

# COPING SKILLS

EXERCISE

WRITE POETRY

JOURNAL

DOODLE ON PAPER

WATCH TV

SEE A MOVIE

WORDSEARCH

CROSSWORD

HOMEWORK

PLAY MUSIC

PAINT YOUR NAILS

SING

PUNCHING BAG

CRY

NAP

SHOWER OR BATHE

CLEAN THE HOUSE

KNIT OR SEW

READ A BOOK

AROMATHERAPY

GYMNASTICS

YOGA

LEARN A LANGUAGE

HUG SOMEONE

FACE PAINT

PLAY A GAME

PLAY BASEBALL

MEDITATE

BAKE COOKIES

ALPHABETIZE BOOKS

PAINT OR DRAW

WRITE A LETTER

SEND AN EMAIL

DANCE

BUILD A FORT

GO FOR A DRIVE

COOK A MEAL

LOOK AT ART

BUILD SOMETHING

JUMP ON A TRAMPOLINE

RIDE A BICYCLE

FEED THE DUCKS

COLOR WITH CRAYONS

STRETCH

PLAY WITH A BALLOON

GIVE YOURSELF A FACIAL

PLAY VIDEO GAMES

CLEAN UP TRASH

CALL A FRIEND

GO FOR A WALK

PUT A PUZZLE TOGETHER

SUDOKU

GRATITUDE JOURNAL

EAT COOKIES

POSTIVE DIRECTION  
SELF STUDY