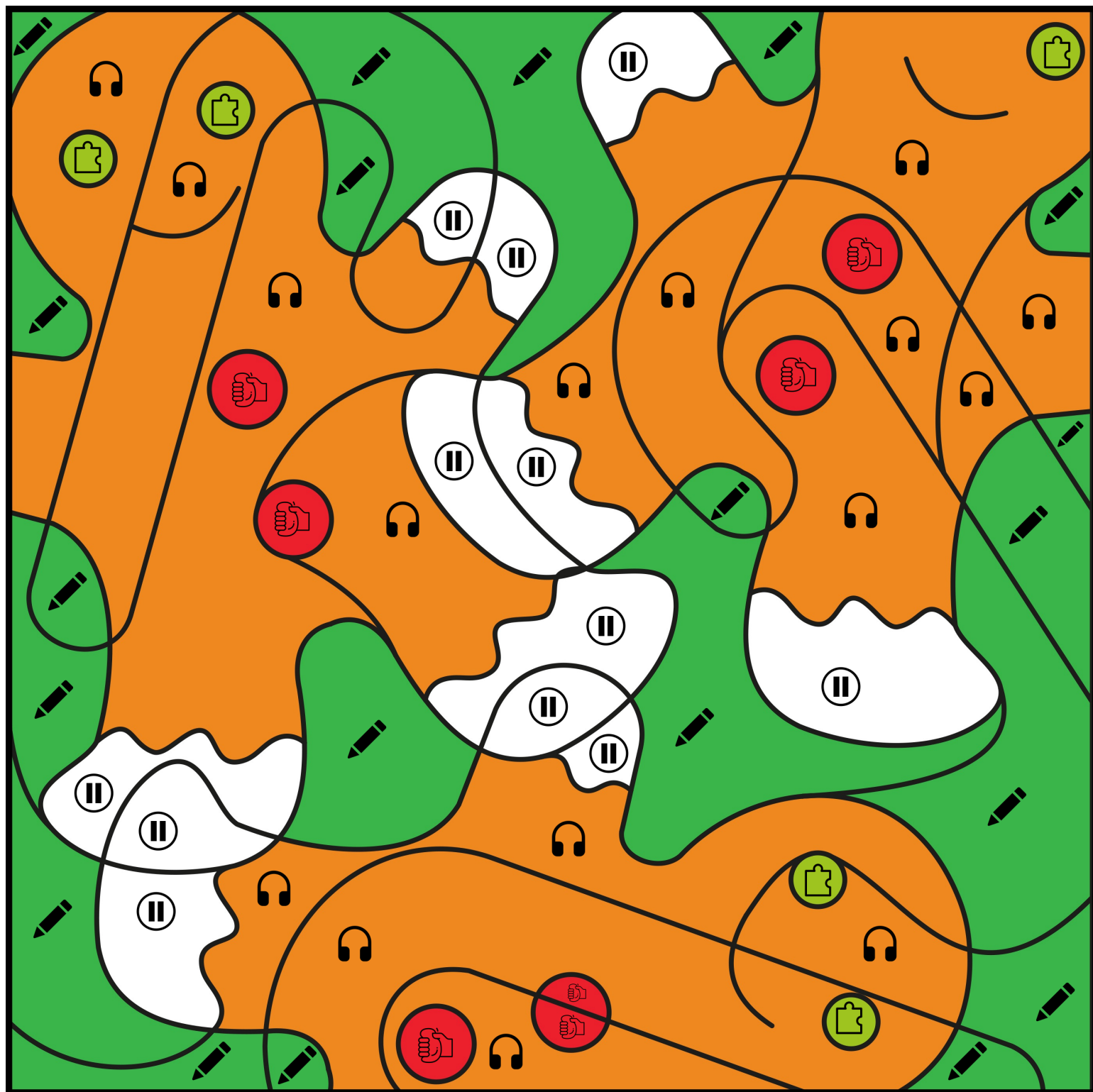


Name: _____

Date: _____

COLOR BY COPING SKILL







	BROWN	Headphones		RED	Squeeze a stress ball
	GREEN	Write it down		BLACK	Do a puzzle
	WHITE	Take a break			



