

COPING SKILLS

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- » Paint with watercolors
- » Use a sensory toy
- » Learn a new fun fact or trivia
- » Try mindfulness or meditation
- » Play with slime or gooey toys
- » Work on a puzzle
- » Make up your own song
- » Learn a new dance move
- » Tell or listen to a story
- » Make a scrapbook
- » Imagine you're on vacation in your favorite place
- » Make a funny video to share
- » Play with a fidget toy
- » Learn to say something in another language
- » Find shapes in the stars
- » Practice a new skill, like juggling
- » Play hide-and-seek with a friend or family member
- » Collect leaves on a nature walk
- » Try to identify bird sounds outside
- » Write in a journal
- » Go on a scavenger hunt