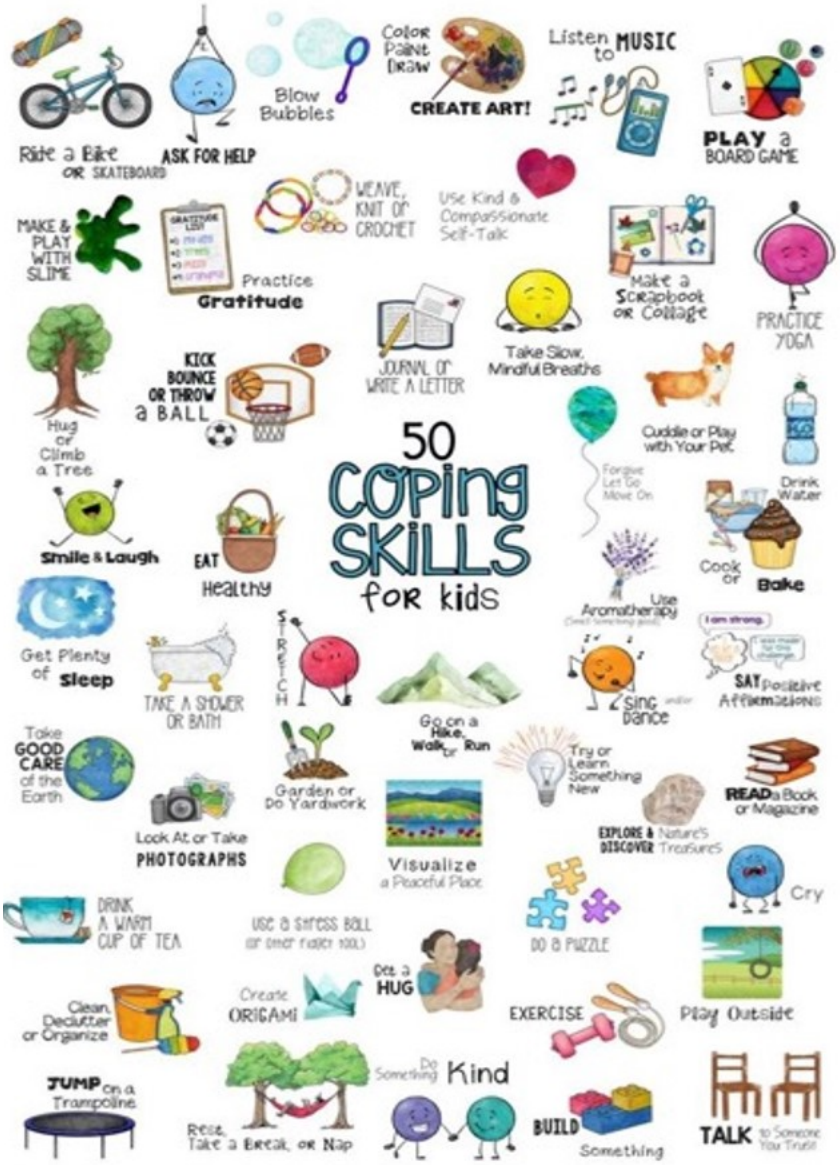
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COPING SKILLS
for kids
Ride a Bike or Skateboard
ASK FOR HELP
Blow Bubbles
Color Paint Draw
CREATE ART!
Listen to MUSIC
PLAY a BOARD GAME
MAKE & PLAY WITH SLIME
WEAVE, KNIT OR CROCHET
Use Kind & Compassionate Self-Talk
Practice Gratitude
Make a Scrapbook 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
Forgive Let Go Move On
Drink Water
Smile & Laugh
EAT Healthy
Cook or Bake
Use Aromatherapy
Get Plenty of Sleep
TAKE A SHOWER OR BATH
STRETCH
Go on a Hike, Walk or Run
Sing and/or Dance
SAY Positive Affirmations
Take GOOD CARE of the Earth
Garden or Do Yardwork
Try or Learn Something New
READ a Book or Magazine
Look At or Take PHOTOGRAPHS
EXPLORE & DISCOVER Nature's Treasures
Visualize a Peaceful Place
Cry
DRINK A WARM CUP OF TEA
USE A STRESS BALL (or other fidget tool)
DO A PUZZLE
Get a HUG
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