Name: _____

Date: _____

COLOR BY COPING SKILL






	ORANGE	Ask for help		BROWN	Watch a video I like
	BLACK	Color or draw		WHITE	Use a sensory tool
	RED	Picture a calm, happy place		BLUE	Listen to music

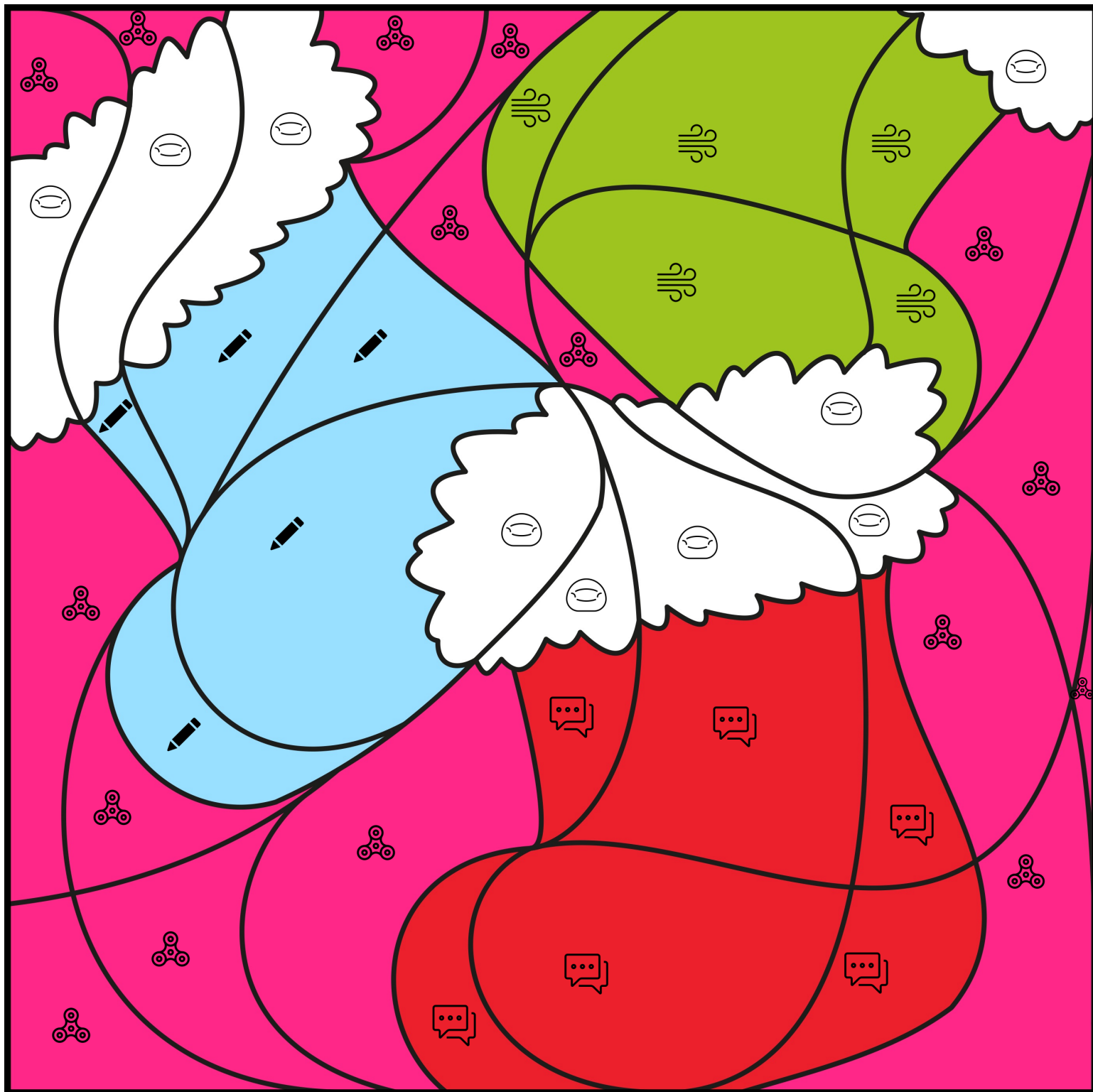


Name: _____

Date: _____

COLOR BY COPING SKILL




	BLUE	Write it down		GREEN	Deep breaths
	PINK	Use a sensory tool		WHITE	Sit in a calming spot
	RED	Talk to someone I trust			

