

COPING STRATEGIES

Read a book



**Draw a picture
or color**



**Take some
deep breaths**



**Think of someone or
something you love**



**Look at a
glitter jar**



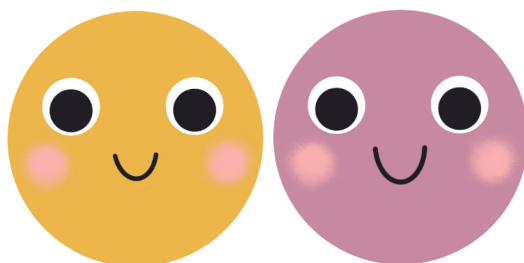
**Move your body —
stretch, dance, walk**



**Create with
modelling clay**



Talk to a friend



**Listen to a song
you love**

