50 Coping Skills for Kids

- Ride a bike or skateboard
- Ask for help
- Make & play with slime
- Practice gratitude
- Eat healthy
- Get plenty of sleep
- Take a shower or bath
- Good care of the Earth
- Look at or take photographs
- Visualize a peaceful place
- Drink a warm cup of tea
- Use a stress ball or other fancy tools
- Clean, declutter, or organize
- Create origami
- Do something kind
- Build something
- Talk to someone you trust
- Exercise
- Play outside
- Play a board game
- Create art
- Play music
- Color, paint, draw
- Create art
- Write a letter
- Read a book or magazine
- Explore nature's treasures
- Go on a walk or run
- Do a puzzle
- Cry
- Take a break or nap