

COLOR BY COPING SKILLS

COLOR BY COPING SKILL	Go for a walk outside	Listen to music that lifts you up	Spend time with a pet or stuffed animal you love	Write in a journal	Think of a funny memory	Stretch or do yoga	Compliment yourself	Picture a calm place in your
								
RED	ORANGE	YELLOW	GREEN	DARK BLUE	PURPLE	PINK	BLUE	


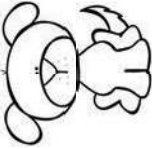


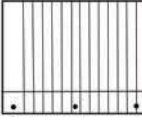




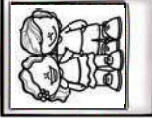



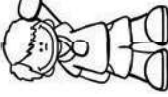


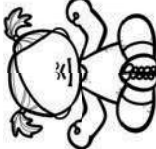
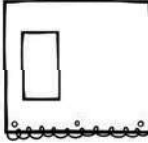





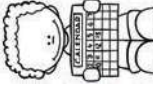
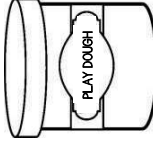
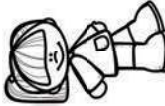

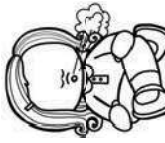
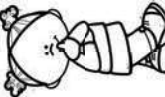


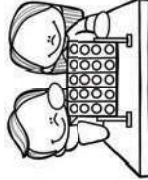
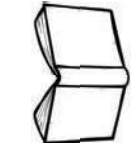
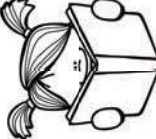



MY COPING STRATEGIES:

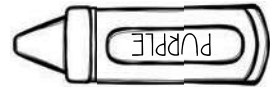
A hard situation I might face is:

A coping strategy I can use is:

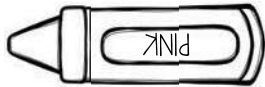
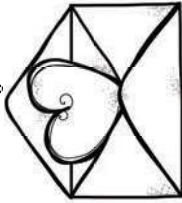
CHOOSE A STRATEGY:

 <p>Write an encouraging note to yourself</p>	 <p>Spend time with a pet or stuffed animal you love</p>	 <p>Get some exercise</p>	 <p>Spend time in nature</p>	 <p>Make a list of 5 good things in your life</p>
 <p>Listen to the sounds of the weather</p>	 <p>Write in a journal</p>	 <p>Have a personal dance party</p>	 <p>Get enough rest</p>	 <p>Look at pictures of happy memories</p>
 <p>Look around for something beautiful</p>	 <p>Think of a funny memory</p>	 <p>Talk to a trusted adult</p>	 <p>Set a goal</p>	 <p>Write positive affirmations on sticky notes</p>
 <p>Ask a friend to hang out</p>	 <p>Stretch or do yoga</p>	 <p>Write a silly poem</p>	 <p>Play an instrument</p>	 <p>Do something nice for someone else</p>
 <p>Draw or paint something meaningful to you</p>	 <p>Compliment yourself</p>	 <p>Remember a time when you were successful</p>	 <p>Plan something to look forward to</p>	 <p>Squeeze play dough</p>
 <p>Go for a walk outside</p>	 <p>Picture a calm place in your mind</p>	 <p>Control your breathing</p>	 <p>Give yourself a hug</p>	 <p>Write a song about your feelings</p>
 <p>Listen to music that lifts you up</p>	 <p>Play your favorite game</p>	 <p>Write a story about yourself overcoming something hard</p>	 <p>Read your favorite book</p>	 <p>Play your favorite sport</p>

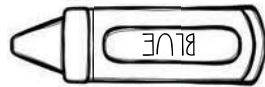
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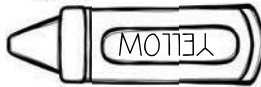
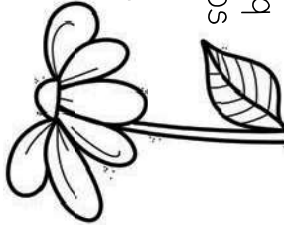
Write an encouraging note to yourself



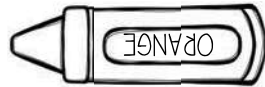
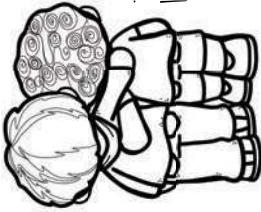
Listen to the sounds of the weather



