COPING TOOLS: What Helps Me

Read A Book or Magazine	Ride a Bike or Skateboard
Hug or Climb a Tree	Create Origami 🔀
Journal or Write a Letter [[]]	Cook or Bake
Use Kind & Compassionate Self-Talk	Ask for Help
Make a Collage or Scrapbook	☐ Talk to Someone You Trust
Rest, Nap or Take a Break 🙌	Weave, Knit or Crochet
Go on a Hike, Walk or Run 💰 🔦	Build Something
Take Good Care of the Earth	Get a Hug
Drink Water	☐ Visualize a Peaceful Place
Play a Board Game	Stretch
Do Something Kind	Make Art
Make and Play with Slime	Use Positive Affirmations
Discover Treasures in Nature	Take Slow, Mindful Breaths
Take a Shower or Bath	Clean, Declutter or Organize
Exercise	Use Aromatherapy
Drink a Warm Cup of Tea	☐ Cry (♠)
Forgive, Let Go, Move On 🌎	Try or Learn Something New
Practice Yoga	Listen to Music
Garden or Do Yardwork	Use a Stress Ball or Other Fidget
Jump on a Trampoline	Get Plenty of Sleep
Cuddle or Play with Your Pet	Kick, Bounce or Throw a Ball
Practice Gratitude	☐ Take or Look at Photographs
Do a Puzzle	☐ Eat Healthy
Blow Bubbles 9	Play Outside
Smile and Laugh	Sing and/or Dance