

Coping Skills List

Tick the ones you want to try. Circle the ones that work for you.

Calm your body

- ☐ **Long breath out.** Breathe in for 4, then out for 6. Do it five times.
- ☐ **Flower and candle breath.** Smell a pretend flower slowly, then blow out a pretend candle.
- ☐ **Trace your hand.** Slide a finger up each finger as you breathe in and down as you breathe out.
- ☐ **Squeeze and let go.** Make tight fists for five seconds, then let your hands go loose.
- ☐ **Cold water.** Splash cold water on your face, or hold something cold for a minute.
- ☐ **Drop your shoulders.** Let your shoulders fall, unclench your jaw and soften your face.
- ☐ **Feel your feet.** Press your feet into the floor and notice how solid it is.
- ☐ **Big hug.** Hug yourself, a pillow or a stuffed animal tight for twenty seconds.
- ☐ **Hum a tune.** Hum slowly and feel the buzz in your chest and face.
- ☐ **Name what you notice.** Find 5 things you can see, 4 you can touch and 3 you can hear.
- ☐ **Blow bubbles.** Blow slow bubbles, or blow on a pinwheel to make it spin.
- ☐ **Stiff and floppy.** Go stiff like a dry noodle, then floppy like a cooked one. Do it three times.
- ☐ **Warm drink.** Make a warm drink and sip it slowly.
- ☐ **Heavy blanket.** Wrap up in a heavy blanket and let it hold you.
- ☐ **Count your breaths.** Count each breath out up to ten, then start again at one.

Distract and shift

- ☐ **Count backward.** Count back from 100 by 7s. Younger kids can count back from 20.

- ☐ **Alphabet game.** Name an animal, food or city for every letter from A to Z.
- ☐ **Puzzle time.** Do a jigsaw, word search, crossword or number puzzle.
- ☐ **Play a game.** Play a card game or a board game.
- ☐ **Something funny.** Watch a funny video or show, or read some jokes.
- ☐ **Read for a while.** Read a few pages of a book, comic or magazine.
- ☐ **Tidy one spot.** Clean out one drawer, shelf or bag. Small and finished is the goal.
- ☐ **Fidget.** Squish clay, slime, a stress ball or a fidget toy.
- ☐ **Color hunt.** Find everything blue in the room. Then everything round.
- ☐ **Describe it.** Pick one object and describe it in detail, as if to someone who has never seen one.
- ☐ **Listen to something.** Put on a podcast, an audiobook or the radio.
- ☐ **Build with blocks.** Build a tower, a house or a robot with blocks.
- ☐ **Chore with music.** Do one chore with your favorite music on.
- ☐ **Plan something fun.** Plan a trip, a meal or a weekend, even a pretend one.

Move

- ☐ **Take a walk.** Walk around the block, the hall or the yard.
- ☐ **Jumping jacks.** Do 20 jumping jacks, or jump in place.
- ☐ **Dance it out.** Put on one loud song and dance until it ends.
- ☐ **Shake it off.** Shake your hands, then your arms, then your legs, like a wet dog.
- ☐ **Wall push.** Push against a wall as hard as you can for ten seconds. Rest, then repeat.
- ☐ **Stretch or yoga.** Hold a few stretches or yoga poses for five slow breaths each.

- ☐ **Ride a bike.** Ride a bike or a scooter, or go skating.
- ☐ **Play ball.** Shoot hoops, kick a ball or play catch.
- ☐ **Take the stairs.** Walk up and down a flight of stairs a few times.
- ☐ **Animal walks.** Walk like a bear, hop like a frog, waddle like a penguin.
- ☐ **Run or race.** Run hard for a minute, or race someone to a finish line.
- ☐ **Quick workout.** Do a few push-ups, squats or sit-ups.
- ☐ **Play outside.** Go to a playground or a park and play.

Connect with others

- ☐ **Talk to someone.** Tell someone you trust how you are feeling.
- ☐ **Call or text a friend.** Reach out to a friend, even just to say hi.
- ☐ **Ask for a hug.** Ask someone you love for a hug.
- ☐ **Tell a grown-up.** Tell a parent, teacher or another grown-up what is wrong.
- ☐ **Pet an animal.** Pet, cuddle or play with an animal.
- ☐ **Help someone.** Do something kind or helpful for someone else.
- ☐ **Write a note.** Write a card or a note to someone you care about.
- ☐ **Be around people.** Go somewhere with people nearby, like a library, a park or a cafe.
- ☐ **Sit with someone.** Ask someone to sit with you. You do not have to talk.
- ☐ **Play with someone.** Ask a friend, a brother or sister, or a grown-up to play.
- ☐ **Talk to a counselor.** Talk to a school counselor, a therapist or a support line.
- ☐ **Share a laugh.** Send someone a funny picture or video.
- ☐ **Make plans.** Make a plan to see someone you like.

Coping Skills List, continued

Think it through

- ☐ **How big is it?.** Ask yourself: is this a small, medium or big problem?
- ☐ **Kind words.** Say something kind to yourself, like "I can do hard things."
- ☐ **Be your own friend.** Ask: what would I say to a friend who felt this way? Then say it to yourself.
- ☐ **Worry and a step.** Write down the worry, then one thing you can do about it.
- ☐ **Will it matter?.** Ask: will this matter in a week? In a year?
- ☐ **Name the feeling.** Finish the sentence: "I feel ___ because ___."
- ☐ **Three good things.** Write or say three things that went okay today.
- ☐ **Calm place.** Picture a calm, safe place. What can you see, hear and smell there?
- ☐ **One small step.** Break the problem down and do only the first small step.
- ☐ **Worry time.** Write worries down and save them for ten minutes later in the day.
- ☐ **I did it before.** Remember a time you got through something hard. How did you do it?
- ☐ **Facts or guesses?.** Ask: what do I know for sure, and what am I guessing?
- ☐ **Three ways to fix it.** Think of three ways to solve the problem, then pick one to try.