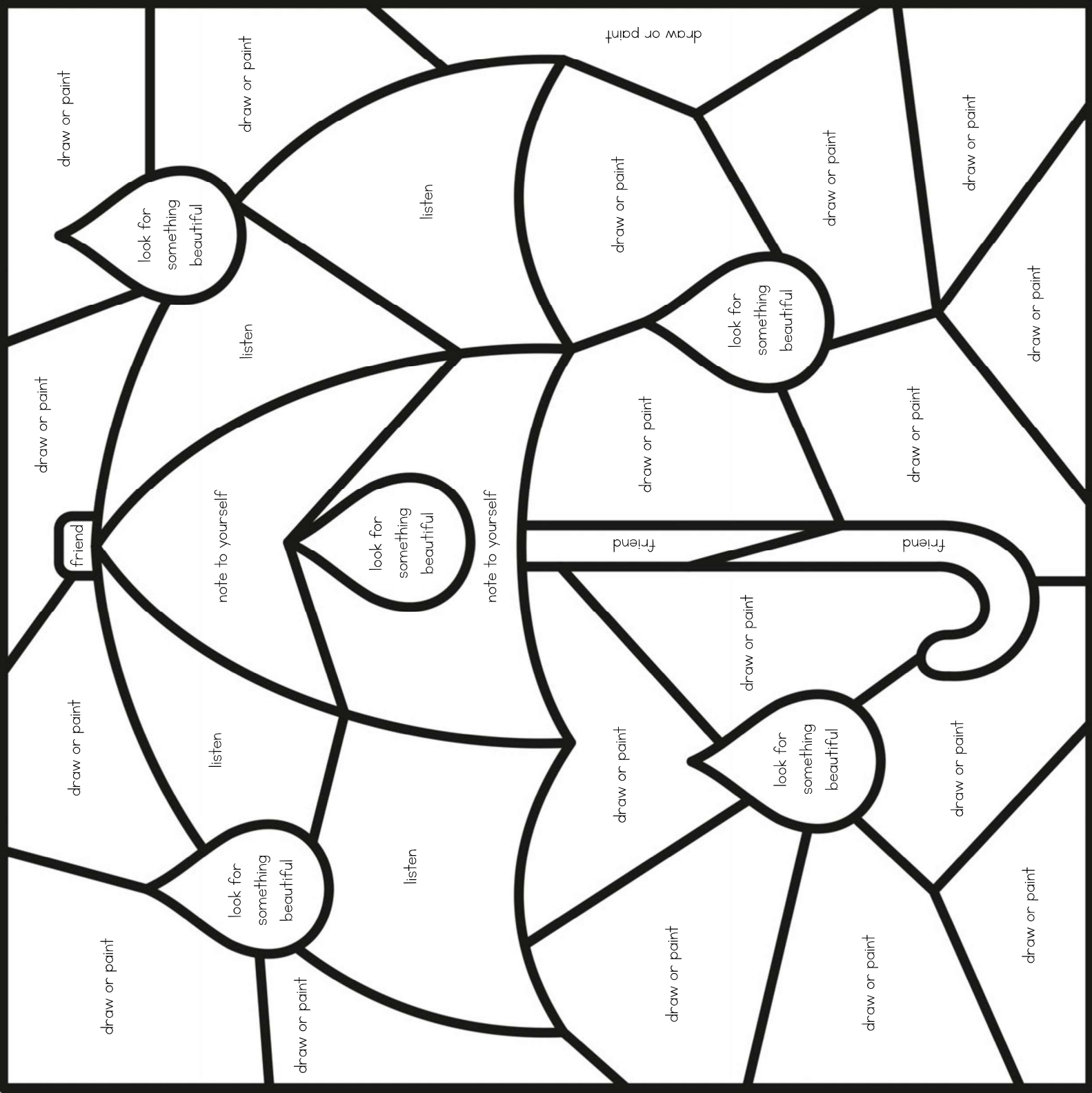
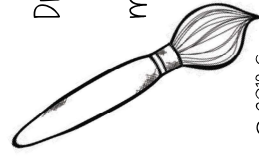
Look around for something beautiful



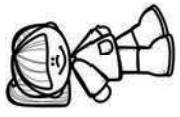
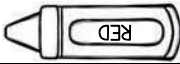
Ask a friend to hang out



Draw or paint something meaningful to you



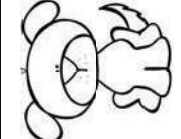
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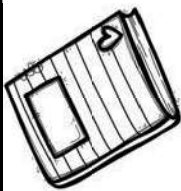
Go for a walk outside



