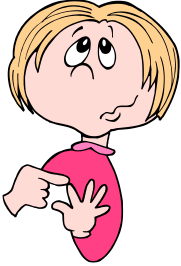

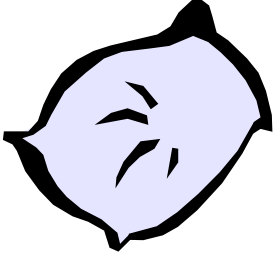
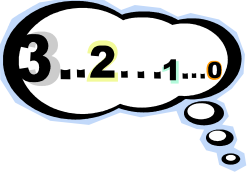
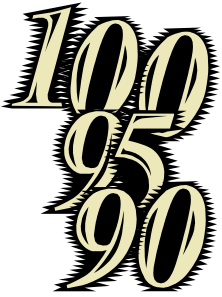



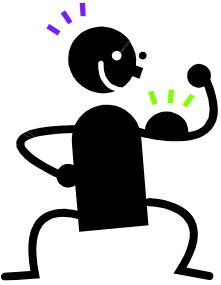


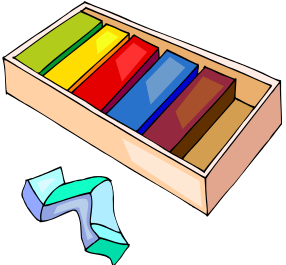

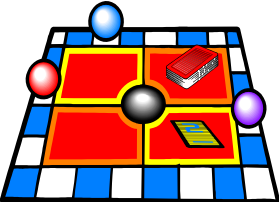

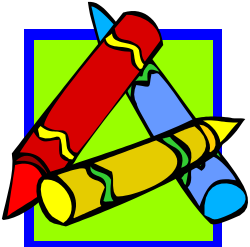


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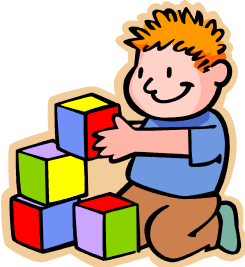
<p>Count to 10</p> 	<p>Write a Story</p> 	<p>Punch Pillow</p> 	<p>Count Backwards From 10</p> 
<p>Count Backwards by 5's from 100</p> 	<p>Shoot Hoops</p> 	<p>Clench Fists</p> 	<p>Clench and Relax Face Muscles</p> 
<p>Clench and Relax All Body Parts</p> 	<p>Make Your Own Superhero</p> 	<p>Count by 2's</p> 	<p>Squeeze Play-Doh or Clay</p> 
<p>Take a Personal Time Out</p> 	<p>Make up a Game</p> 	<p>Quiet Time in My Room</p> 	<p>Color/Draw</p> 

~ COPING SKILLS ~

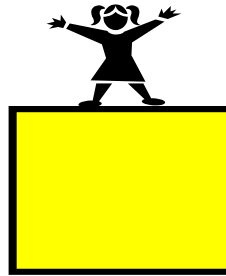
10 Deep Breaths



Play with Toys



Square Breathing



Talk to an Adult About the Problem



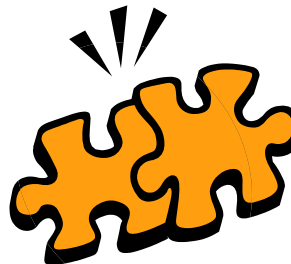
Squeeze Gak or Silly Putty



Hug a Tree



Do a Puzzle



Listen to Music



Cartwheels



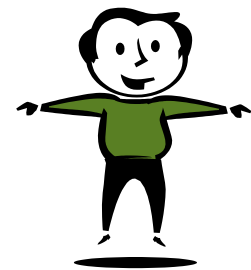
Meditation



Run Around



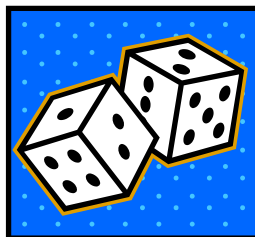
Jumping Jacks



Push-Ups



Play a Game



Run in Place



Get a Drink of Water

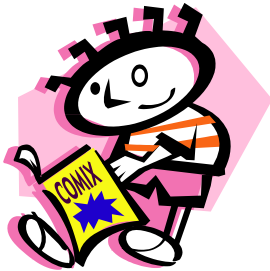


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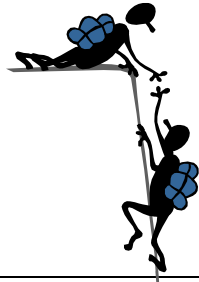
<p>Blow Bubbles</p> 	<p>Squeeze a Stress Ball</p> 	<p>Other Exercises</p> 	<p>Do a Craft</p> 
<p>Do a Logic Puzzle</p> 	<p>Knitting or Crochet</p> 	<p>Origami</p> 	<p>Draw a Treasure Map</p> 
<p>Yoga</p> 	<p>Design a Scavenger Hunt</p> 	<p>Use Humor/ Tell a Joke</p> 	<p>Read a Book or Magazine</p> 
<p>Imagine Something Calm</p> 	<p>Create Your Own Country</p> 	<p>Close Eyes and Take a Quiet Minute</p> 	<p>Relaxation CD</p> 

~ COPING SKILLS ~

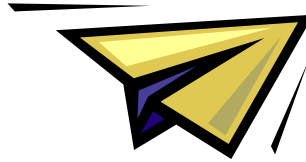
Read or Make
a Comic



Help Someone
Else



Make a Paper
Airplane



Shuffle
Cards



Clean
Something



Journal/Write
a Poem or Song



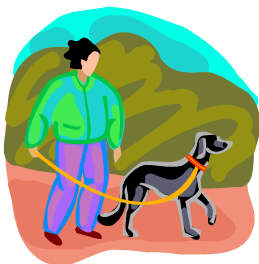
Take a Shower
or Bath



Take a Walk



Pet an Animal



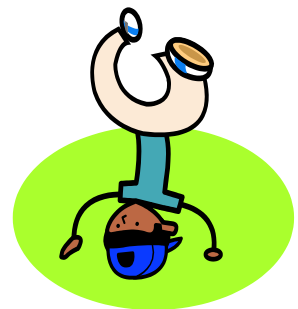
Hug a Teddy Bear
or Stuffed Animal



Singing



Dancing



Bounce/Toss
a Ball



Talk on
the Phone



My Own
Coping Skill



My Own
Coping Skill

