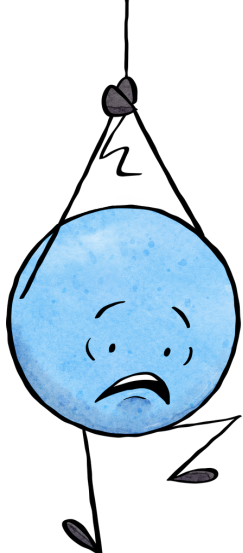
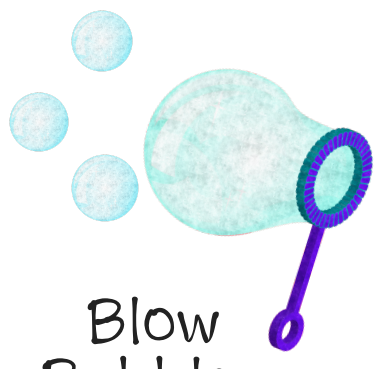


Ride a Bike  
OR SKATEBOARD



ASK FOR HELP



Blow  
Bubbles



Color  
Paint  
Draw

CREATE ART!



Listen to  
MUSIC



PLAY a  
BOARD GAME



MAKE &  
PLAY  
WITH  
SLIME



GRATITUDE  
LIST  
#1: My dog  
#2: Trees  
#3: Pizza  
#4: Grandma

Practice  
Gratitude

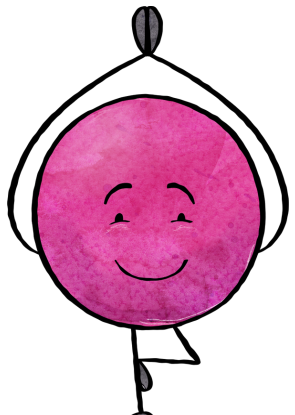


WEAVE,  
KNIT OR  
CROCHET

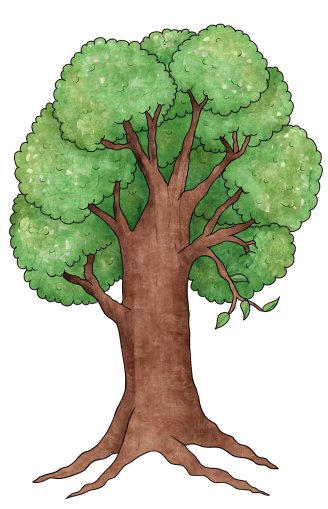
Use Kind &  
Compassionate  
Self-Talk



Make a  
SCRAPBOOK  
OR Collage



PRACTICE  
YOGA

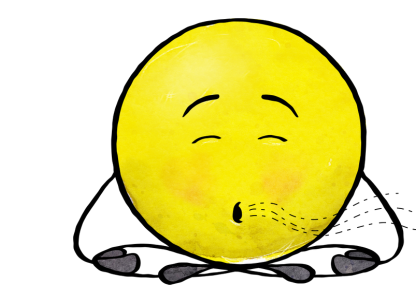


Hug  
or  
Climb  
a Tree

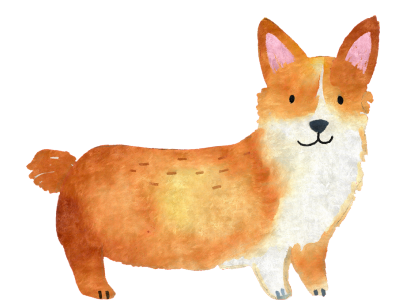
KICK  
BOUNCE  
OR THROW  
a BALL



JOURNAL OR  
WRITE A LETTER



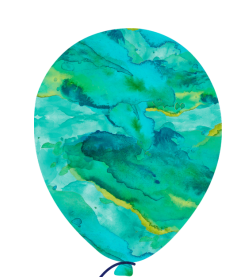
Take Slow,  
Mindful Breaths



Cuddle or Play  
with Your Pet



Drink  
Water



Forgive  
Let Go  
Move On



Smile & Laugh

EAT

Healthy



# 50 COPING SKILLS for kids

WHOLEhearted  
SCHOOL COUNSELING

Use  
Aromatherapy  
(Smell Something Good)