listen to music that lifts you up



Spend time with a pet or stuffed animal you love



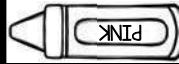
Write in a journal



Think of a funny memory



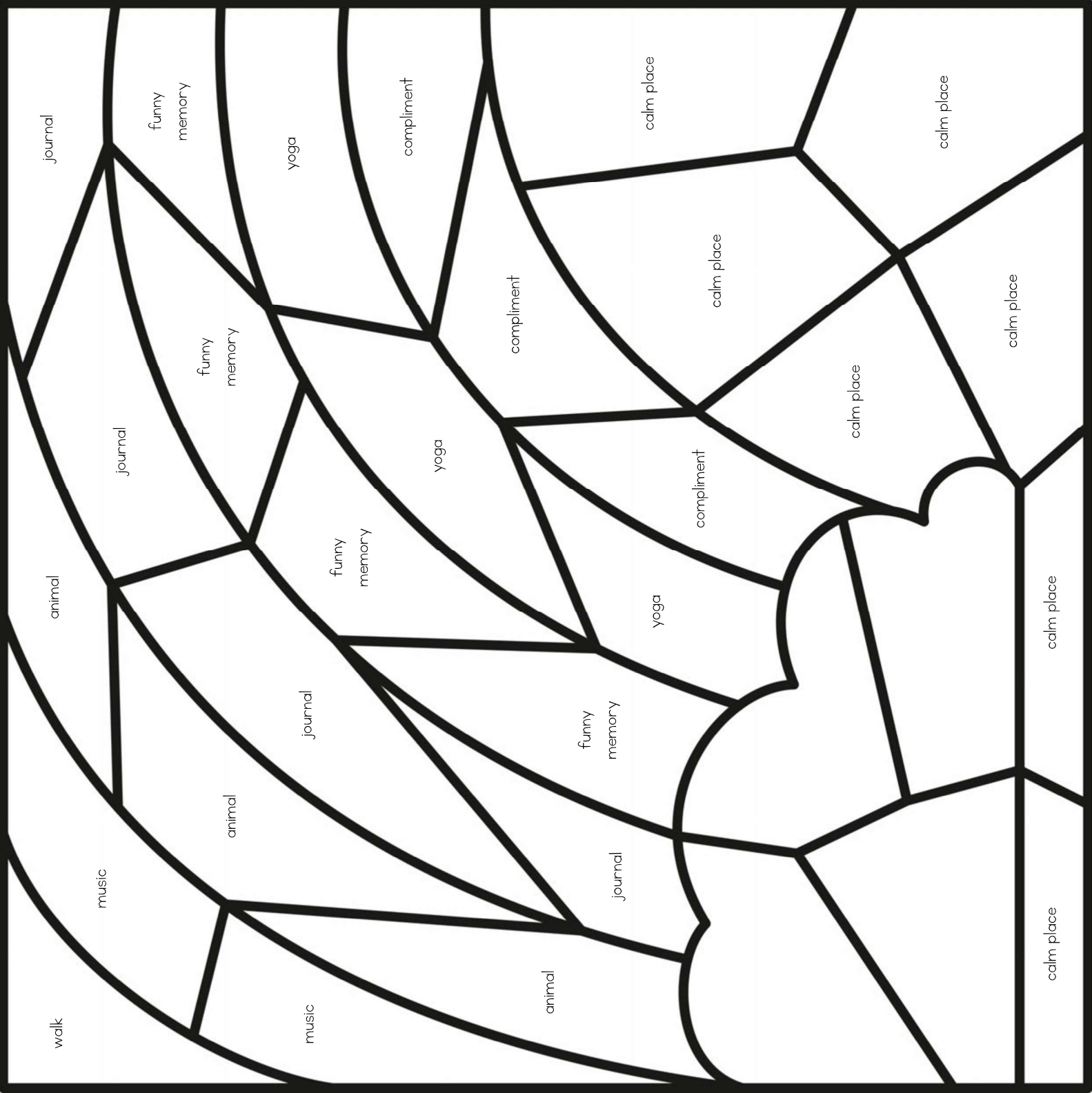
Stretch or do yoga



Compliment yourself

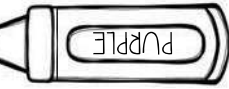


Picture a calm place in your mind

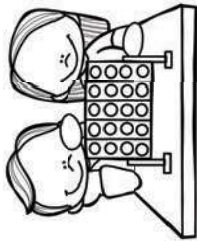


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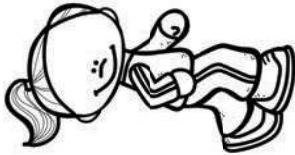
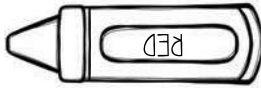
Play your favorite



