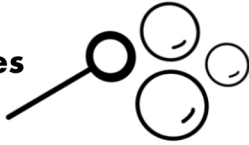


Coping Skills Coloring

Which coping skills do you already use? Which ones would you like to try?
Color the pictures and think about what helps you feel better.

blow bubbles

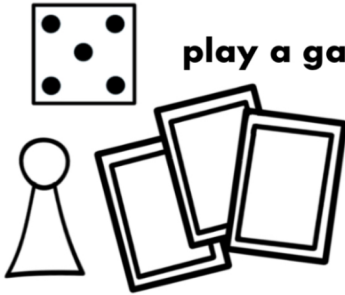


draw a picture

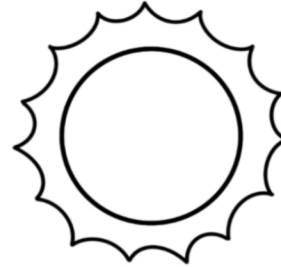


drink some
water

play a game



Go out
in the
fresh air



talk to a
friend



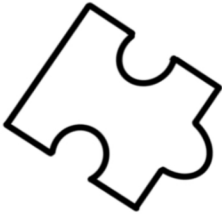
listen to a
song you
love



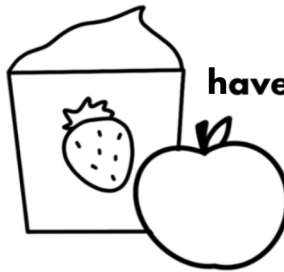
create with
modelling
clay



build a
puzzle



have a snack



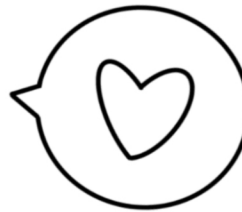
hug your
favorite
stuffie



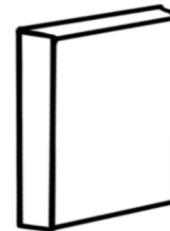
think of a
happy place



practice
positive
self-talk



read a
book



build or create
something



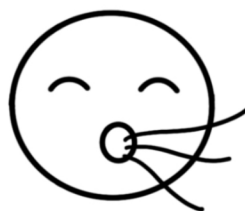
look at happy
photographs



move your body—
walk, dance,
stretch



take some
deep breaths



look at a
glitter jar



1,2,3 slowly count to 30
0 0 0