

COPING SKILLS CARDS

Listen to Music



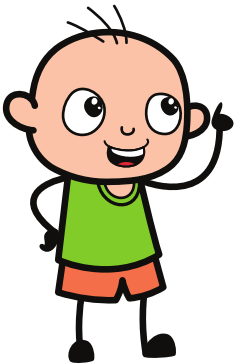
Read a Book



Deep Breathing



Positive Self-Talk



Write in Journal



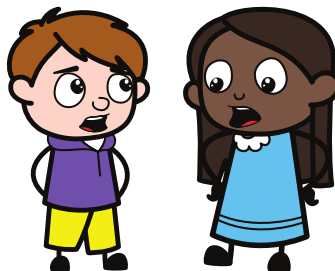
Draw a Picture



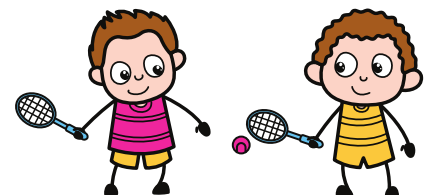
Keep Hands Busy



Talk to Someone

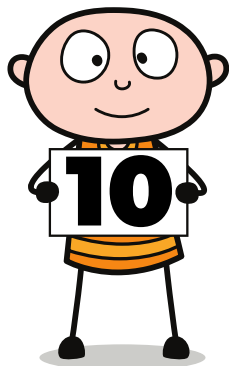


Play a Game

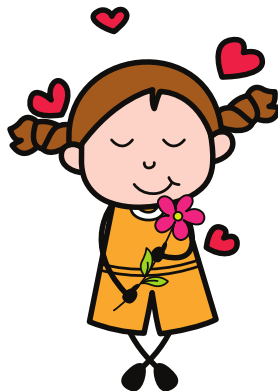


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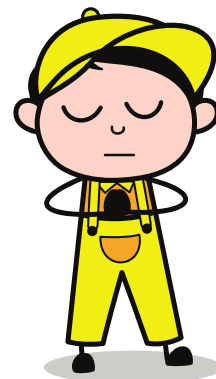
Count to Ten



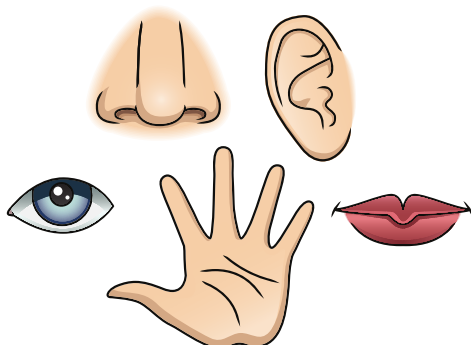
Imagine a Calm Place



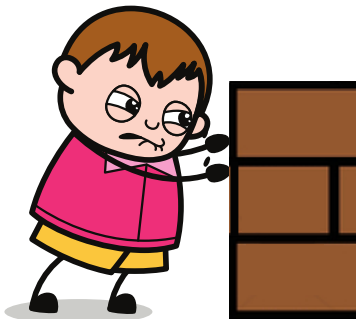
Take Space



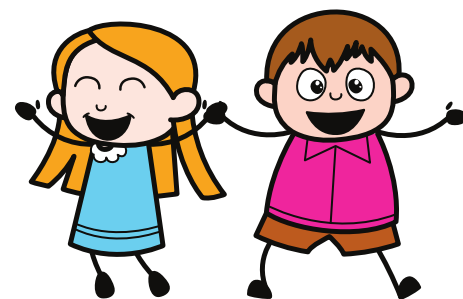
Five Senses



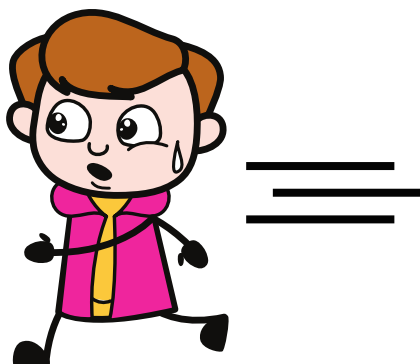
Wall Push-Ups



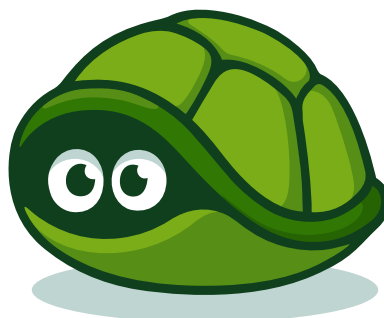
Dance



Go on a Run/Walk



Turtle Pose



Squeezing Lemons



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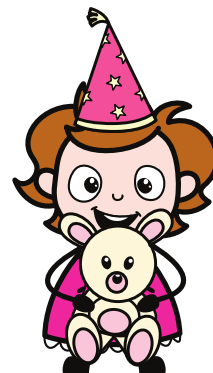
Stretch