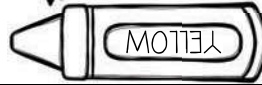
game



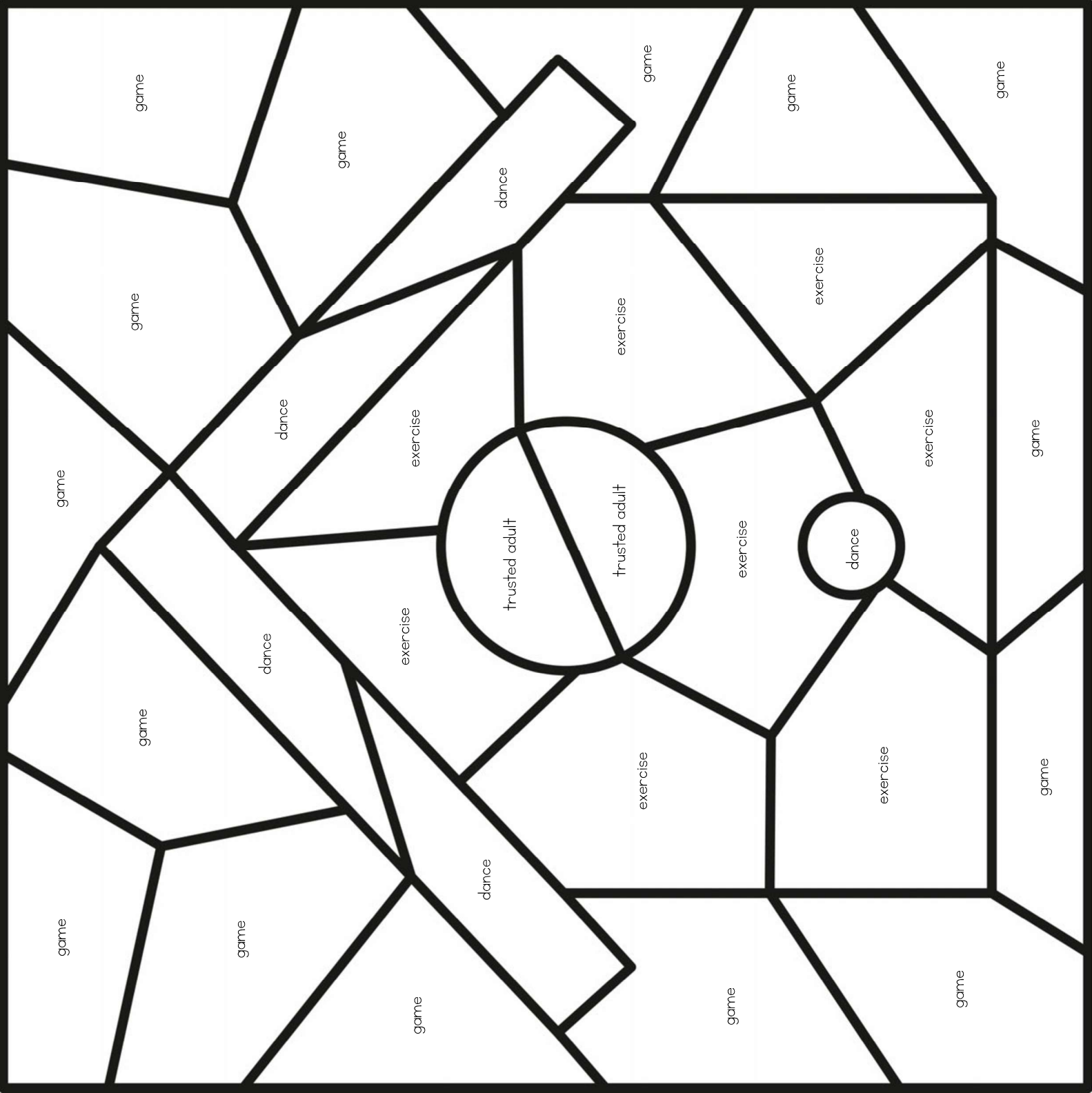
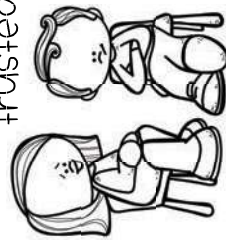
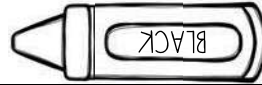
Get
some
exercise



