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| **Coping Skills Check-list**  ✔ Check off the ones that you do now  ⚪Circle the ones you want to try  \_\_\_\_ Cross off the ones that don’t work | | | |
| **Calming Skills**   * Deep Breathing Exercises * 54321 Grounding Technique * Muscle Relaxation Exercise * Imagine your favorite place * Think of your favorite things * Say the alphabet slowly * Touch things around you * Run water over your hands * Make a fist then release it * Positive Self-Talk * Take a drink of water * Look at a calming jar * Take a mindful minute | **Distraction Skills**   * Write a story * Crossword/Puzzle * Read * Help clean the classroom * Color or Doodle * Draw | **Physical skills**   * Squeeze something * Use a stress ball * Make something * Use a fidget * Go for a walk * Eat a snack * Rip or shred paper in small pieces | **Processing Skills**   * Write in a journal * Write a song * Write poetry * Write music * Draw * Talk to someone * Create a playlist * Write what’s bothering you and throw it away * Write a letter to someone |

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