

COPING SKILLS

my

- » Read your favorite book
- » Help fold laundry with a parent
- » Plan a dream vacation and list places you'd like to visit
- » Look at family photos
- » Drink a glass of water
- » Plant a seed or help in the garden
- » Talk to a school counselor or therapist
- » Write down your worries, then throw them away
- » Look at a lava lamp or something calming
- » Watch a funny video or cartoon
- » Learn how to whistle
- » Run in place
- » Climb on the jungle gym
- » Try some yoga poses
- » Skip or hop in place
- » Dress up in a costume or pretend you're someone else
- » Practice a magic trick
- » Stretch your muscles
- » Sort toys or objects by color
- » Hug a stuffed animal
- » Make a vision board