

COPING SKILLS

- Make a time capsule
- Practice a sport you like
- Talk to an adult you trust
- Use a finger maze for calming touch
- Climb on the jungle gym
- Hold an ice cube until it melts
- Skip or hop in place
- Use a sensory toy
- Lay under a weighted blanket
- Practice a new skill, like juggling
- Write down things you love about yourself
- Make up your own song
- Play a memory card game
- Work on a puzzle
- Do something kind for someone
- Build a race car track at home
- Count to 10 slowly
- Jump on a trampoline
- Play hide-and-seek with a friend or family member
- Make a list of things you're grateful for
- Learn a new dance move
- Organize your room or toys
- Start a collection (rocks, stamps, etc.)
- Write yourself a note of encouragement
- Dance to your favorite song
- Sing a song out loud
- Make a bracelet or necklace
- Learn to say something in another language
- Look at a calming picture
- Cuddle with a parent or caregiver
- Paint with your fingers
- Have a snack
- Paint with watercolors
- Listen to the sounds of rain
- Make a list of "cool down" words
- Play a virtual game with a friend
- Talk to a school counselor or therapist
- Write a list of your favorite things
- Find shapes in the stars
- Build a sandcastle or dig in the dirt
- Put together a puzzle
- Imagine your happy place
- Do a silly dance
- Try copying someone's dance moves
- Read a happy or funny story
- Sort toys or objects by color
- Do something kind for someone else
- Imagine you're on vacation in your favorite place
- Write in a journal
- Play with a friend or sibling