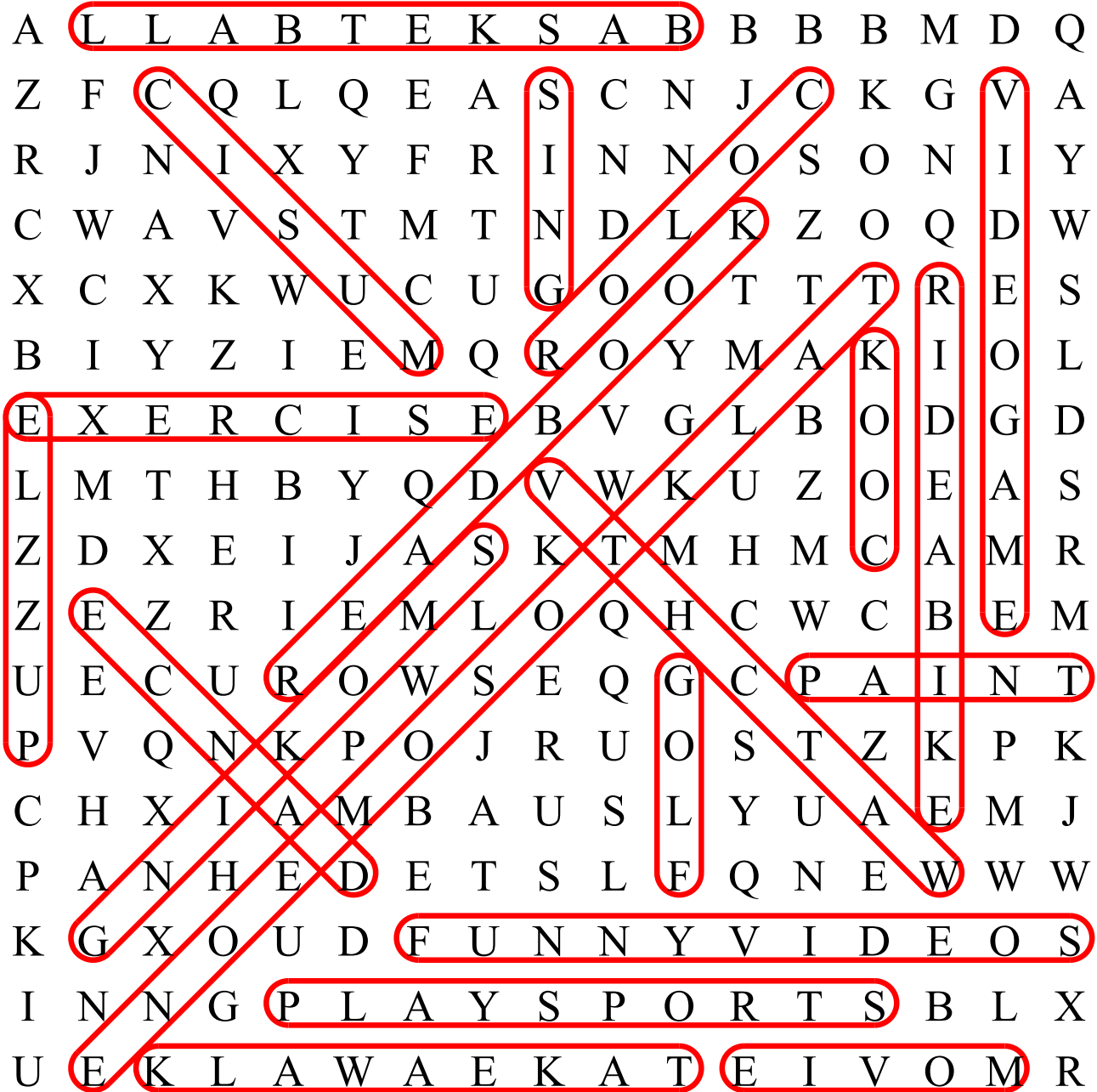


Name: _____

Date: _____

Things that you can do to cope



talk to someone

FUNNY VIDEOS

VIDEO GAME,

TAKE A WALK

RIDE A BIKE

PLAY SPORTS

basketball

READ BOOK

WATCH TV

EXERCISE

smoking

PUZZLE

color

paint

music

DANCE

MOVIE

golf

SING

COOK