

COPING SKILLS

- Make a paper chain of things that make you happy
- Make a scrapbook
- Write a short story
- Count objects around the room
- Make paper airplanes
- Draw on a foggy mirror
- Write a pretend letter to a friend
- Try balancing on one foot
- Draw a picture
- Tear up paper for fun or to create art
- Watch a funny video or cartoon
- Bounce a ball against a wall
- Set a new goal and write it down
- Play a musical instrument
- Spell out words with letter magnets
- Make a funny video to share
- Make a vision board
- Collect leaves on a nature walk
- Use a calming jar with glitter
- Create an obstacle course at home or outside
- Swing on a swing set
- Kick a ball around outside
- Repeat a calming phrase to yourself
- Read jokes or riddles
- Build a house of cards
- Go on a scavenger hunt
- Learn a new fun fact or trivia
- Write down your worries, then throw them away
- Take a warm bath
- Make an art project from recycled things
- Take deep breaths
- Play outside in nature
- Fold paper into cool shapes (origami)
- Try a hand-clapping game
- Make funny faces in the mirror
- Write or read a poem
- Read a comic book
- Read your favorite book
- Watch fish swim in a tank
- Try some yoga poses
- Play with slime or gooey toys
- Watch fish swim in a tank
- Blow up a balloon and let it go
- Look through a kaleidoscope
- Play pretend (dress up or superheroes)
- Rock in a rocking chair
- Watch the clouds and find shapes
- Build with LEGO or blocks
- Drink a glass of water
- Create a superhero cape from a towel