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
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 🥌
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
Uump 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 ☐ ,. ,
Smile and Laugh	Sing and/or Dance