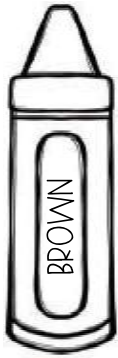
Have a
personal
dance party



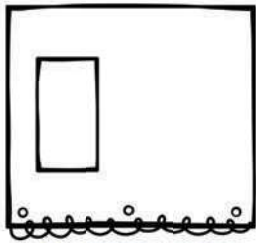
Talk to a
trusted adult



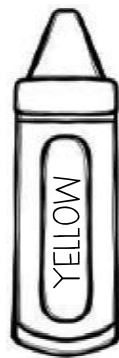
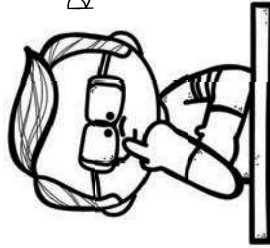
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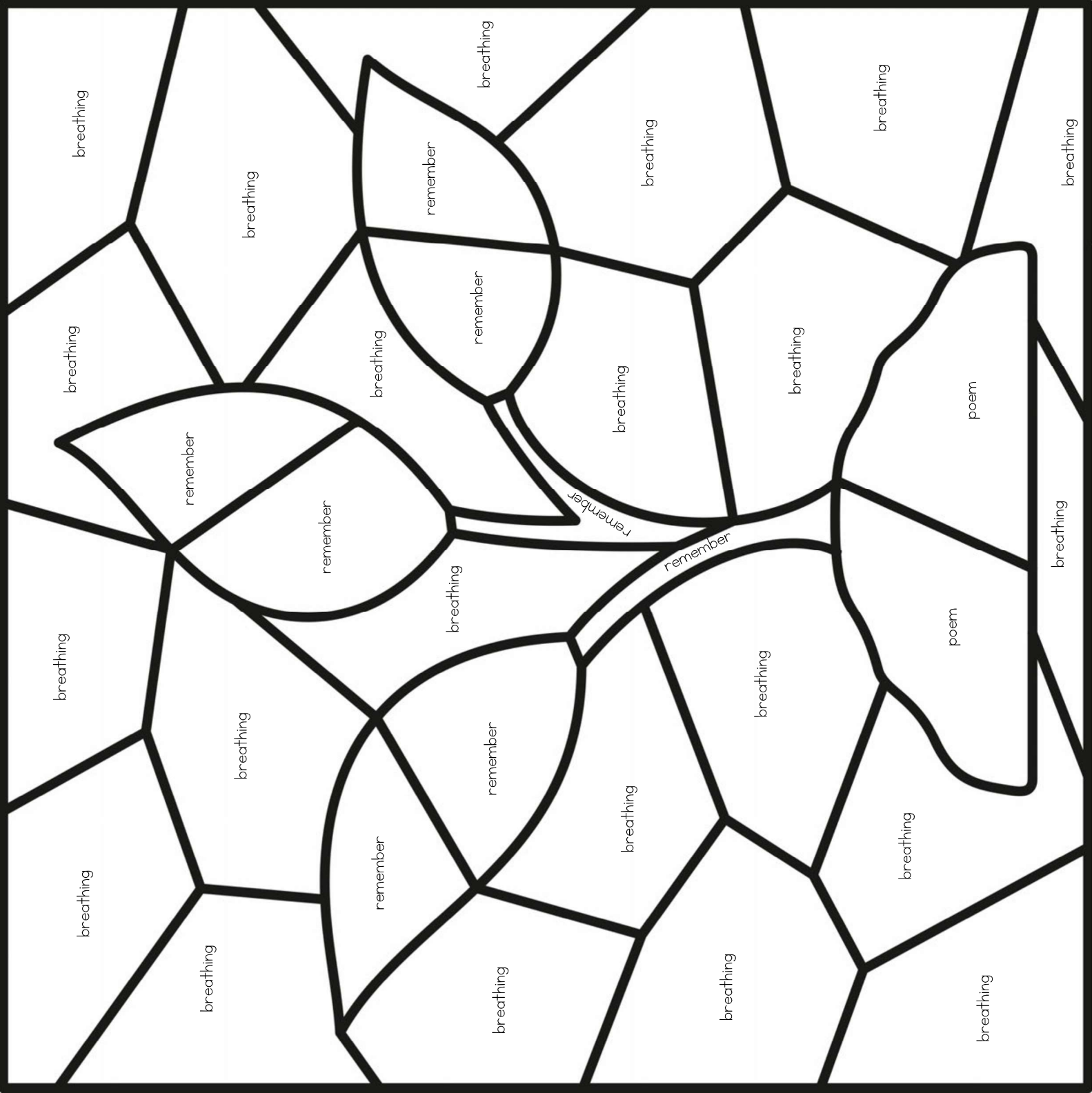
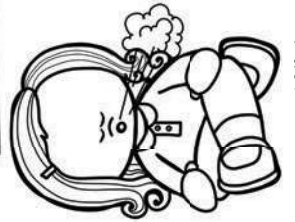
Write a silly
poem



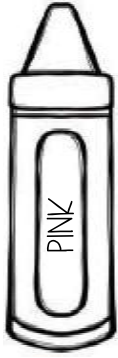
Remember a
time when
you were
successful



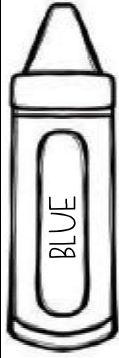
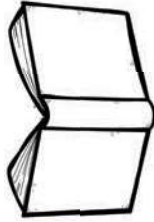
Control
your
breathing



