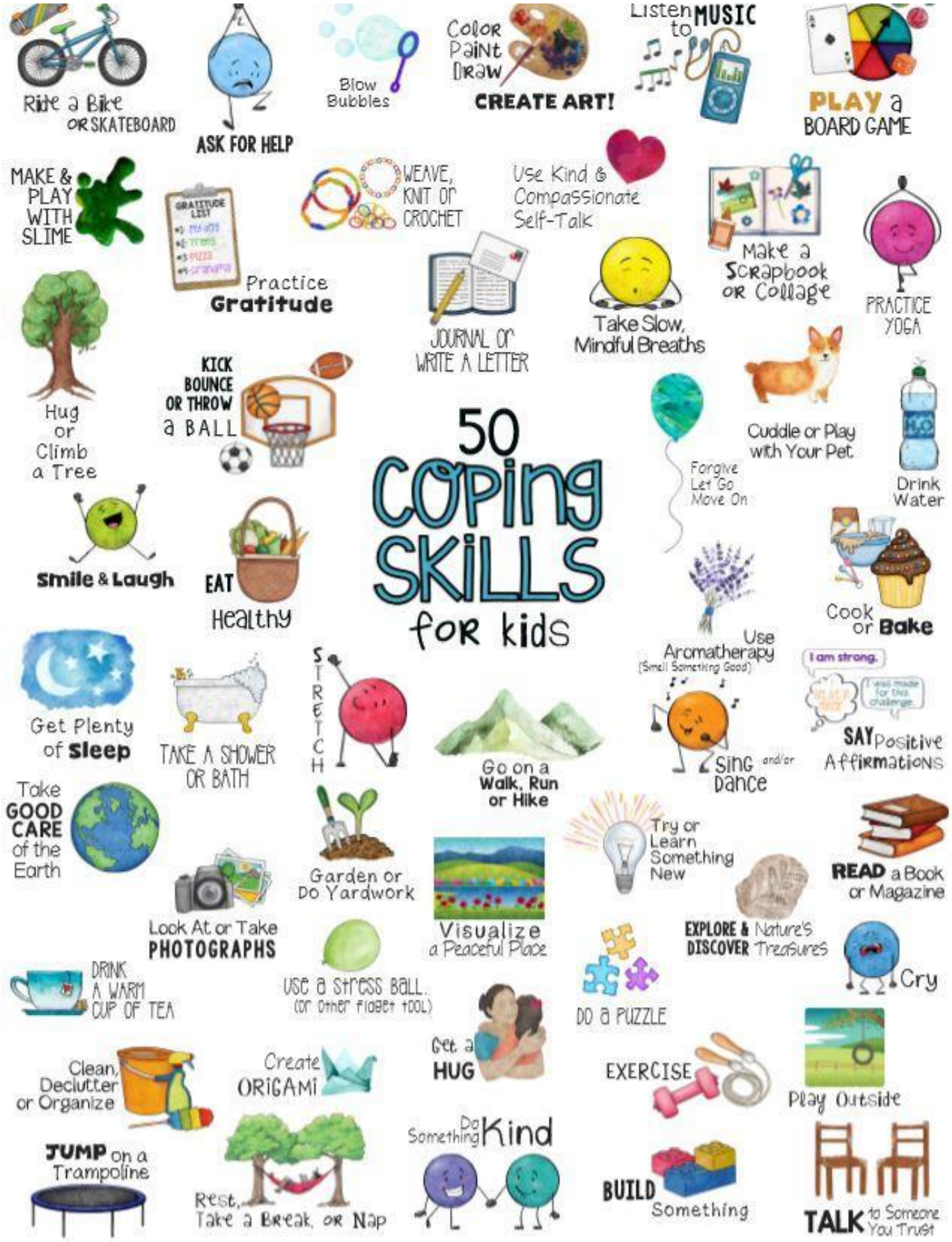
50 Coping Skills for kids
Ride a Bike or Skateboard
Ask for Help
Blow Bubbles
Color Paint Draw
Create Art!
Listen to Music
Play a Board Game
Make & Play With Slime
Weave, Knit or Crochet
Use Kind & Compassionate Self-Talk
Make a Scrapbook or Collage
Practice Gratitude
Journal or Write a Letter
Take Slow, Mindful Breaths
Practice Yoga
Hug or Climb a Tree
Kick Bounce or Throw a Ball
Cuddle or Play with Your Pet
Forgive Let Go Move On
Drink Water
Smile & Laugh
Eat Healthy
Use Aromatherapy (Smell Something Good)
Cook or Bake
Get Plenty of Sleep
Take a Shower or Bath
Stretch
Go on a Walk, Run or Hike
Sing and/or Dance
Say Positive Affirmations
I am strong.
Take Good Care of the Earth
Garden or Do Yardwork
Try or Learn Something New
Read a Book or Magazine
Look At or Take Photographs
Visualize a Peaceful Place
Explore & Discover Nature's Treasures
Drink a Warm Cup of Tea
Use a Stress Ball (or Other Fidget Tool)
Do a Puzzle
Cry
Clean, Declutter or Organize
Create Origami
Get a Hug
Exercise
Play Outside
Jump on a Trampoline
Rest, Take a Break, or Nap
Do Something Kind
Build Something
Talk to Someone You Trust