

The **BIG** COPING SKILLS LIST

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| Use positive self-talk | Eat a healthy meal | Host a dinner party |
| Do deep breathing | Watch your favorite TV show | Do your homework |
| Watch your favorite movie | Do a word search | Think of your strengths |
| Take a shower | Write a short story | Talk in a funny voice |
| Go for a walk | Play your favorite sport | Volunteer your time |
| Talk to a counselor | Take a nap if you need it | Have a picnic |
| Laugh | Do a crossword puzzle | Rearrange your room |
| Paint or draw | Play a game outside | Call a relative |
| Exercise | Cook or bake with a parent | Meet someone new |
| Play with your pet | Ask for a hug | Create an action plan |
| Go for a jog | Set a goal | Draw a comic |
| Talk to a friend | Think of your favorite memory | Talk to your pet |
| Play a video game | Dance | Read a positive quote |
| Hang out with friends | Go for a bike ride | Write your feelings in a journal |
| Listen to your favorite song | Go to the park | Pick out an outfit for tomorrow |
| Take a time out | Stretch or do yoga | Try to make your sibling laugh |
| Think of something funny | Clean your room | Try to make your parents laugh |
| Play with your favorite toy | Do something kind | Walk the dog |
| Use an I-Feel message | Smile until you feel better | Create jewelry |
| Count to 10 | Think of the consequences | Write your own song |
| Spend time with family | Learn a new skill | Play a board or card game |
| Go for a hike | Listen to calming music | Play on your phone |
| Flip through a magazine | | Answer a "Would You Rather" question |
| Visit somewhere new | | Sing |
| Face your problem | | Read this whole list! |