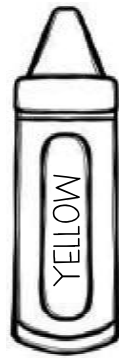
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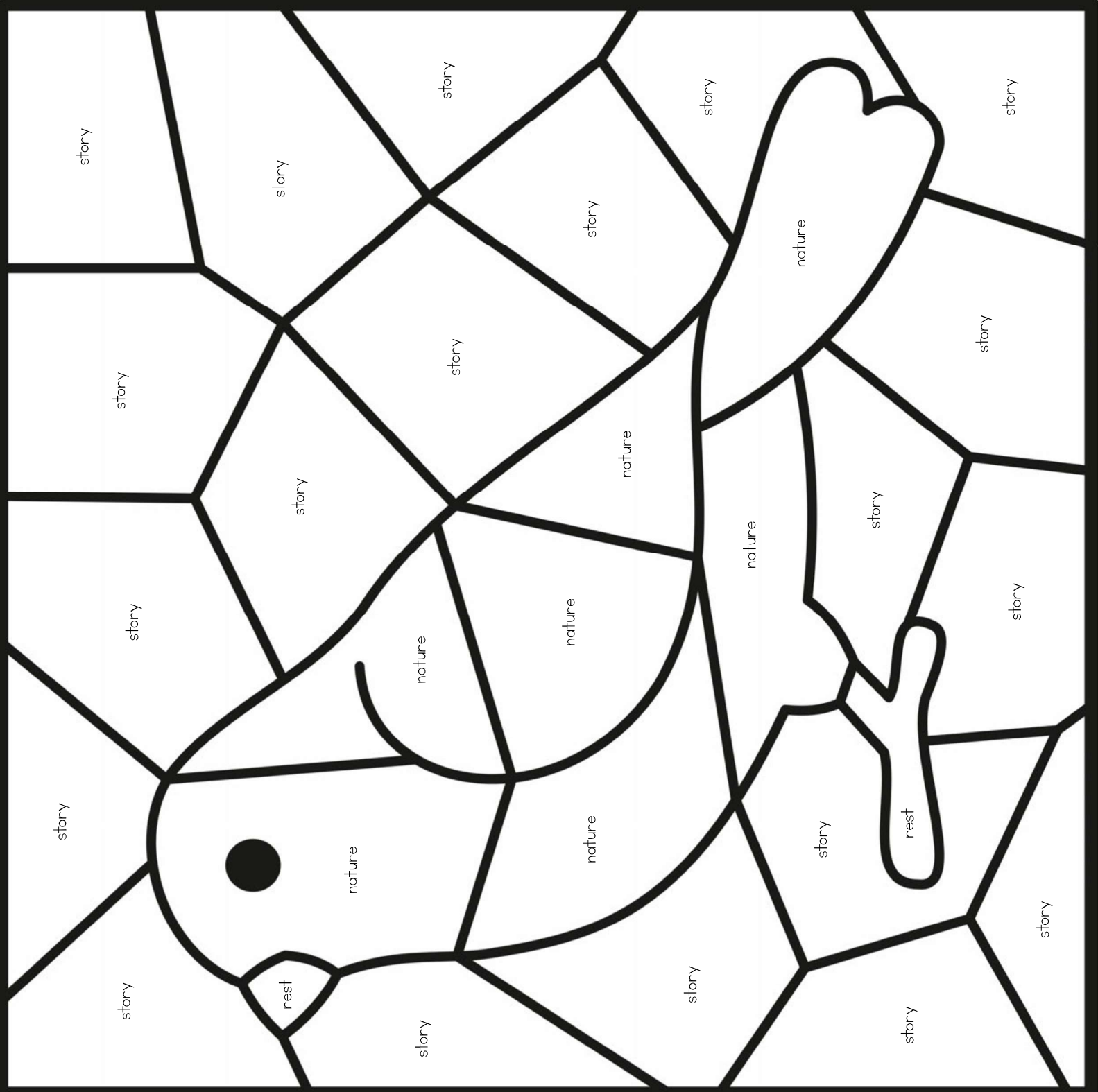
Write a
story about
yourself
overcoming
something
hard



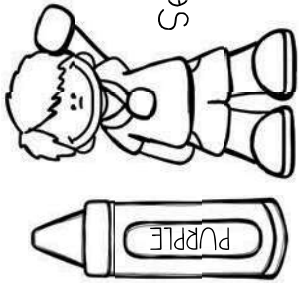
Spend
time in
nature



Get enough rest



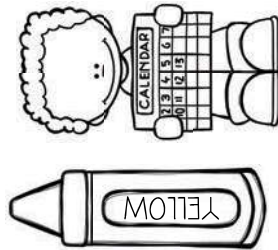
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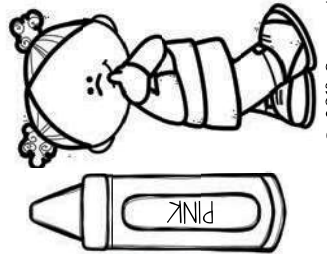
Set a goal



