

## HEALTHY COPING ACTIVITIES

**The following list contains additional healthy coping activities that you can use for managing stress.** It's often helpful to have a list of potential activities planned out ahead of time. That way, if you can't think of a strategy at the moment, you can just look at the list. It can also be helpful to pick activities that you don't usually do, or that you may have done when you were younger. For example, kids, teens, and adults can all enjoy blowing bubbles and trying to see how big of a bubble they can make.

- ❖ Doodle
- ❖ Color a mandala
- ❖ Draw a picture
- ❖ Paint your feelings
- ❖ Draw a self-portrait
- ❖ Make a chalk drawing
- ❖ Make playdough
- ❖ Do origami
- ❖ Make a puppet
- ❖ Create a puppet show
- ❖ Create a journal
- ❖ Write in your journal
- ❖ Write a gratitude letter
- ❖ Write a story
- ❖ Write a poem or haiku
- ❖ List every food you like
- ❖ Take photographs
- ❖ Make a photo album
- ❖ Create a happy playlist
- ❖ Make a video
- ❖ Play with marbles
- ❖ Blow bubbles
- ❖ Build something with legos
- ❖ Take a walk outside
- ❖ Find different colored leaves
- ❖ Find a cool stone
- ❖ Paint your stone
- ❖ Create a memory jar
- ❖ Watch the clouds
- ❖ Listen to the birds
- ❖ Play hopscotch
- ❖ Jump rope
- ❖ Use clay and make a bowl
- ❖ Paint your nails
- ❖ Try a new hairstyle
- ❖ Go for a run
- ❖ Plan a scavenger hunt
- ❖ Sew
- ❖ Have a picnic
- ❖ Sing
- ❖ Make cookies
- ❖ Find a recipe for a new meal
- ❖ Make ice cream
- ❖ Make a blanket fort
- ❖ Organize your closet
- ❖ Find clothes to donate
- ❖ Cuddle up with a blanket
- ❖ Use essential oils
- ❖ Hug a stuffed animal
- ❖ Talk to a friend
- ❖ Play a board game
- ❖ Play checkers or chess
- ❖ Practice deep breathing
- ❖ Exercise
- ❖ Do push ups
- ❖ Practice yoga
- ❖ Count the stars
- ❖ Plant flowers
- ❖ Create a fairy garden
- ❖ Clean your room
- ❖ Wish on the moon
- ❖ Vacuum or dust

- ❖ Tie-dye a shirt
- ❖ Pet a dog or a cat
- ❖ Light a candle
- ❖ Hug a friend
- ❖ Crochet or knit
- ❖ Play a computer game
- ❖ Play in the water
- ❖ Practice meditation
- ❖ Ride a bike
- ❖ Walk a dog
- ❖ Balance on one leg