

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

Observe Clouds (...and just breathe)

Bake or Cook (try a new recipe!)

Go on a Walk, Run or Hike

Journal

Drink Enough Water

Read a Good Book or Magazine

Do a Puzzle

Tense then Relax My Muscles

Make a Collage or Scrapbook

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

Take Slow, Focused Breaths

Unplug and Go Outside

Play a Card or Board Game

List at least 3 Things I Am Grateful For

Do Wall or Chair Push-Ups

50 COPING TOOLS for kids!



Say Something Kind to Myself

Create Origami or Paper Airplanes

Massage My Neck, Arms & Shoulders

Stretch or Do Yoga

Set a Goal and List 2 Steps to Get There

Remember ALL of My Feelings Are OK.

Build Something

Try or Learn Something New

Cry (tears release stress hormones)

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

Take or Look at Photographs

Sew, Weave, Knit or Crochet

Visualize a Peaceful Place

Clean, Organize or Declutter

Draw, Paint, Color, Craft, or Sculpt

Write a Letter

Use a Stress Ball or Other Fidget

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

Exercise

Kick, Bounce, or Throw a Ball

Drink a Cup of Hot Cocoa or Tea

Cuddle & Play with My Pet

Call or Text Family and Friends

Take a Shower or Bath

Remind Myself I Can Do Hard Things

Get 8-11 Hours of Sleep

Sing and/or Dance

Smile (smiling tricks our brain into feeling happier)