

150 COPING SKILLS

- Take deep breaths
- Draw a picture
- Write in a journal
- Talk to an adult you trust
- Play with your pet
- Listen to calming music
- Dance to your favorite song
- Build with LEGO or blocks
- Squeeze a stress ball
- Go for a walk
- Count to 10 slowly
- Imagine your happy place
- Drink a glass of water
- Hug a stuffed animal
- Blow bubbles
- Watch a funny video or cartoon
- Draw how you feel
- Play with playdough or clay
- Read your favorite book
- Play with a fidget toy
- Try some yoga poses
- Write a pretend letter to a friend
- Play outside in nature
- Take a warm bath
- Say something positive to yourself
- Imagine you're on vacation in your favorite place
- Build a fort with blankets and pillows
- Plant a seed or help in the garden
- Play a musical instrument
- Paint with watercolors
- Watch fish swim in a tank
- Make an art project from recycled things
- Talk to a school counselor or therapist
- Jump on a trampoline
- Run in place
- Count backward from 50
- Try mindfulness or meditation
- Play a board game
- Have a snack
- Skip or hop in place
- Cuddle with a parent or caregiver
- Write a short story
- Play with a friend or sibling
- Make a list of things you're grateful for
- Put together a puzzle
- Laugh out loud, even if it's forced
- Watch the clouds and find shapes
- Do a fun craft
- Make a vision board
- Do something kind for someone
- Have a family movie night
- Sort toys or objects by color
- Try a hand-clapping game
- Make shadow puppets
- Paint with your fingers
- Go on a scavenger hunt
- Sing a song out loud
- Practice a sport you like
- Climb on the jungle gym
- Kick a ball around outside
- Blow up a balloon and let it go
- Make paper airplanes
- Use a calming jar with glitter
- Pop some bubble wrap
- Work on a puzzle
- Create your own comic strip
- Play pretend (dress up or superheroes)
- Read jokes or riddles
- Do a science experiment
- Build a sandcastle or dig in the dirt
- Organize your room or toys
- Act out your favorite movie scene
- Swing on a swing set
- Create a secret handshake
- Tell or listen to a story
- Help cook or bake something
- Write down things you love about yourself
- Stretch your muscles
- Tear up paper for fun or to create art
- Make a scrapbook
- Look at a lava lamp or something calming
- Look at family photos
- Try balancing on one foot
- Write down your worries, then throw them away
- Play with a sensory bin (e.g., rice, beans, sand)
- Rock in a rocking chair
- Relax your muscles one at a time
- Create an obstacle course at home or outside
- Watch calming objects like a lava lamp
- Lay under a weighted blanket
- Do a silly dance
- Read a happy or funny story
- Paint rocks
- Start a collection (rocks, stamps, etc.)
- Learn a new dance move
- Watch fish swim in a tank
- Play with a toy you haven't used in a while
- Organize your favorite things in a box
- Make a time capsule
- Spell out words with letter magnets
- Find shapes in the stars
- Write or read a poem
- Build a house of cards
- Find different smells in the kitchen (spices, fruits)
- Make up your own song
- Look at a calming picture
- Listen to the sounds of rain
- Create a superhero cape from a towel
- Make a list of "cool down" words
- Repeat a calming phrase to yourself
- Use a finger maze for calming touch
- Write a list of your favorite things
- Make a paper chain of things that make you happy
- Use a sensory toy
- Read a comic book
- Play with slime or gooey toys
- Make a bracelet or necklace
- Stomp your feet or jump to release energy
- Fold paper into cool shapes (origami)
- Practice a new skill, like juggling
- Do something kind for someone else
- Try to identify bird sounds outside
- Draw on a foggy mirror
- Make a list of things you want to do when you grow up
- Play hide-and-seek with a friend or family member
- Try copying someone's dance moves
- Learn how to whistle
- Dress up in a costume or pretend you're someone else
- Make funny faces in the mirror
- Look through a kaleidoscope
- Hold an ice cube until it melts
- Practice a magic trick
- Play a memory card game
- Draw a treasure map
- Set a new goal and write it down
- Learn a new fun fact or trivia
- Play a virtual game with a friend
- Plan a dream vacation and list places you'd like to visit
- Build a race car track at home
- Write yourself a note of encouragement
- Make a funny video to share
- Ride a scooter or skate
- Bounce a ball against a wall
- Learn to say something in another language
- Make a family tree
- Do some jumping jacks
- Count objects around the room
- Collect leaves on a nature walk
- Help fold laundry with a parent
- Make an obstacle course for your toys or pets