Coping Skills Checklist

- Check off the ones that you do now
- Circle the ones you want to try
- Cross off the ones that don't work

Calming Skills

- o Deep breathing using a pinwheel
- o Deep breathing with bubbles
- o Deep breathing with a stuffed animal
- o Deep breathing using a feather
- o Take a mindful walk
- o Yoga
- o Imagine your favorite place
- o Think of your favorite things
- o Picture the people you care about
- o Say the alphabet slowly
- o Remember the words to a song you love
- o Run water over your hands
- o Carry a small object
- o Touch things around you
- o Move
- o Make a fist then release It
- o Positive Self-Talk
- o Take a shower or bath
- o Take a drink of water
- o Counting
- o Block out noises
- o Take a break
- o Calming Jar
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Distraction Skills

- o Write a story
- o Crossword/Sudoku Puzzles
- o Bake or Cook
- o Volunteer/Community

Service

- o Random Acts of Kindness
- o Read
- o Clean
- o Play with a pet
- o Play a board game
- o Play video games
- o Screen time
- o Play with a friend
- o Start a garden
- o Creative Thinking
- o Make up your own game
- o Plan a fun event
- o Start a new hobby
- o Do a crafting project
- o Your favorite things
- o Be silly and laugh
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Coping Skills Checklist

Check off the ones that you do now, circle the ones you want to try, cross off the ones that don't work

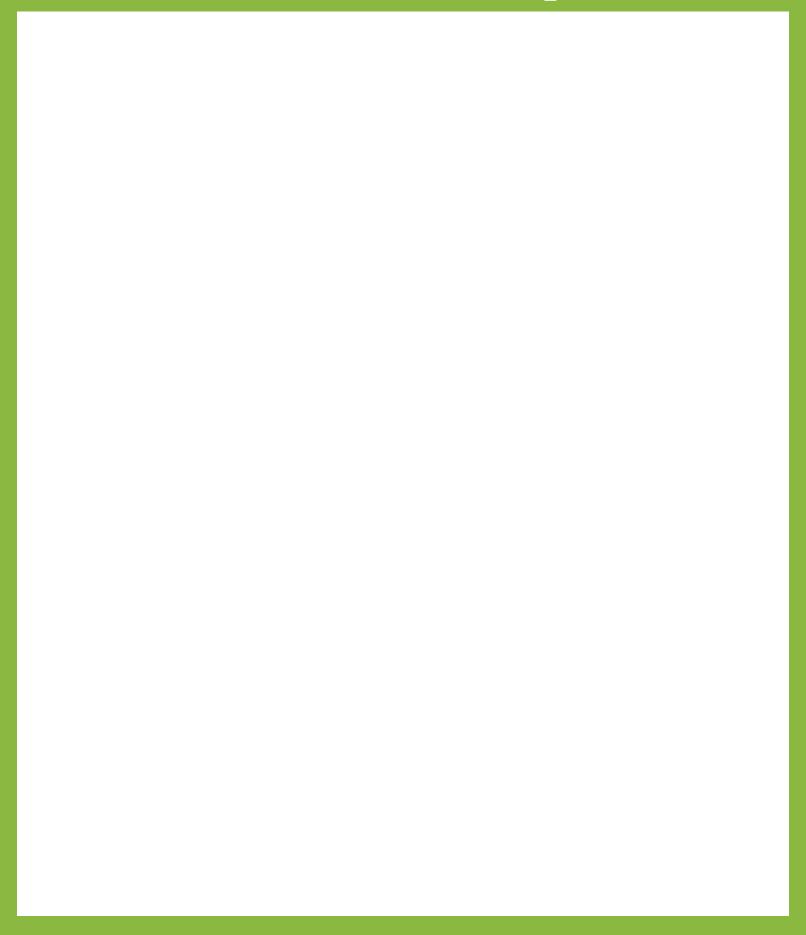
Physical Skills

- o Squeeze something
- o Use a stress balls
- o Shred paper
- o Bubble wrap
- o Use a sand tray
- o Jacob's Ladder
- o Hold a small stone
- o Shuffle cards
- o Make something
- o Use a fidget
- o Walk
- o Exercise
- o Dance
- o Punch a safe surface
- o Play at the Park
- o Make an obstacle course
- o Swing on a swing
- o Jump on a trampoline
- o Jump rope
- o Scooter
- o Go swimming
- o Stretches
- o Tumbling/Gymnastics
- o Yoga
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Processing Skills

- o Write in a journal
- o Write songs
- o Write poetry
- o Write music
- o Draw
- o Talk to someone you trust
- o Create a playlist
- o Write what's bothering you and throw
- it away
- o Write a letter to someone
- o Use "I statements"
- o Make a worry box
- o Color
- o Doodle
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Skills to Try



My Coping Skills

