

A-Z Coping Skills Alphabet

D Open a book - Stories can help take your mind to a new place.

F Play with a toy - Focus on something fun to feel better.

G Gently rock or sway - Gentle movements can be soothing.

R Rest your body - Take a short rest or nap if you're tired or upset.

S Squeeze a stress ball - Or a cushion or toy—something soft.

T Talk to someone - Share your feelings with a grown-up or friend.

U Use kind words - Even when you're upset, being kind helps.

V Visit your calm corner - A special place with comfy things and calming tools.

W Watch the clouds - Lie down and look at the sky to feel peaceful.

X Express with art - Paint, colour, or craft how you feel.

Y Yawn and stretch - Relax your body with big stretches and yawns.

Z Zip up a pretend coat - Imagine zipping up your "calm coat" to feel safe.



A-Z Coping Skills Alphabet

A Ask for help - Let a grown-up know when you need support.

B Breathe deeply - Smell the flower (inhale)... blow out the candle (exhale).

C Count to ten - Counting slowly helps calm your body.

D Draw a picture - Use crayons or pencils to show how you feel.

E Exercise - Run, jump, stretch, or dance it out!

F Find a quiet spot - Take a break in a peaceful place.

G Give a hug - Hug a teddy, a friend, or a family member.

H Hum a tune - Soft humming can help you feel calm.

I Imagine a happy place - Think of the beach, forest, or anywhere safe and happy.

Coping W B

R Barnett



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