|  |
| --- |
| **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
 |

|  |
| --- |
| **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
 |