



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



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



Cook
or



Bake



Use
Aromatherapy
(Smell something good)

I am strong.



SAY Positive
Affirmations



Sing
and/or
Dance



Go on a
Hike,
Walk or
Run



Try or
Learn
Something
New



READ a Book
or Magazine

EXPLORE & DISCOVER
Nature's
Treasures



Cry



Visualize
a Peaceful Place



DO a PUZZLE



Play Outside



DRINK
A WARM
CUP OF TEA

USE a STRESS BALL
(or other fidgety tool)

Get a
HUG



Create
ORIGAMI



EXERCISE



Clean,
Declutter
or Organize



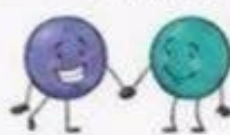
JUMP
on a
Trampoline



Rest,
Take a Break, or Nap



Do
Something Kind



BUILD



Something



TALK to Someone
You Trust

50 COPING SKILLS for kids