			LIST OF COPING SKILLS		
	\square Ask an adult for help		Establish healthy		Look at pictures you've
	☐ Ask for a break		boundaries (tell your friend you aren't going to spend time with them		taken
	☐ Ask for support from a friend, teacher, or your counselor		if they make fun of you)		Make a gratitude list
	☐ Ask yourself, "What do I need right		Exercise		Make a list of things you
	now?"		Express your feelings to someone		look forward to in the
	☐ Blow bubbles		Garden		future
	☐ Build something		Get enough sleep (at least 8		Make a list of choices
	☐ Chew gum		hours)		Make a to-do list
	☐ Clean something		Give someone a hug		Make your day's schedule
	□ Clean an area of your room		Give yourself a pep talk		Meditate
	\square Close your eyes and relax		Go for a walk		Organize something
	\square Color a coloring page		Hug a stuffed animal		Paint with water colors
	☐ Compliment yourself		Hum your favorite song		Paint your nails
	☐ Cook a meal		Identify a positive thought		Pet an animal
	□ Cook or bake		Identify your emotions		Picture your "happy place"
	☐ Count to 30		Jog in place		Plan a fun trip
ı	☐ Dance		Keep a positive attitude	П	Play a card game
	\square Do a positive activity		Laugh	П	Play an instrument
	☐ Do schoolwork		List positives about you	П	Play a sport
	\square Do something kind		List the things you feel grateful		Play with a pet
	\square Do something you love	Ш	for		Play with clay
	□ Do yoga		List your positive qualities		Practice breathing
	☐ Doodle on paper		Listen to music	Ц	exercises (your school
	□ Draw		Listen to nature sounds		-
	☐ Draw a picture		T 1		counselor has some great
	☐ Draw cartoons		Look at animal pictures		ones!)
	☐ Drink cold water		Look at landscape photos that		Practice problem solving
	□ Drink tea		help you feel relaxed		Practice yoga
	☐ Eat a healthy snack		Look at pictures that remind		Put a puzzle together
	☐ Engage in a hobby	17	you of the people, places, and	Ш	Put on lotion that smells
	□ Engage in problem-solving	P	things that bring you joy		good
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		_ist of coping skills cont.
	□ Read a funny book	□ Think of something happy
	□ Read a joke book	☐ Use a relaxation app
	□ Read a magazine	☐ Use a stress ball
	☐ Reframe the way you are thinking about the problem	□ Use an I-statement
	☐ Rip paper into pieces	☐ Use aromatherapy
	☐ Say something kind to yourself	☐ Use positive self-talk
	□ Say, "I can do this"	☐ Use progressive muscle relaxation
	□ Schedule time for yourself	☐ Visualize a stop sign
	□ Set a goal	☐ Visualize your favorite place
	□ Sit and relax all your muscles	\square Walk away (leave a situation that is causing
,	□ Slowly count to ten	you stress)
)	□ Smile (just smile in general)	□ Watch a funny video
\	□ Smile at others	□ Watch a good movie
,	\square Smile in the mirror	□ Work on managing your time better
)	□ Spend time in nature	☐ Write a letter
)	□ Squeeze a stress ball	□ Write a list
	□ Stand up and stretch	□ Write a poem
	□ Take a bath	☐ Write a positive note
	□ Take deep breaths	□ Write a story
	□ Take pictures	☐ Write a thank you note
	□ Talk to a friend	☐ Write down your thoughts
	□ Talk to an adult	The state of the s
	\square Talk to your school counselor	
	□ Tell someone you are thankful for them	
	□ Think about someone you love	
	\square Think of a pet you love	
	□ Think of something funny	

COPING SKILLS WORKSheet

COPING SKILLS	WHAT STRESSE	
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	NEW COPING SKILLS?	10 1 KY:
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