

COPING SKILLS

my

- » Laugh out loud, even if it's forced
- » Help cook or bake something
- » Build a house of cards
- » Tear up paper for fun or to create art
- » Make a family tree
- » Put together a puzzle
- » Count objects around the room
- » Do a silly dance
- » Play with playdough or clay
- » Take a warm bath
- » Use a finger maze for calming touch
- » Write yourself a note of encouragement
- » Cuddle with a parent or caregiver
- » Make an art project from recycled things
- » Paint rocks
- » Have a snack
- » Write or read a poem
- » Repeat a calming phrase to yourself
- » Write a pretend letter to a friend
- » Play a board game
- » Build with LEGO or blocks