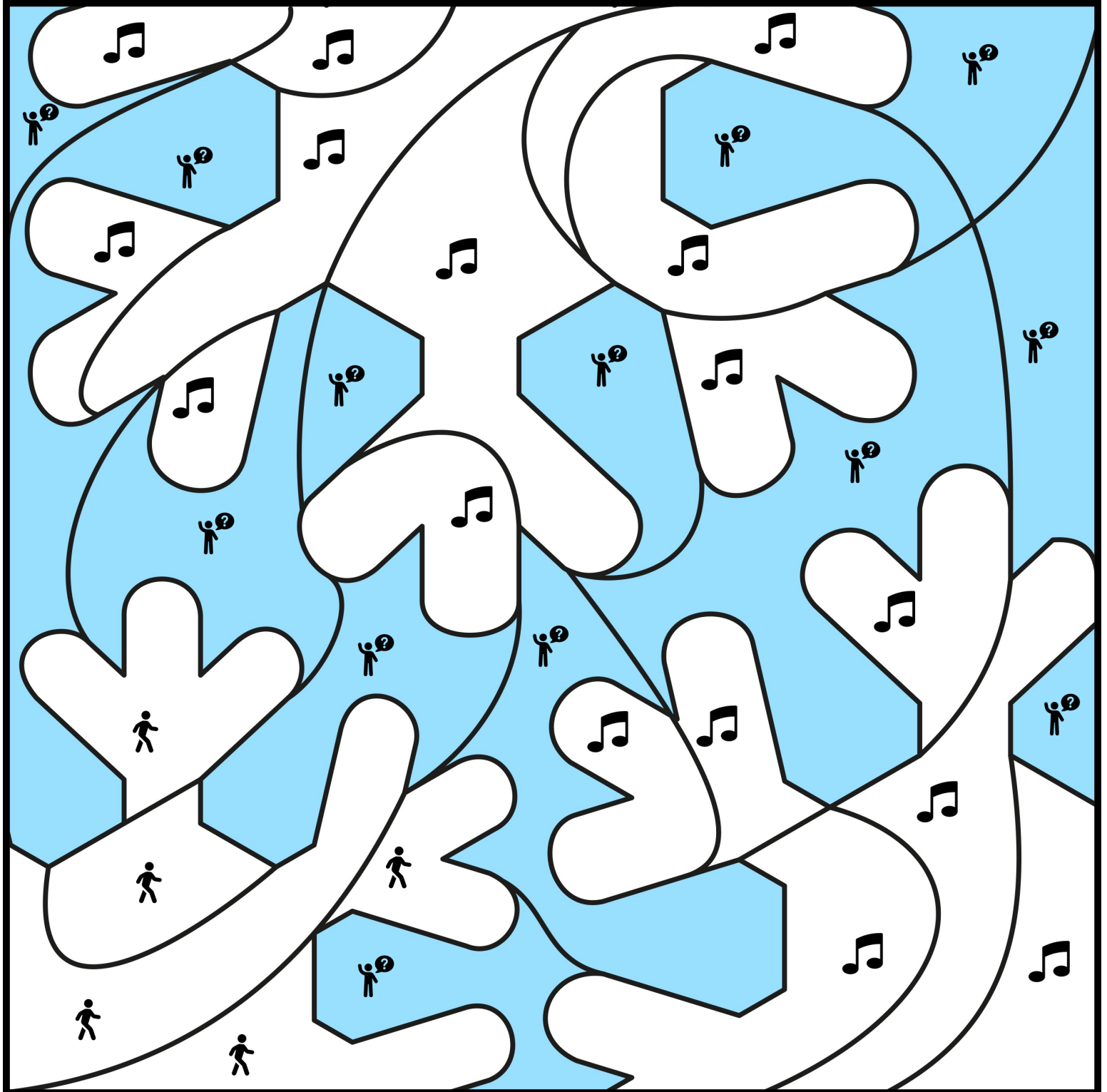


Name: _____

Date: _____

COLOR BY COPING SKILL







	BLUE	Ask for help		GRAY	Take a walk around
	WHITE	Listen to music			

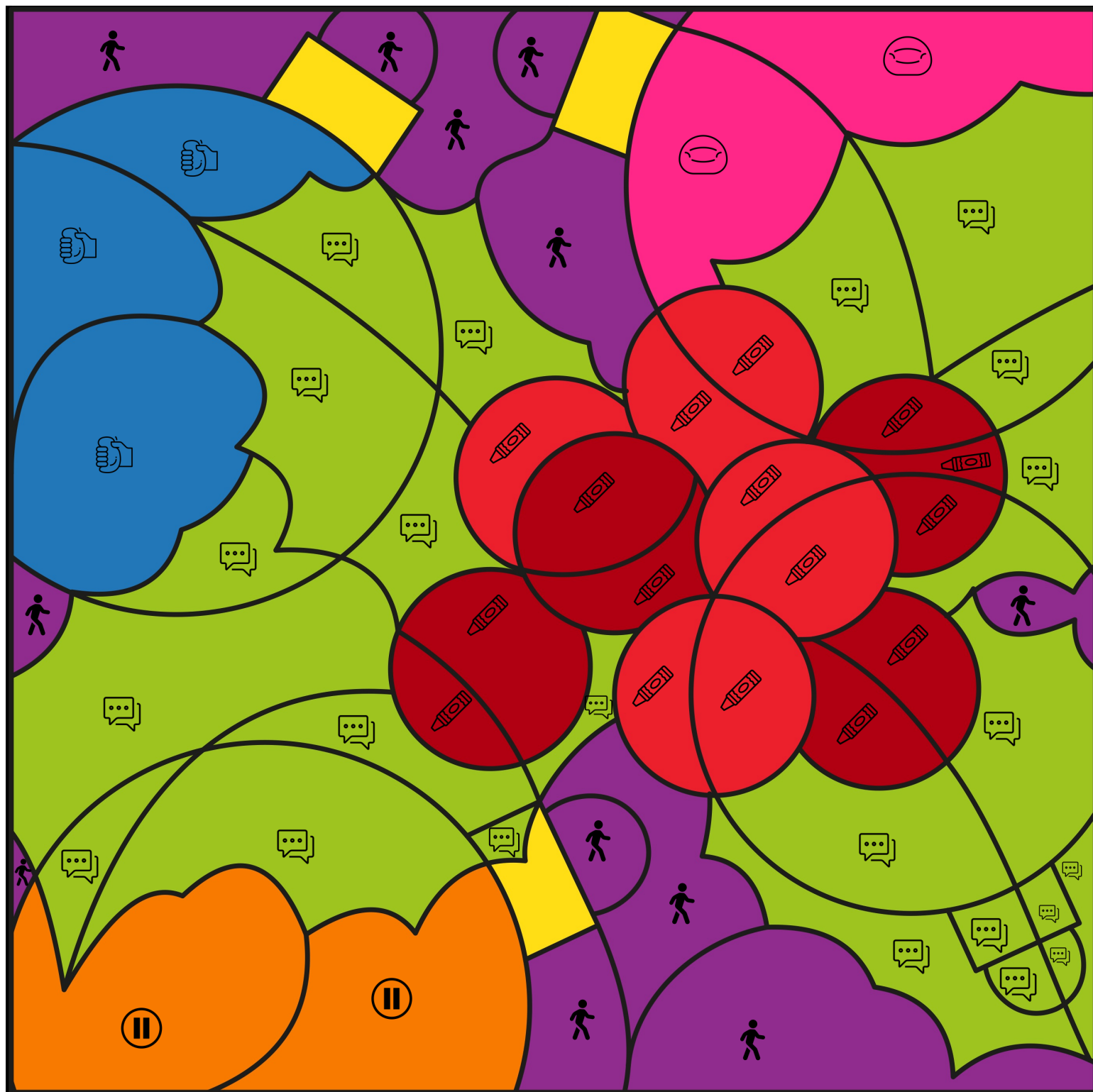


Name: _____

Date: _____

COLOR BY COPING SKILL





	PINK	Sit in a calming spot		BLUE	Squeeze a stress ball
	ORANGE	Take a break		PURPLE	Take a walk around
	RED	Color or draw		GREEN	Talk to someone I trust



Name: _____

Date: _____

COLOR BY COPING SKILL

	YELLOW	Use a sensory tool		LIGHT GREEN	Ask for help
	DARK GREEN	Move around		RED	Take a break

