

COPING SKILLS

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- » Practice a sport you like
- » Rock in a rocking chair
- » Watch fish swim in a tank
- » Write a list of your favorite things
- » Kick a ball around outside
- » Hold an ice cube until it melts
- » Take deep breaths
- » Create your own comic strip
- » Play outside in nature
- » Have a family movie night
- » Create an obstacle course at home or outside
- » Pop some bubble wrap
- » Bounce a ball against a wall
- » Write a short story
- » Talk to an adult you trust
- » Read jokes or riddles
- » Relax your muscles one at a time
- » Make a list of “cool down” words
- » Make paper airplanes
- » Make funny faces in the mirror
- » Build a sandcastle or dig in the dirt