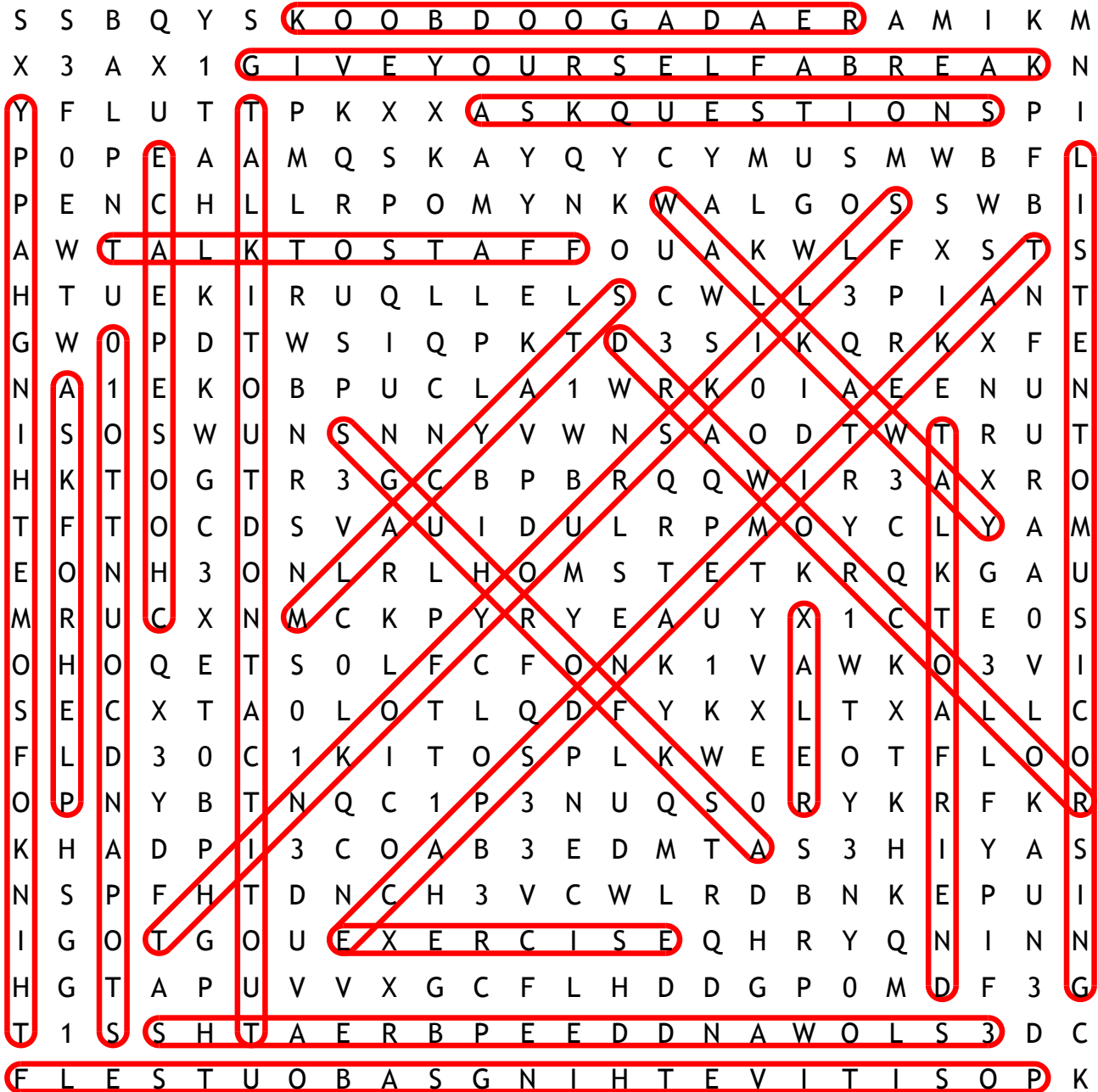


Name: _____

Date: _____

Coping Skills



Talk it out dont act it out
Listen to Music or Sing
Think of your skills
Talk to a friend
Draw or Color
Choose Peace
Walk Away

Positive things about Self
3 Slow and Deep Breaths
Stop and Count to 10
Read a good book
Talk to Staff
Ask for Hugs
Exercise

Think of Something Happy
Give yourself a break
Take time and space
Ask Questions
Ask for Help
Stay Calm
Relax