Cook  
or Bake



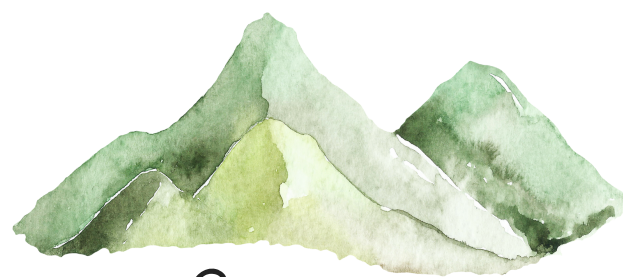
Get Plenty  
of Sleep



TAKE A SHOWER  
OR BATH



STRETCH



Go on a  
Walk, Run  
or Hike



Sing and/or  
Dance



SAY Positive  
Affirmations

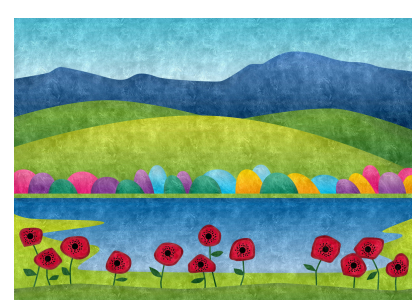
Take  
GOOD  
CARE  
of the  
Earth



Look At or Take  
PHOTOGRAPHS



Garden or  
Do Yardwork



Visualize  
a Peaceful Place



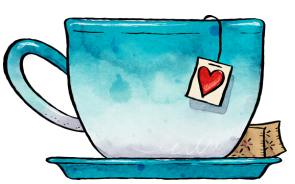
Try or  
Learn  
Something  
New



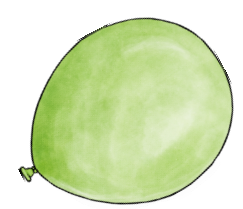
EXPLORE & Nature's  
DISCOVER Treasures



READ a Book  
or Magazine



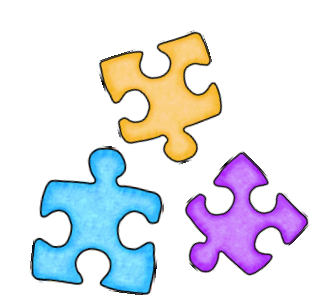
DRINK  
A WARM  
CUP OF TEA



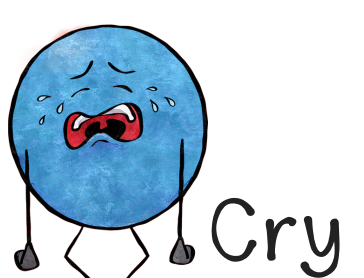
USE a STRESS BALL.  
(OR other fidget TOOL)



