COPING SKILLS

socializing    gratitude

Yoga  library

Deep breathing  healthy eating

Dancing  Tai Chi

Sleeping  Drawing

Volunteering  Mindfulness

Sports  Singing

Board games  Treatment mall

Thankfulness  Meditation

Library  Sensory room

Recreation  Art

Gardening  Journaling

Reading  Deep breathing

Singing  Walking

Healthy eating  Exercise

Drinking tea  Sensory room

Deep breathing  Yoga

Dancing  Tai Chi

Walking  Deep breathing

Journaling  Healthy eating

Volunteering  Mindfulness

Sports  Singing

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