Let’s Talk About Coping Skills

Physical items:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | How much does this help me?  1 2 3 4 5 | | | | |
| Play with a stress ball |  |  |  |  |  |
| Playdough or putty |  |  |  |  |  |
| Fidget toy (fidget spinner, tangle, fidget cube) |  |  |  |  |  |
| Color/draw |  |  |  |  |  |
| Write |  |  |  |  |  |
| Listen to a fountain |  |  |  |  |  |
| Smell scented lotion, a candle, or spice jar |  |  |  |  |  |
| Eat a piece of candy/gum/mint |  |  |  |  |  |
| Look at photos |  |  |  |  |  |
| Watch a glitter jar |  |  |  |  |  |
| Blow bubbles |  |  |  |  |  |
| Pet an animal |  |  |  |  |  |
| Play with sand, rice, or water |  |  |  |  |  |
| Yell into a pillow |  |  |  |  |  |
| Chew gum |  |  |  |  |  |
| Chew ice cubes or drink cold water |  |  |  |  |  |
| Read a book |  |  |  |  |  |
| Play a board game/cards |  |  |  |  |  |
| Do a puzzle or word search |  |  |  |  |  |

Activities:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | How much does this help me?  1 2 3 4 5 | | | | |
| Go for a 5-10 minute walk |  |  |  |  |  |
| Listen to a relaxing playlist |  |  |  |  |  |
| Listen to nature sounds (birds, ocean, white noise) |  |  |  |  |  |
| Take a bath or shower |  |  |  |  |  |
| Deep breathing/Belly Breathing |  |  |  |  |  |
| Talk to someone I trust |  |  |  |  |  |
| Muscle relaxation |  |  |  |  |  |
| Sit quietly outside |  |  |  |  |  |
| Play a sport |  |  |  |  |  |
| Dance party! |  |  |  |  |  |
| Get a hug |  |  |  |  |  |
| Hear someone say “I love you” |  |  |  |  |  |
| Plan an event for the next day |  |  |  |  |  |
| Stretching/yoga |  |  |  |  |  |
| Organize your closet or room |  |  |  |  |  |
| Watch the clouds |  |  |  |  |  |
| Spend time alone |  |  |  |  |  |
| Read a funny story or watch a funny video |  |  |  |  |  |
| Sing |  |  |  |  |  |
| Rip up paper |  |  |  |  |  |
| Count to 30 |  |  |  |  |  |
| Write down what is making you upset and then rip it up |  |  |  |  |  |