



Coping Tools for Kids!

Draw
or
Color



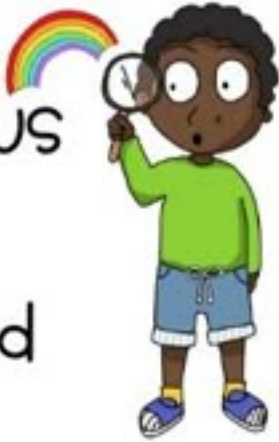
Exercise,
Stretch,
or Do
Yoga



Do a
Breathing
Exercise



Focus
on
the
Good



Connect
with
Nature



Talk
About
It



Journal
or Write
a Letter



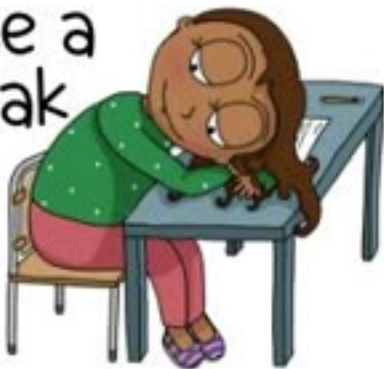
Do
Something
Kind and
Helpful



Use
Positive
Self-Talk



Take a
Break



Read or
Look at
Happy
Pictures



Tighten
then
Relax
My
Muscles



Use a
Fidget



Build
Something
or Solve a
Puzzle



Do a
Mindfulness
Exercise



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