POSITIVE COPING SKILLS

COLOR
DRAW
PLAY SPORTS
SEE A MOVIE
WATCH FUNNY VIDEOS

COOK
EXERCISE
PLAY VIDEO GAMES
SING
WATCH TV

DANCE
HUG A PILLOW
READ A GOOD BOOK
TAKE A WALK
WRITE A LETTER

DO A PUZZLE
PLAY A GAME
RIDE A BIKE
TALK TO SOMEONE
WRITE IN A JOURNAL