



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



Smile & Laugh



EAT Healthy

# 50 COPING SKILLS for kids



Forgive Let Go Move On



Cook or Bake



Get Plenty of SLEEP



TAKE A SHOWER OR BATH



STRETCH



Go on a Hike, Walk or Run

Use Aromatherapy (Smell something good)



Sing and/or Dance



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

EXPLORE & DISCOVER Nature's Treasures



DRINK A WARM CUP OF TEA

USE a STRESS BALL (or other fidget tool)



DO a PUZZLE



Cry



Clean, Declutter or Organize



Create ORIGAMI



Get a HUG

EXERCISE



Play Outside

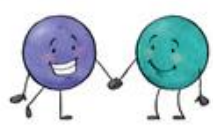


JUMP on a Trampoline



Rest, Take a Break, OR Nap

Do Something Kind



BUILD Something



TALK to Someone You Trust

## Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out.  
Keep going until you've gone around the whole star.



## **Guided Meditation: The Balloon**

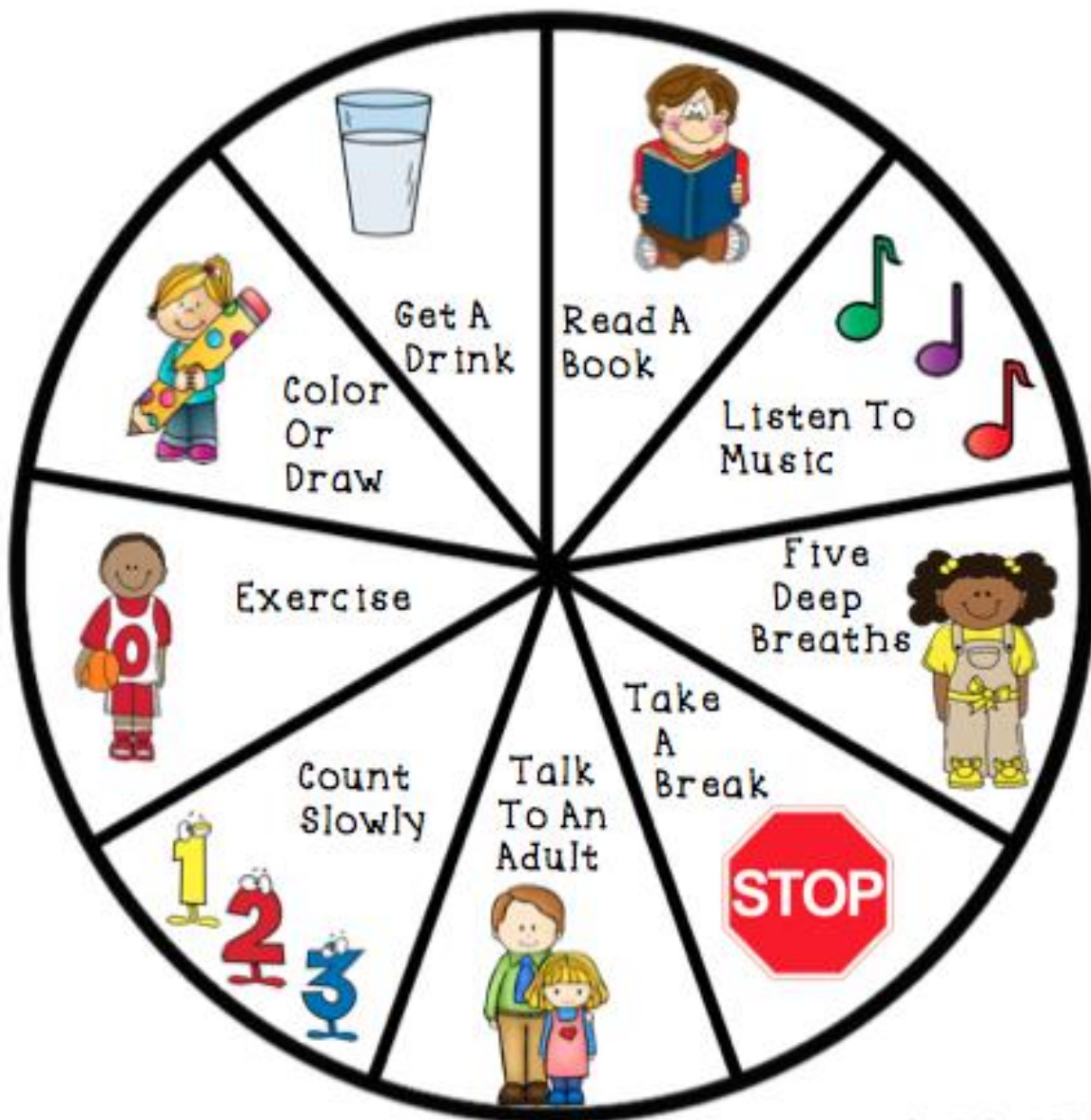
This guided meditation brings a visual component to a very simple deep breathing exercise. You can do this standing or seated.

1. Relax your body and begin to take deep inhales and slow exhales through the nose.
2. Start to take a slow, deep breath to fill your belly up with air, as if you're trying to blow up a big balloon. Expand your belly as much as you can.
3. Slowly let the air out of the balloon (through the nose) as you release the breath from the belly.
4. Encourage your kids to feel their entire body relax each time they exhale, each time air is slowly being released from the balloon. You can even make a "hissing" noise to encourage them to slow down the exhale even more, "Like letting air out of the balloon."
5. Continue for several minutes.



# Coping Skills Wheel

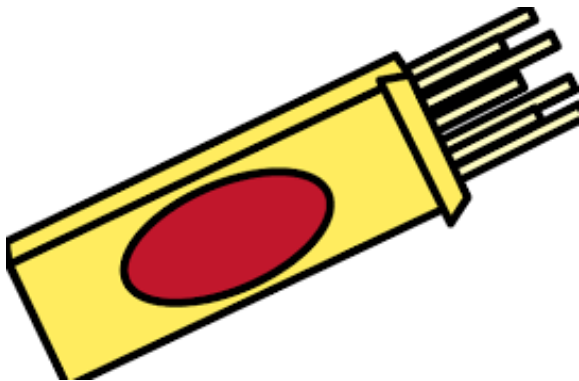
9 Ways to Handle Big Emotions



## **Muscle Relaxation: Spaghetti Noodle**

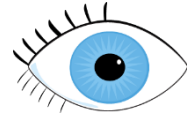
This exercise is a fun way of guiding children through muscle relaxation techniques.

1. Imagine you are a spaghetti noodle before it goes in the pot of hot water. What does it look like?
2. Tense up and squeeze all your muscles, stay straight like a noodle!
3. Now imagine you're in the pot of hot water. What does the noodle look like now?
4. Relax your muscles so you look like a cooked noodle.
5. Repeat several times.



## Grounding Exercise: 5 Senses

Name **5** things you can see



Name **4** things you can feel



Name **3** things you can hear



Name **2** things you can smell



Name **1** thing you can taste

