

Name: _____

Date: _____

Coping Strategies List

- | | | |
|---|--|--|
| <input type="checkbox"/> Take deep breaths | <input type="checkbox"/> Write a letter | <input type="checkbox"/> Visualize a stop sign |
| <input type="checkbox"/> Do a positive activity | <input type="checkbox"/> Look at pictures you've taken | <input type="checkbox"/> Laugh |
| <input type="checkbox"/> Play sports | <input type="checkbox"/> Make a gratitude list | <input type="checkbox"/> Smile in the mirror |
| <input type="checkbox"/> Think of something funny | <input type="checkbox"/> List your positive qualities | <input type="checkbox"/> Smile at others |
| <input type="checkbox"/> Take a quick walk | <input type="checkbox"/> Do something kind | <input type="checkbox"/> Do schoolwork |
| <input type="checkbox"/> Practice yoga | <input type="checkbox"/> Give someone a hug | <input type="checkbox"/> Look at animal pictures |
| <input type="checkbox"/> Stand up and stretch | <input type="checkbox"/> Put a puzzle together | <input type="checkbox"/> Hyperfocus on an object |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Do something you love | <input type="checkbox"/> Notice 5 things you can see |
| <input type="checkbox"/> Take a time out | <input type="checkbox"/> Build something | <input type="checkbox"/> Paint with water colors |
| <input type="checkbox"/> Slowly count to ten | <input type="checkbox"/> Play with clay | <input type="checkbox"/> Use a relaxation app |
| <input type="checkbox"/> Use positive self-talk | <input type="checkbox"/> Hug a stuffed animal | <input type="checkbox"/> Watch a funny video |
| <input type="checkbox"/> Say something kind to yourself | <input type="checkbox"/> Rip paper into pieces | <input type="checkbox"/> Drink some tea |
| <input type="checkbox"/> Talk to a friend | <input type="checkbox"/> Play an instrument | <input type="checkbox"/> Cook or bake |
| <input type="checkbox"/> Talk to an adult | <input type="checkbox"/> Watch a good movie | <input type="checkbox"/> Plan a fun trip |
| <input type="checkbox"/> Close your eyes and relax | <input type="checkbox"/> Take pictures | <input type="checkbox"/> Use an I-statement |
| <input type="checkbox"/> Say, "I can do this" | <input type="checkbox"/> Garden | <input type="checkbox"/> Identify your emotions |
| <input type="checkbox"/> Visualize your favorite place | <input type="checkbox"/> Write a list | <input type="checkbox"/> Express your feelings to someone |
| <input type="checkbox"/> Think of something happy | <input type="checkbox"/> Keep a positive attitude | <input type="checkbox"/> Write down your thoughts |
| <input type="checkbox"/> Think of a pet you love | <input type="checkbox"/> Schedule time for yourself | <input type="checkbox"/> Identify a positive thought |
| <input type="checkbox"/> Think about someone you love | <input type="checkbox"/> Blow bubbles | <input type="checkbox"/> Make your day's schedule |
| <input type="checkbox"/> Get enough sleep | <input type="checkbox"/> Write a positive note | <input type="checkbox"/> List 10 positives about you |
| <input type="checkbox"/> Eat a healthy snack | <input type="checkbox"/> Chew gum | <input type="checkbox"/> Ask yourself, "What do I need right now?" |
| <input type="checkbox"/> Read a good book | <input type="checkbox"/> Paint your nails | <input type="checkbox"/> Tell someone you are thankful for them |
| <input type="checkbox"/> Set a goal | <input type="checkbox"/> Write a story | <input type="checkbox"/> Pet an animal |
| <input type="checkbox"/> Jog in place | <input type="checkbox"/> Blog | <input type="checkbox"/> Make a list of choices |
| <input type="checkbox"/> Write in a journal | <input type="checkbox"/> Read a joke book | <input type="checkbox"/> Ask an adult for help |
| <input type="checkbox"/> Hum your favorite song | <input type="checkbox"/> Write a poem | <input type="checkbox"/> Organize something |
| <input type="checkbox"/> Doodle on paper | <input type="checkbox"/> Drink cold water | <input type="checkbox"/> Play a card game |
| <input type="checkbox"/> Draw a picture | <input type="checkbox"/> Draw cartoons | <input type="checkbox"/> Listen to nature sounds |
| <input type="checkbox"/> Color a coloring page | <input type="checkbox"/> Read a magazine | <input type="checkbox"/> Sit and relax all your muscles |
| <input type="checkbox"/> Clean something | <input type="checkbox"/> Write a thank you note | <input type="checkbox"/> Ask for a break |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Count to 100 | |
| <input type="checkbox"/> Use a stress ball | <input type="checkbox"/> Make a list for the future | |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Read inspirational quotes | |
| | <input type="checkbox"/> Compliment yourself | |