

COPING SKILLS

my

- » Write down things you love about yourself
- » Imagine your happy place
- » Squeeze a stress ball
- » Lay under a weighted blanket
- » Paint with your fingers
- » Create a superhero cape from a towel
- » Draw a picture
- » Listen to the sounds of rain
- » Listen to calming music
- » Play with a sensory bin (e.g., rice, beans, sand)
- » Start a collection (rocks, stamps, etc.)
- » Play with a friend or sibling
- » Do a fun craft
- » Build a race car track at home
- » Try balancing on one foot
- » Draw a treasure map
- » Build a fort with blankets and pillows
- » Blow bubbles
- » Count backward from 50
- » Use a calming jar with glitter
- » Blow up a balloon and let it go