

Coping Strategies

Below is a list of activities you can choose from to help manage your emotions.

- Take deep breaths
- Take a walk
- Listen to music
- Take a break
- Say something kind to yourself or someone else
- Talk to a friend or and adult
- Get enough sleep
- Eat a healthy snack]draw a picture
- Color a coloring page
- Do something kind
- Rip paper into pieces
- Blow bubbles express your feelings to someone
- Pet an animal
- Play a game

Create a feelings book: Write or draw about the emotions you are feeling. Make sure to identify the emotion(s) you are feeling.

Make a list of your favorite things to do: It can be helpful to do one of your favorite things when you are stressed. Think about what you like to do at school, home, outside, inside, by yourself or with others.

Movement: When you are feeling irritable, restless or antsy, it is important to do something active. Do jumping jacks, jump rope, go for a walk, dance, run, skip, etc.

Positive self-talk: Make sure you talk positively about yourself. Change “I am not good at this” to “I am just learning how to do this.”

Finish these sentences with positive things yourself:

- ★ I can do this well:
- ★ I did this kind thing for someone:
- ★ People like it when I:
- ★ I think the best thing about me is:

List three things that make you feel thankful: _____, _____,
_____.

Trusted adults I can go to when I need help: _____, _____,
_____.