COPING STRATEGIES CHECKLIST

1 Problem solving
2 When...Then Rules
3 AsK for help
4 Talk to someone

BREATHING

5 Deep breathing
6 Inflating a balloon
7 Blowing bubbles
8 Blowing a candle
9 Lion breathing
10 Bumble bee breathing
11 Butterfly breathing
12 Belly breathing-Balloon
13 Belly breathing- Toy
14 Hand breathing
15 Square breathing
16 Star breathing

RELAXATION

17 Stress ball
18 Hug soft toy
19 Give yourself a big hug
20 Hug your knees
21 Palm presses
22 Hand squeeze
23 Wall push

TAKE A BREAK

24 Go to your room / calm down conner
25 Step out to the garden
26 Go for a walk
27 Read a book
28 Watch a movie
29 Board games
30 Drawing
31 Listen to music (*)
32 Computer games
33 Sing out loud
34 Play with a fidget toy
35 Arts & crafts
36 Playdough / Clay (*)

BURN IT OUT!

37 Bounce on a ball
38 Dance
39 Bike riding
40 Go for a run
41 Skip jumping
42 Jumping jacks

DEALING WITH THOUGHTS

43 Throw away thoughts
44 Write & tear
45 Change into happy thoughts
46 Turn unhelpful thoughts into helpful
47 Happy memories album

SENSORY

48 Lava lamps
49 Clouds in motion
50 Sensory jar
51 Soothing sounds
52 Audiobook
53 Soothing smells
54 A treat!
55 Weighted blanket
56 Weighted puppy
57 Body sock
58 Massage
59 Take a bath
60 Play dough
61 Swing
62 Jump on a trampolin

MASSAGE

63 Arm massage
64 Ear massage
65 Hand massage

YOGA

66 Cat pose
67 Cow pose
68 Downward dog pose
69 Corpse pose
70 Tree pose

(*) These strategies are also included in the sensory section