Get a  
HUG



DO a PUZZLE



Cry



Clean,  
Declutter  
or Organize

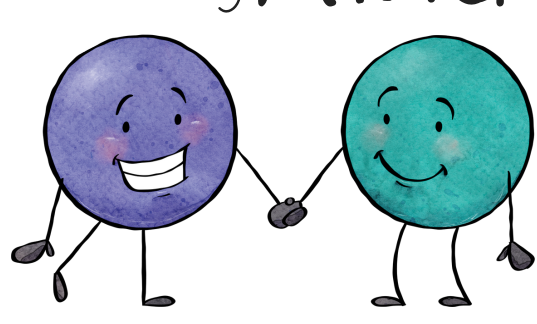


Create  
ORIGAMI

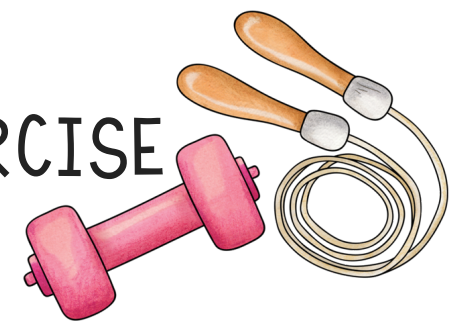


Rest,  
Take a Break, or Nap

Do  
Something Kind



EXERCISE



Play Outside

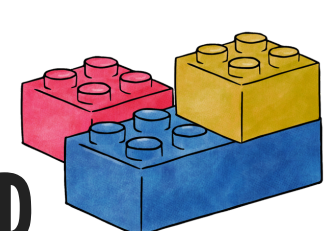


TALK to Someone  
You Trust



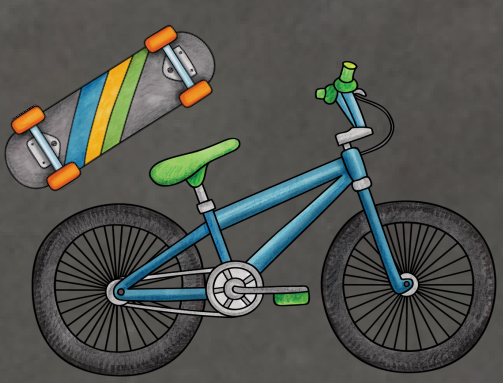
JUMP on a  
Trampoline

BUILD

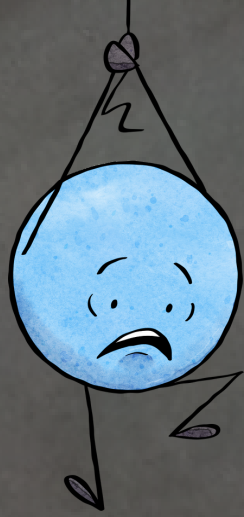


Something

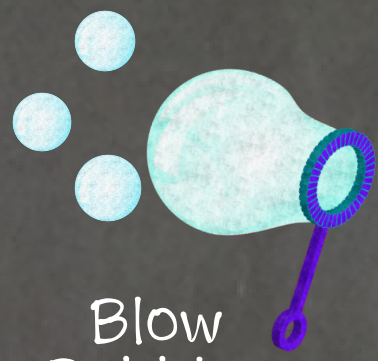




Ride a Bike  
OR SKATEBOARD



ASK FOR HELP



Blow  
Bubbles



Color  
Paint  
Draw

CREATE ART!



Listen  
to  
**MUSIC**



PLAY a  
BOARD GAME



MAKE &  
PLAY  
WITH  
SLIME



Practice  
**Gratitude**



WEAVE,  
KNIT OR  
CROCHET

Use Kind &  
Compassionate  
Self-Talk



Make a  
**Scrapbook**  
OR Collage

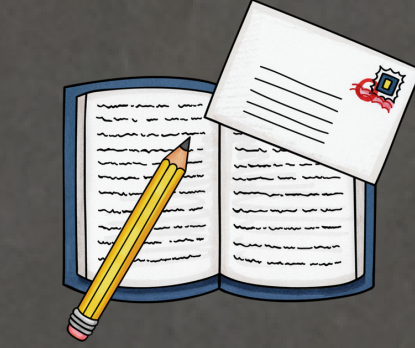


PRACTICE  
YOGA

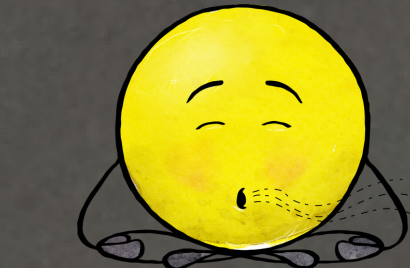


Hug  
or  
Climb  
a Tree

KICK  
BOUNCE  
OR THROW  
a BALL



JOURNAL OR  
WRITE A LETTER



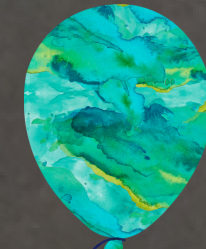
Take Slow,  
Mindful Breaths



Cuddle or Play  
with Your Pet



Drink  
Water



Forgive  
Let Go  
Move On



Use  
**Aromatherapy**  
(Smell Something Good)



