



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

50 COPING SKILLS for kids



Forgive
Let Go
Move On



Cook
or Bake

Smile & Laugh

EAT
Healthy



Get Plenty
of Sleep



TAKE A SHOWER
OR BATH



STRETCH



Go on a
Walk, Run
or Hike

Use
Aromatherapy
(Smell Something Good)



Sing and/or
Dance

(I am strong.)



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



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



EXPLORE & Nature's
DISCOVER Treasures



Cry

Clean,
Declutter
or Organize



Create
ORIGAMI



EXERCISE



Play Outside



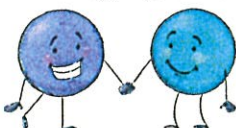
JUMP on a
Trampoline



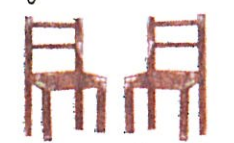
Rest,
Take a Break, OR Nap



Do
Something Kind



BUILD
Something



TALK to Someone
You Trust