

# COPING SKILLS

my

- » Play a musical instrument
- » Stomp your feet or jump to release energy
- » Create a secret handshake
- » Jump on a trampoline
- » Make a time capsule
- » Sing a song out loud
- » Spell out words with letter magnets
- » Swing on a swing set
- » Do some jumping jacks
- » Dance to your favorite song
- » Make an obstacle course for your toys or pets
- » Go for a walk
- » Ride a scooter or skate
- » Draw on a foggy mirror
- » Watch fish swim in a tank
- » Watch the clouds and find shapes
- » Play a memory card game
- » Read a comic book
- » Act out your favorite movie scene
- » Make shadow puppets
- » Count to 10 slowly