Cook  
or **Bake**

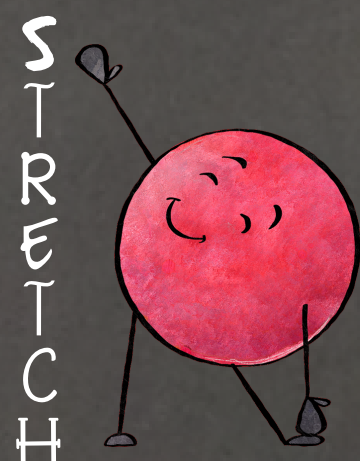
# 50 COPING SKILLS for kids



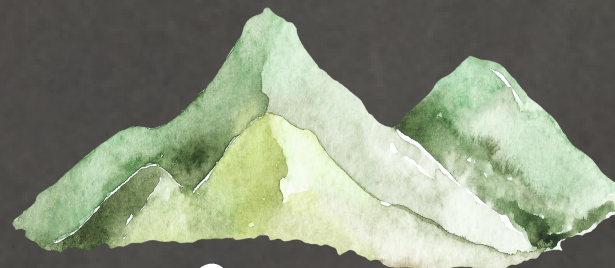
Get Plenty  
of **Sleep**



TAKE A SHOWER  
OR BATH



STRETCH



Go on a  
Walk, Run  
or Hike

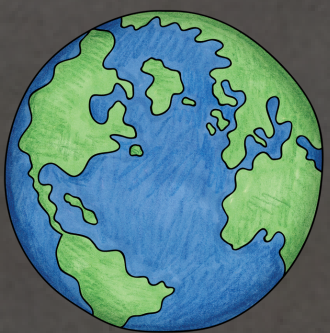


Sing and/or  
Dance



SAY Positive  
Affirmations

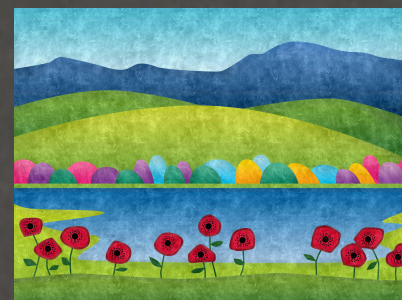
Take  
**GOOD CARE**  
of the Earth



Look At or Take  
**PHOTOGRAPHS**



Garden or  
Do Yardwork



Visualize  
a Peaceful Place



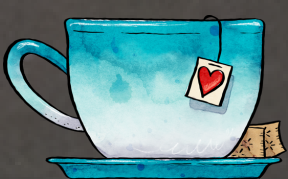
Try or  
Learn  
Something New



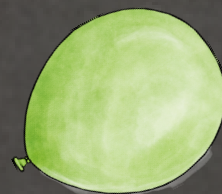
EXPLORE & DISCOVER Nature's  
Treasures



READ a Book  
or Magazine



DRINK  
A WARM  
CUP OF TEA



USE a STRESS BALL  
(OR other fidget tool)



Get a  
**HUG**



DO a PUZZLE

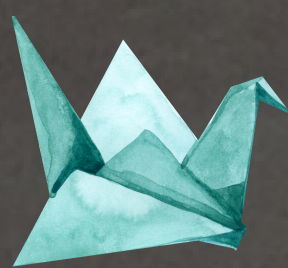


Cry



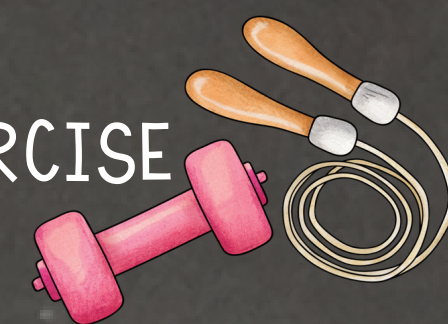
Clean,  
Declutter  
or Organize

Create  
**ORIGAMI**

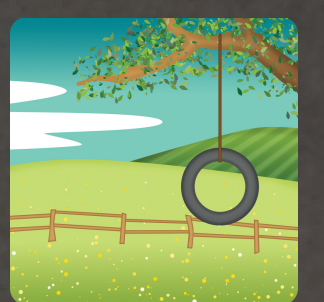


Do  
Something **Kind**

EXERCISE



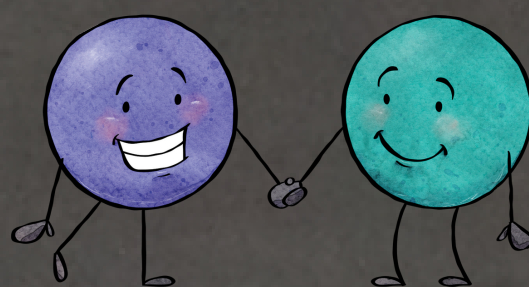
Play Outside



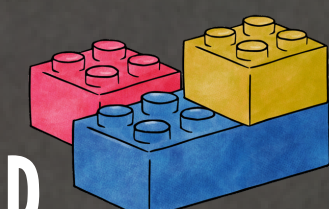
**JUMP** on a  
Trampoline



Rest,  
Take a Break, or Nap



**BUILD**



Something



**TALK** to Someone  
You Trust