

# COPING SKILLS

- Play with your pet
- Draw how you feel
- Count backward from 50
- Draw a treasure map
- Plant a seed or help in the garden
- Help cook or bake something
- Create your own comic strip
- Try mindfulness or meditation
- Watch calming objects like a lava lamp
- Organize your favorite things in a box
- Blow bubbles
- Help fold laundry with a parent
- Practice a magic trick
- Go for a walk
- Squeeze a stress ball
- Pop some bubble wrap
- Say something positive to yourself
- Try to identify bird sounds outside
- Play with a sensory bin (e.g., rice, beans, sand)
- Play a board game
- Play with playdough or clay
- Make shadow puppets
- Stomp your feet or jump to release energy
- Run in place
- Dress up in a costume or pretend you're someone
- Make a list of things you want to do
- Listen to calming music
- Learn how to whistle
- Play with a toy you haven't used in a while
- Have a family movie night
- Act out your favorite movie scene
- Make a family tree
- Look at a lava lamp or something calming
- Make an obstacle course for your toys or pets
- Stretch your muscles
- Do a science experiment
- Play with a fidget toy
- Tell or listen to a story
- Ride a scooter or skate
- Do some jumping jacks
- Plan a dream vacation and list destinations
- Laugh out loud, even if it's forced
- Create a secret handshake
- Do a fun craft
- Hug a stuffed animal
- Paint rocks
- Find different smells in the kitchen (spices, fruits)
- Build a fort with blankets and pillows
- Look at family photos
- Relax your muscles one at a time

else