COPING SKILLS

BAKE    COLOR    CREATE SOMETHING    CRY
DANCING DEEP BREATHING EXERCISE JOURNALING
KNIT    LEARN A NEW MEDITATE NEW HOBBY
PAINT   PLAY BALL PUNCHING BAG READ A BOOK
SHOPPING TALKING WITH FRIEND VIDEO GAMES WALKING
WATCH A MOVIE WATCHING TV YOGA

WATCH A MOVIE
SHOPPING
DANCING
PAINT
BAKE
KNIT

TALKING WITH FRIEND
DEEP BREATHING
COPING SKILLS

WATCHING TV
LEARN A NEW LANGUAGE
PLAY BALL

NAME: ___________________________  DATE: ________________