

COPING SKILLS

my

- » Say something positive to yourself
- » Draw how you feel
- » Look through a kaleidoscope
- » Try copying someone's dance moves
- » Organize your favorite things in a box
- » Look at a calming picture
- » Play pretend (dress up or superheroes)
- » Do something kind for someone
- » Organize your room or toys
- » Play a virtual game with a friend
- » Fold paper into cool shapes (origami)
- » Set a new goal and write it down
- » Do something kind for someone else
- » Make a list of things you're grateful for
- » Make a list of things you want to do when you grow up
- » Play with your pet
- » Try a hand-clapping game
- » Make a bracelet or necklace
- » Play with a toy you haven't used in a while
- » Find different smells in the kitchen (spices, fruits)
- » Watch calming objects like a lava lamp