

**50 COPING SKILLS for kids**

- Ride a Bike OR SKATEBOARD
- ASK FOR HELP
- Blow Bubbles
- Color PAINT DRAW
- CREATE ART!
- Listen to MUSIC
- PLAY a BOARD GAME
- MAKE & PLAY WITH SLIME
- WEAVE, KNIT OR CROCHET
- Use Kind & Compassionate Self-Talk
- Practice Gratitude
- Make a SCRAPBOOK OR Collage
- PRACTICE YOGA
- Hug or Climb a Tree
- KICK BOUNCE OR THROW a BALL
- JOURNAL OR WRITE A LETTER
- Take Slow, Mindful Breaths
- Cuddle or Play with Your Pet
- Smile & Laugh
- EAT Healthy
- Forgive Let Go Move On
- Drink Water
- Get Plenty of SLEEP
- TAKE A SHOWER OR BATH
- STRETCH
- Go on a Hike, Walk or Run
- Cook or Bake
- Take GOOD CARE of the Earth
- Garden or Do Yardwork
- Use Aromatherapy (Smell Something good)
- SAY Positive Affirmations
- Look At or Take PHOTOGRAPHS
- Visualize a Peaceful Place
- Try or Learn Something New
- READ a Book or Magazine
- DRINK A WARM CUP OF TEA
- USE a STRESS BALL (or other fidget tool)
- DO a PUZZLE
- Cry
- Clean, Declutter or Organize
- Create ORIGAMI
- Get a HUG
- EXERCISE
- Play Outside
- JUMP on a Trampoline
- Rest, Take a Break, OR Nap
- Do Something Kind
- BUILD Something
- TALK to Someone You Trust

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