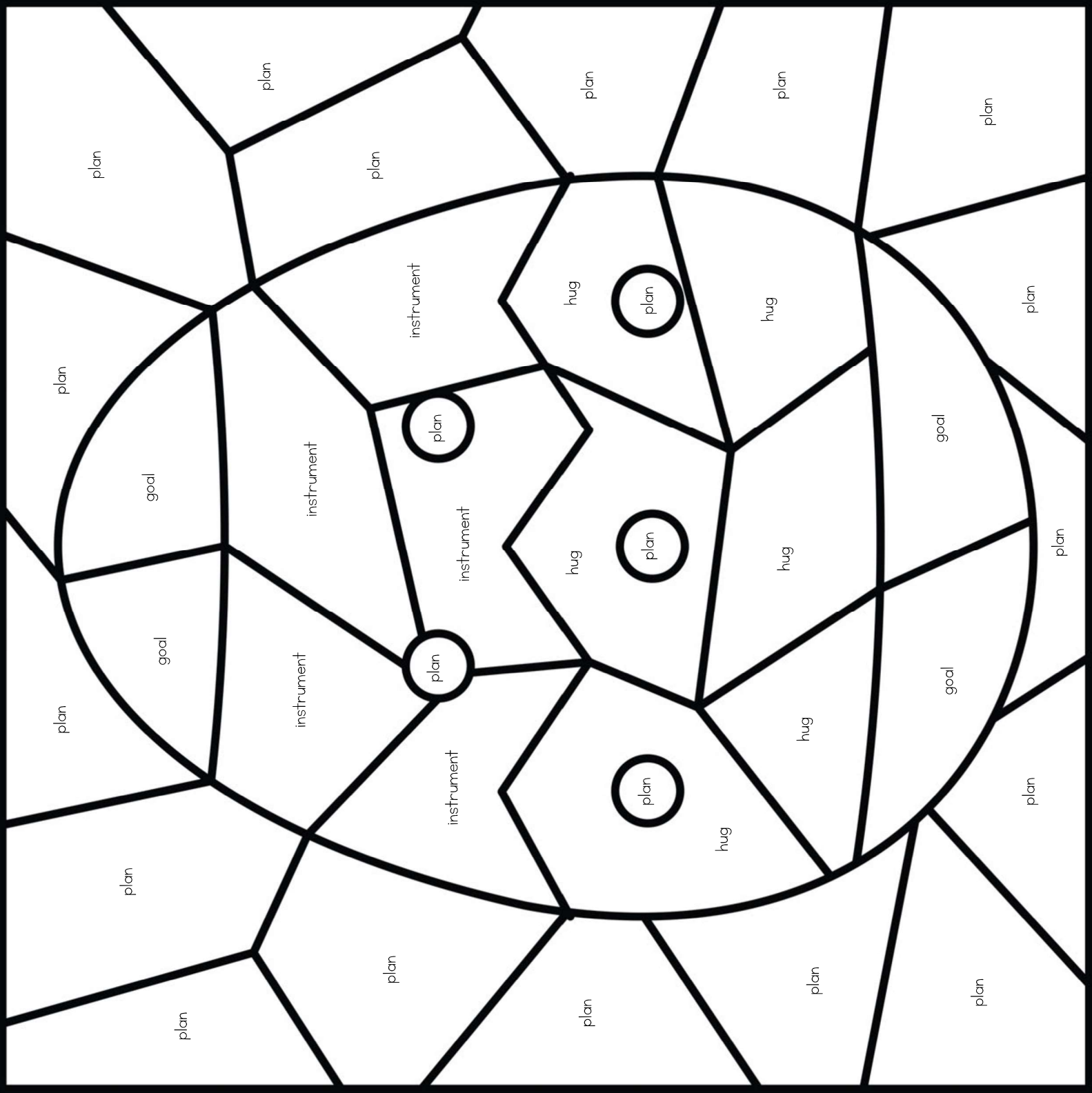
Play an
instrument



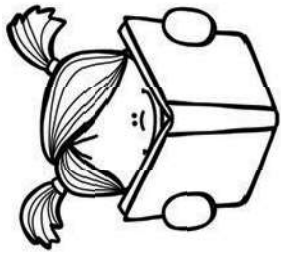
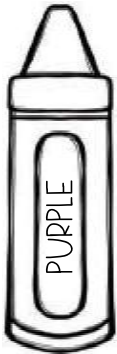
Plan
something
to look
forward to



