Coping Skills List

1. Talk to someone about it
2. Sit in hall, closet, or somewhere quiet
3. Take a bath or hot shower
4. Blow out candle
   1. client holds up finger and pretends to blow out candle making sure they get a big deep breath in and complete exhale
5. Write what is bothering you down, crumble it up, throw it away
6. Play game, basketball, DS, Legos, toys
7. Scream into a pillow
8. Punch a pillow, stuffed animal, bed
9. Read
10. Take a nap
11. Talk about my feelings
12. Look out window
13. Draw
14. Talk to friend
15. Listen to the ocean
    1. Rub hands together quickly then place over ears, listen for ocean
    2. This is also a good sensory activity for special learners or spectrum kids
16. Get a drink of water
17. Watch tv
18. Listen to music
19. Count
20. Cuddle with pet
21. Take 15 deep breaths
22. Ignore or pretend to ignore
23. Rip up paper
24. Go to my room
25. Playdough- squeeze it, smash it, pound it, etc
26. Color
27. Hug a stuffed animal
28. Clean
29. Stare at picture and make up story about it
30. Throw a deck of cards and pick up in order
31. Make a collage
32. Rip up old phone book or newspaper
33. Throw ice cubes outside
34. Break sticks
35. Positive self-talk
36. Guided imagery
37. Progressive muscle relaxation
38. Positive self-talk
39. Cry
40. Write a letter (throw it away)
41. Meditate
42. Help someone
43. Make up a rap
44. Think of people who love you
45. Think of consequences
46. Get away from peers
47. Turtle technique:
48. **Recognize that you feel angry**
49. **Think “Stop” to yourself.**
50. **Go into your “shell”. Take three deep breaths and think calming thoughts, such as: “I can calm down,” “I am OK”, “I can think of solutions to my problem,” “I am good at solving problems.” You can also think about relaxing your body one body part at a time.**
51. **Come out of your shell when calm and ready to think of solutions to the problem.**
52. Laugh
53. Ride bike
54. Memory stone
55. Time out
56. Talk or play with dolls
57. Imagine yourself as an animal
58. Make silly faces in mirror or with another person to see who laughs first
59. Read the comics
60. Blow real or imaginary bubbles
61. Write a mad story
62. Write a letter to self or to God
63. Pray
64. Chose random object and name 30 different uses for it
65. Play 54321 game

*Name 5 things you can see right now, 4 things you can feel right now, 3 things you can hear right now, 2 things you can smell right now, and 1 good thing about yourself*

1. Dance
2. Have some hot chocolate
3. Imagine favorite day, memory, or vacation
4. Imagine a safe place

*Not all of these are appropriate for every situation. Some are specific to releasing anger or getting feelings out, others for anxiety or safety issues, and some for physical aggression and self-harm.*