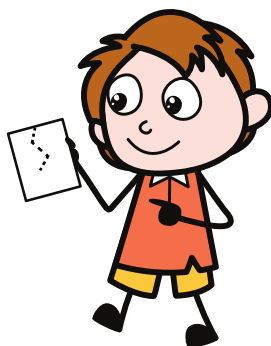
Take a Shower/Bath



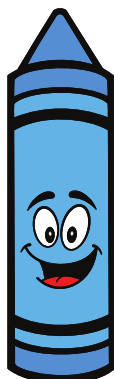
Hug a Pillow/Stuffed Animal



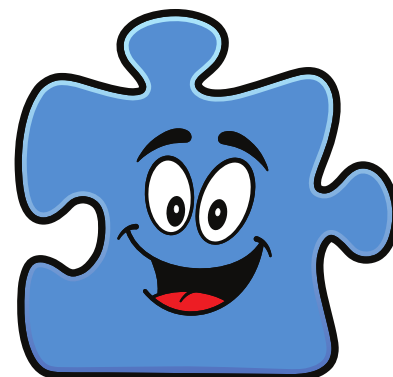
Rip Scrap Paper



Color



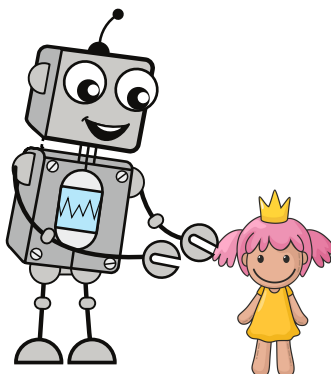
Do a Puzzle



Yoga



Robot/Ragdoll

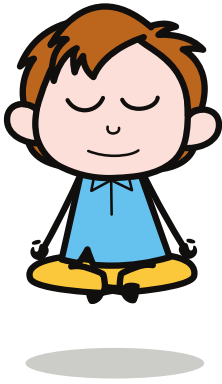


Weighted Lap Pad

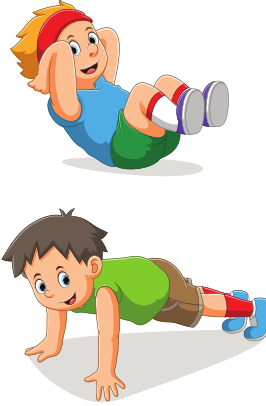


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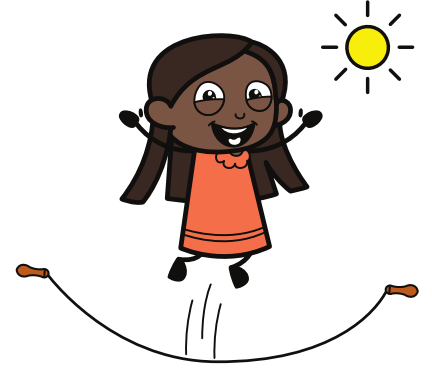
Meditation



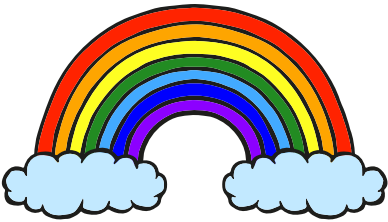
Push-Ups/Sit-Ups



Play Outside



Color Game



Smile for 1 Minute



Sing



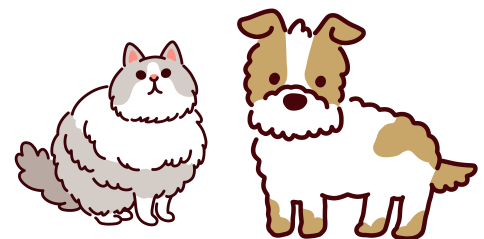
Act Kindly Towards Someone



Clean Something



Pet an Animal



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Play-Doh



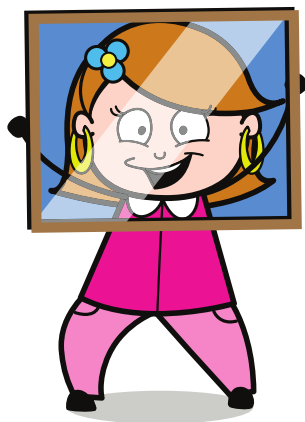
Drink Something Really Hot or Really Cold



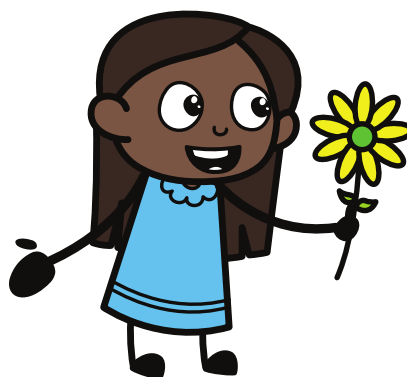
Smell Something Good
(Flower, Lotion, Air Freshener)



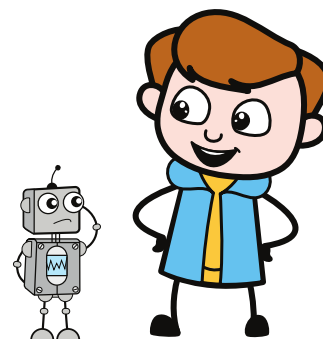
Do a Craft



Look for Beautiful Things



Hyper-Focus on an Object



Progressive Muscle Relaxation



Mindful Tracing



Crossing the Mid-Line

