



Ride a Bike OR SKATEBOARD



ASK FOR HELP



Blow Bubbles



Color Paint Draw

CREATE ART!

Listen to MUSIC



PLAY a BOARD GAME

MAKE & PLAY WITH SLIME



Practice Gratitude



WEAVE, KNIT OR CROCHET

Use Kind & Compassionate Self-Talk



Make a SCRAPBOOK OR COLLAGE



PRACTICE YOGA



Hug or Climb a Tree

KICK BOUNCE OR THROW a BALL



JOURNAL OR WRITE A LETTER



Take Slow, Mindful Breaths



Cuddle or Play with Your Pet



Drink Water



Smile & Laugh

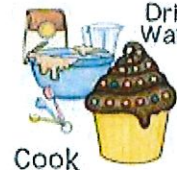


EAT Healthy

# 50 COPING SKILLS for kids



Forgive Let Go Move On



Cook or Bake



Get Plenty of SLEEP



TAKE A SHOWER OR BATH



STRETCH

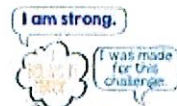


Go on a Hike, Walk or Run

Use Aromatherapy (Smell something good)



Sing and/or Dance



SAY Positive Affirmations

Take GOOD CARE of the Earth



Look At or Take PHOTOGRAPHS



Garden or Do Yardwork



Visualize a Peaceful Place



Try or Learn Something New



EXPLORE & DISCOVER Nature's Treasures

READ a Book or Magazine



DRINK A WARM CUP OF TEA

USE a STRESS BALL (or other fidget tool)



DO a PUZZLE



Cry



Play Outside

Clean, Declutter or Organize



Create ORIGAMI



Get a HUG



EXERCISE



JUMP on a Trampoline



Rest, Take a Break, OR Nap



Do Something Kind



BUILD Something



TALK to Someone You Trust