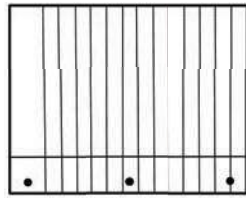
Give
yourself a
hug



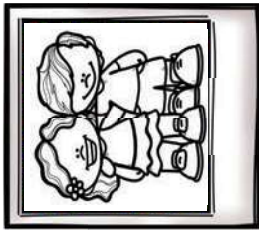
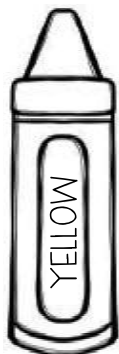
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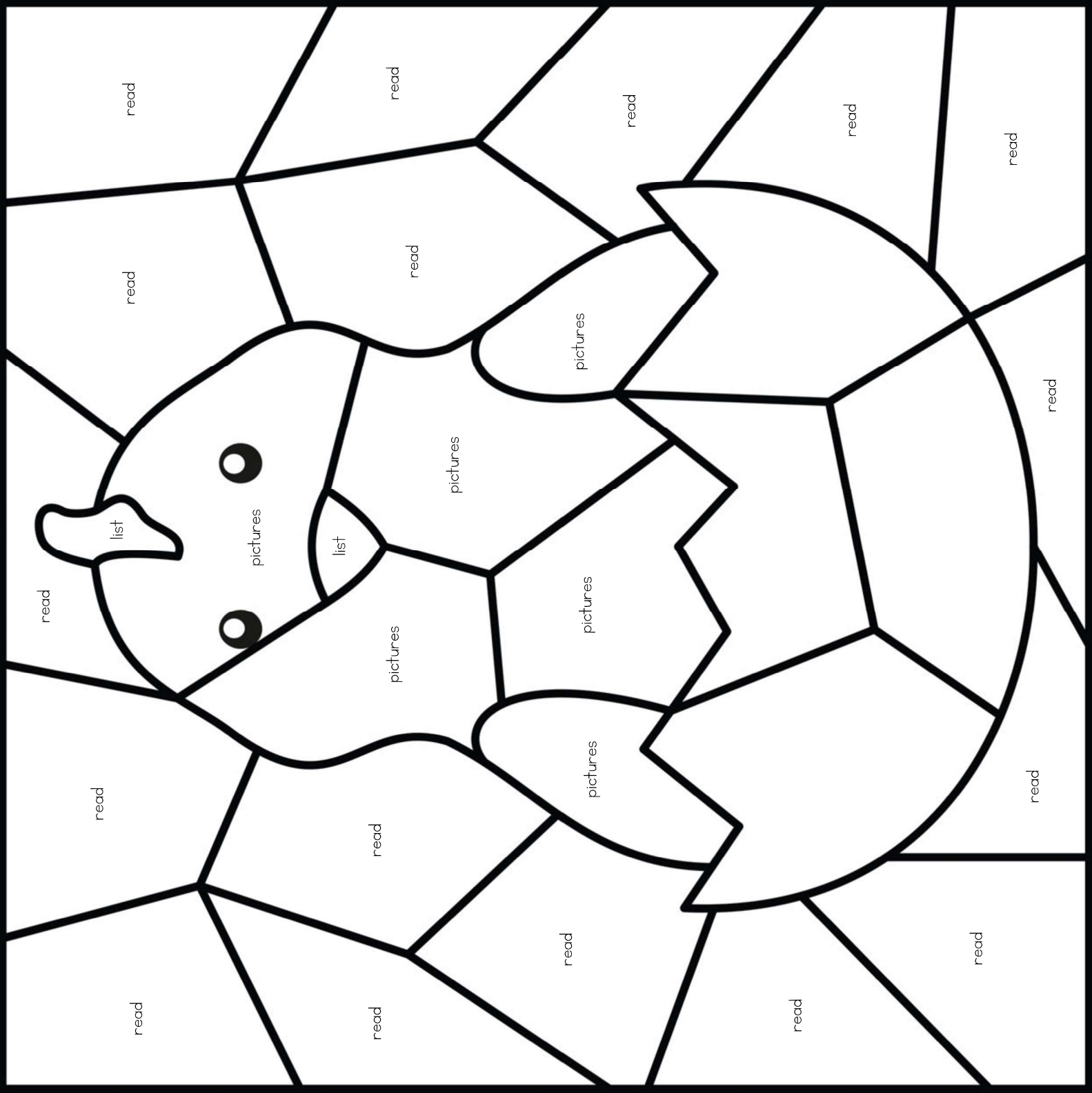
Read
your
favorite
book



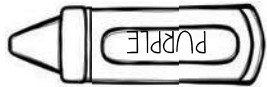
Make a list
of 5 good
things in
your life



Look at
pictures
of happy
memories

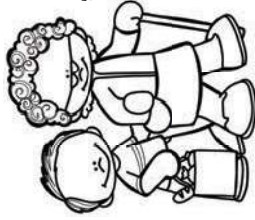
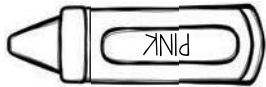


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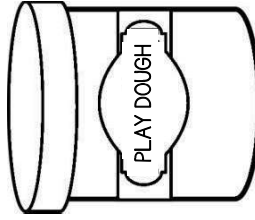
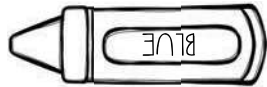


YOU ARE BRAVE AND WORTHY!

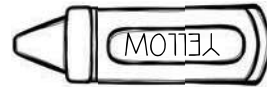
Write positive affirmations on sticky notes



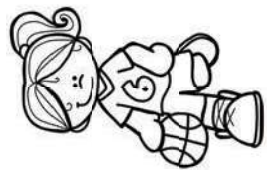
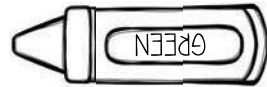
Do something nice for someone else



Squeeze play dough



Write a song about your feelings



Play your favorite sport