Care for yourself

- ☐ **Drink water.** Drink a full glass of water.
- ☐ **Have a snack.** Eat something. Being hungry can make everything feel bigger.
- ☐ **Shower or bath.** Take a warm shower or bath.
- ☐ **Rest.** Lie down for ten minutes, or take a short nap.
- ☐ **Fresh air.** Step outside for fresh air and daylight.
- ☐ **Phone break.** Put your phone in another room for an hour.
- ☐ **Sleep on time.** Go to bed at your usual time, with screens off a little before.
- ☐ **Comfy clothes.** Change into soft, comfortable clothes.
- ☐ **Make it cozy.** Make your space cozy: soft light, a favorite blanket, a little music.
- ☐ **Say no to one thing.** Let go of one thing you do not have the time or energy for today.
- ☐ **Just for fun.** Do something just because you like it, with no goal.
- ☐ **Cuddle a soft toy.** Hold a favorite stuffed animal or soft toy close.
- ☐ **Ask for help.** Ask someone to help with one thing on your list.
- ☐ **Stick to a routine.** Do your usual morning or bedtime routine, one step at a time.

Create and express

- ☐ **Draw your feeling.** Draw or color what the feeling looks like.

- ☐ **Journal.** Write about what happened and how you feel about it.
- ☐ **Make a playlist.** Make a playlist for how you feel now, then one for how you want to feel.
- ☐ **Make music.** Play an instrument, drum on a table or make up a song.
- ☐ **Cook or bake.** Make something to eat, one step at a time.
- ☐ **Play dough.** Squish, roll and shape play dough or clay.
- ☐ **Take photos.** Go for a walk and take pictures of things you like.
- ☐ **Unsent letter.** Write a letter to someone that you will not send.
- ☐ **Make a collage.** Cut out pictures and words that show how you feel and glue them down.
- ☐ **Doodle.** Fill a page with doodles, patterns or shapes.
- ☐ **Tell a story.** Make up a story, or act one out with toys.
- ☐ **Care for a plant.** Water a plant, plant a seed or do some gardening.
- ☐ **Sing out loud.** Sing along to a favorite song, as loud as you like.
- ☐ **Make a craft.** Knit, sew, bead, fold paper or build a model.

My own

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Coping Skills Bingo

Four different cards. When a skill is called, try it for 30 seconds, then mark it. Five in a row wins.

Card 1 Name _____

B I N G O

Listen to something	Stiff and floppy	Wall push	Calm place	Plan something fun
Make a collage	Build with blocks	Three ways to fix it	Something funny	Long breath out
Stretch or yoga	Fresh air	FREE	Drop your shoulders	Name the feeling
Dance it out	Feel your feet	Blow bubbles	Make a playlist	Cook or bake
Play with someone	Tell a story	Talk to a counselor	Cuddle a soft toy	Play ball

Card 2 Name _____

B I N G O

Play outside	Color hunt	Comfy clothes	Ask for a hug	Chore with music
Make a craft	Worry and a step	Rest	Tell a grown-up	Name what you notice
Sing out loud	Run or race	FREE	Wall push	Tell a story
Squeeze and let go	Make music	Take the stairs	Shake it off	Say no to one thing
Three ways to fix it	Take photos	Play with someone	Build with blocks	Play ball

Card 3 Name _____

B I N G O

Worry and a step	Drop your shoulders	Take the stairs	Play dough	Unsent letter
Blow bubbles	Plan something fun	Make a craft	Name the feeling	Calm place
Describe it	Count your breaths	FREE	Fresh air	Cuddle a soft toy
Long breath out	Will it matter?	Cold water	Something funny	Sleep on time
Listen to something	Feel your feet	Jumping jacks	One small step	Play ball

Card 4 Name _____

B I N G O

Just for fun	Take photos	Play a game	Cook or bake	Jumping jacks
Play with someone	Fidget	Trace your hand	Worry time	Flower and candle breath
Squeeze and let go	Hum a tune	FREE	Cold water	Sing out loud
How big is it?	Doodle	Puzzle time	Make a craft	Talk to someone
Chore with music	Color hunt	Ask for a hug	Sit with someone	Tidy one spot

My Coping Plan

Name _____

Date _____

I know I need my coping skills when I notice

☐ My heart beats fast☐ My stomach hurts☐ I cry more easily☐ I snap at people☐ I cannot fall asleep☐ Other: _____☐ My face gets hot☐ I clench my fists or jaw☐ I want to be alone☐ I cannot stop thinking about it☐ I stop doing things I like

My top 5 coping skills, best first

1 _____

2 _____

3 _____

4 _____

5 _____

People I can reach out to

A place where I feel calm

Try it and rate it

How stressed are you from 0 (not at all) to 10 (the most)? Rate it before and after you try a skill.

Day	Skill I tried	Before	After

If I am not safe, I call or text **988**, or call **911**.