

Name: _____

Coping Skills Sheet

Put a star next to the five coping skills you use.



Calm My Body

Take 3 deep breaths
Stretch or do yoga
Go for a walk or run
Squeeze a stress ball
Hug a pillow
Take a break in a quiet space



Calm My Mind

Count to 10 slowly
Imagine my favorite place
Say something kind to myself
Listen to calming music
Read a book



Connect with Others

Talk to a friend
Tell an adult how I'm feeling
Play with a pet
Ask for a hug
Write a note for someone
Draw a picture for someone



Be Creative & Have Fun

Draw, color, or doodle
Dance to my favorite song
Play outside
Build something with Legos/blocks
Write in a journal