COPING TOOLS: What Helps Me

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Read A Book or Magazine	Ride a Bike or Skateboard
Hug or Climb a Tree	Create Origami
Journal or Write a Letter	Cook or Bake
☐ Use Kind & Compassionate Self-Talk	Ask for Help
Make a Collage or Scrapbook	☐ Talk to Someone You Trust
Rest, Nap or Take a Break	Weave, Knit or Crochet
Go on a Hike, Walk or Run	Build Something
☐ Take Good Care of the Earth 🌑	Get a Hug
Drink Water	☐ Visualize a Peaceful Place
Play a Board Game	Stretch Stretch
Do Something Kind	Make Art
☐ Make and Play with Slime →	Use Positive Affirmations
Discover Treasures in Nature	Take Slow, Mindful Breaths
☐ Take a Shower or Bath —	Clean, Declutter or Organize
☐ Exercise	Use Aromatherapy
Drink a Warm Cup of Tea	Cry Cry
🔲 Forgive, Let Go, Move On 🍣	Try or Learn Something New
Practice Yoga	☐ Listen to Music ☐
Garden or Do Yardwork	Use a Stress Ball or Other Fidget
Jump on a Trampoline	Get Plenty of Sleep
Cuddle or Play with Your Pet	☐ Kick, Bounce or Throw a Ball
Practice Gratitude	☐ Take or Look at Photographs
Do a Puzzle	☐ Eat Healthy
Blow Bubbles	Play Outside 7
Smile and Laugh	Sing and/or Dance