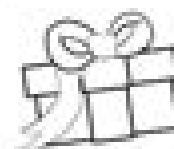


## Coping Skills List

Take a walk  
Listen to music  
Squeeze a stress ball  
Color in

Identify positive thoughts  
Clean something  
Stretch exercises  
Sing a song

Positive self talk  
Write a letter  
Build something  
Hug a stuffed animal



Watch a movie  
Take pictures  
Blow bubbles  
Dance

Gardening  
Think about your favorite place  
Jumping jacks  
Jog in place

Take a nap  
Take a shower  
Go for a run  
Cook

Organize something  
Crochet or Knit  
Bake

Listen to nature sounds  
Relaxation/meditation app

Take a bath  
Read a book  
Do a puzzle  
Journal



Have a healthy snack  
Do yoga  
Slowly count to 10  
Play with a pet/animal

Meditate  
Play with clay/play dough  
Write a story  
Write a poem

Read affirmations  
Talk to a friend

Includes a coping skill  
list with 50 different  
coping skills

Decorate a tree  
with ornaments  
and gifts



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