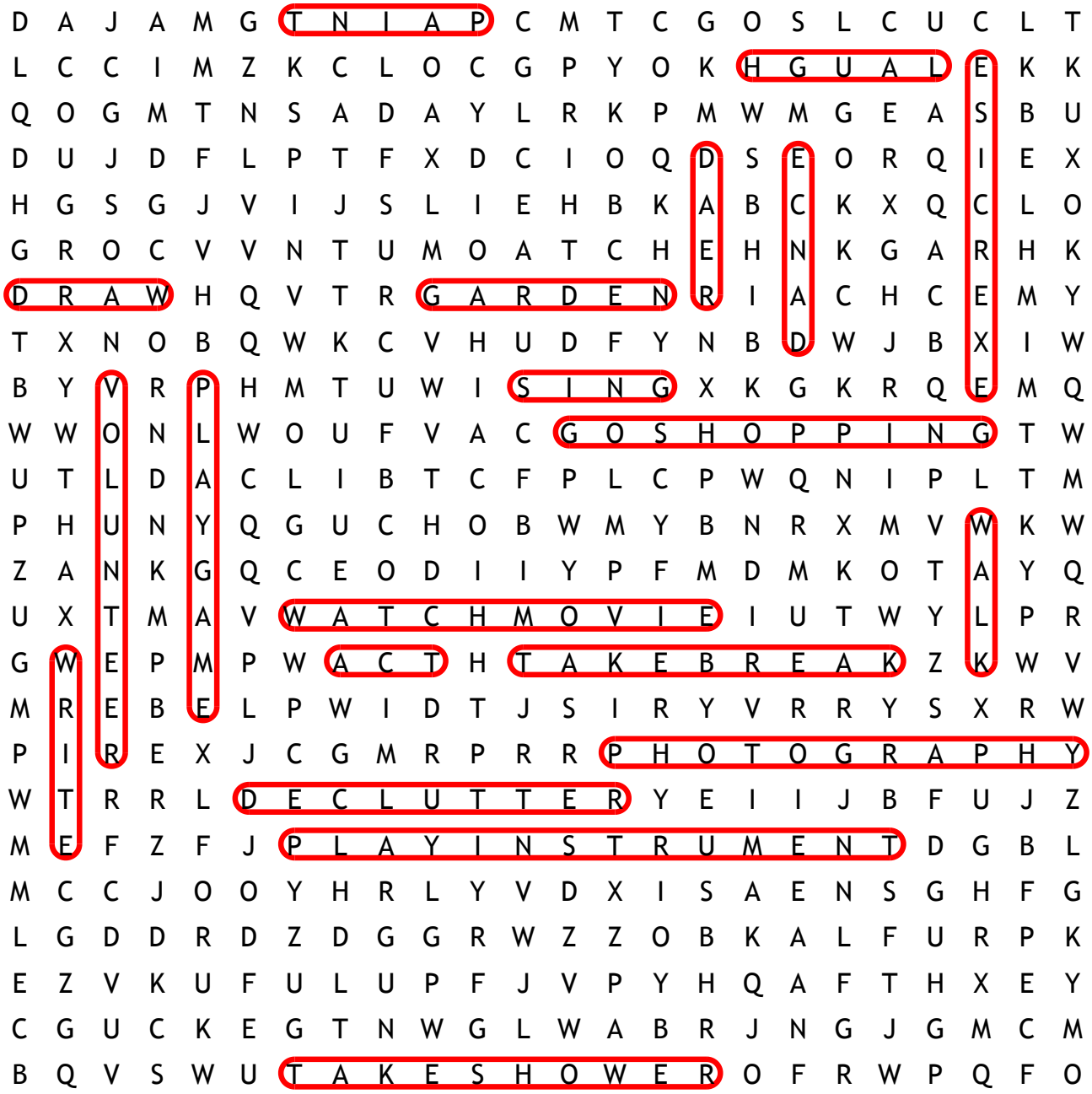
Name: _____ Date: _____

Positive Coping Skills #1



Play instrument
Watch Movie
Volunteer
Laugh
Read

Go shopping
Take Break
Exercise
Paint
Sing

Photography
Declutter
Garden
Write
Walk

Take shower
Play Game
Dance
Draw
Act