

101 COPING SKILLS

for kids!

by WholeHearted School Counseling

Eat Healthy Food 

Take the Relax My Muscles 

Garden or Do Yard Work 

Bake or Cook (try a new recipe) 

Unplug and Go Outside 

Try or Learn Something New 

Go on a Walk, Run or Hike 

Clean, Organize or Declutter 

Talk About My Feelings 

Read a Good Book or Magazine 

Observe Clouds (and get creative) 

Exercise 

Say Something Kind to Myself 

Make a Collage or Scrapbook 

Journal 

Drink Enough Water 

Take Slow, Focused Breaths 

Create Dragons or Paper Airplanes 

Set a Goal and List 2 Steps to Get There 

Take or Look at Photographs List at least 3 Things I Am Grateful For 

Hug (yourself, someone else, or a stuffed animal) 

Write a Letter 

Cuddle & Play with My Pet 

Stretch or Do Yoga 

Do a Puzzle 

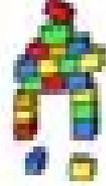
Cry (it's okay to feel sad) 

Kick, Bounce, or Throw a Ball 

Drink a Cup of Hot Cocoa or Tea 

Visualize a Powerful Place 

Remember ALL of My Feelings Are OK 

Build Something 

Focus on What I See, Hear, Feel, Smell & Taste 

Call or Text Family and Friends 

Coping With Friends

BM King



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