



Ask for Help



Listen to Music



Do Something Kind



Watch Funny Animal Videos



Talk About My Feelings



Eat Healthy Food



Garden or Do Yard Work



Observe Clouds (...and just breathe)



Bake or Cook (try a new recipe!)



Go on a Walk, Run or Hike



Journal



Drink Enough Water



Read a Good Book or Magazine



Do a Puzzle



Tense then Relax My Muscles



Make a Collage or Scrapbook

Make of List of Things I Can Control (and focus on that)



Take Slow, Focused Breaths



Unplug and Go Outside

Play a Card or Board Game



List at least 3 Things I Am Grateful For

Do Wall or Chair Push-Ups



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COPING TOOLS

for kids!



Say Something Kind to Myself



Create Origami or Paper Airplanes



Try or Learn Something New



Cry (tears release stress hormones)



Stretch or Do Yoga



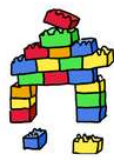
Massage My Neck, Arms & Shoulders



Set a Goal and List 2 Steps to Get There



Remember ALL of My Feelings Are O.K.



Build Something



Clean, Organize or Declutter



Draw, Paint, Color, Craft, or Sculpt



Hug (myself, someone else, or a stuffed animal)

Take or Look at Photographs



Sew, Weave, Knit or Crochet



Visualize a Peaceful Place



Write a Letter

Use a Stress Ball or Other Fidget



Focus on What I See, Hear, Feel, Smell & Taste



Exercise



Kick, Bounce, or Throw a Ball



Drink a Cup of Hot Cocoa or Tea

Cuddle & Play with My Pet



Call or Text Family and Friends

Take a Shower or Bath



Remind Myself I Can Do Hard Things



Get 8-11 Hours of Sleep



Sing and/or Dance



Smile (smiling tricks our brain into feeling happier)

