



Ask for Help



Listen to Music



Do Something Kind



Watch Funny Animal Videos



Talk About My Feelings



Eat Healthy Food



Garden or Do Yard Work



Bake or Cook (try a new recipe!)



Go on a Walk, Run or Hike



Journal



Read a Good Book or Magazine



Observe Clouds (...and just breathe)



Do a Puzzle



Tense then Relax My Muscles



Make a Collage or Scrapbook



Drink Enough Water

Make of List of Things I Can Control (and focus on that)



Unplug and Go Outside



Exercise

Play a Card or Board Game



Do Wall or Chair Push-Ups



Take Slow, Focused Breaths

50

COPING TOOLS

for kids!



Create Origami or Paper Airplanes



Try or Learn Something New



List at least 3 Things I Am Grateful For



Stretch or Do Yoga



by WholeHearted School Counseling



Set a Goal and List 2 Steps to Get There



Remember ALL of My Feelings Are O.K.



Build Something



Cry (tears release stress hormones)



Massage My Neck, Arms & Shoulders

Take or Look at Photographs



Sew, Weave, Knit or Crochet



Clean, Organize or Declutter



Draw, Paint, Color, Craft, or Sculpt



Hug (myself, someone else, or a stuffed animal)



Write a Letter

Use a Stress Ball or Other Fidget



Visualize a Peaceful Place



Focus on What I See, Hear, Feel, Smell & Taste



Kick, Bounce, or Throw a Ball



Drink a Cup of Hot Cocoa or Tea

Cuddle & Play with My Pet



Get 8-11



Call or Text Family



Smile

Take a Shower or Bath



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