## Coping Skills Checklist

I. Check off the ones you do now

2. Circle the ones you want to try

3. Cross off the ones that don't work

#### CALMING SKILLS

- Deep breathing using a pinwheel
- Deep breathing with bubbles
- Deep breathing with a stuffed animal
- Deep breathing using a feather
- □ Take a mindful walk
- O Yoga
- □ Imagine your favorite place
- □ Think of your favorite things
- □ Picture the people you care about
- □ Say the alphabet slowly
- Remember the words to a song you love
- Run water over your hands
- □ Carry a small object
- Touch things around you
- Make a fist then release it
- □ Positive self-talk
- □ Take a shower or bath
- □ Take a drink of water
- Counting
- Block out noises
- □ Take a break
- Calming Jar
- $\Box$
- $\Box$
- $\Box$
- $\Box$
- $\Box$
- $\Box$  $\Box$

### DISTRACTION SKILLS

- □ Write a story
- Crossword Puzzles
- Sudoku
- Bake or Cook
- O Volunteer/Community Service
- Random Acts of Kindness
- n Read
- Clean
- □ Play with a pet
- □ Play a board game
- Play video games
- □ Screen time
- D Play with a friend
- □ Start a garden
- □ Creative thinking
- □ Make up your own game
- □ Plan a fun event
- □ Start a new hobby
- □ Do a crafting project
- □ Your favorite things
- □ Be silly and laugh
- $\Box$

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PROCESSING SKILLS

#### MOVEMENT SKILLS

	PROCESSING SKILLS
Squeeze something	🗆 Write in a journal
Use a stress ball	Write songs
□ Shred paper	Write poetry
<ul> <li>Bubble wrap</li> </ul>	Write music
Use a sand tray	o Draw
🗆 Jacob's ladder	Talk to someone you trust
Hold a small stone	<ul> <li>Create a playlist</li> </ul>
🗆 Shuffle cards	Write what's bothering you and throw it away
Make something	Write a letter to someone
□Use a fidget	□ Use "I statements"
🗆 Walk	Make a worry box
Exercise	
Dance	
Punch a safe surface	
DPlay at the park	
🗆 Make an obstacle course	SENSORY SKILLS
Make an obstacle course Swing on a swing	<ul> <li>SENSORY SKILLS</li> <li>Use a weighted blanket</li> </ul>
□Swing on a swing	Use a weighted blanket
<ul> <li>Swing on a swing</li> <li>Jump on a trampoline</li> </ul>	<ul> <li>Use a weighted blanket</li> <li>Sit in a bean bag</li> </ul>
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# **Skills to Try**

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# **My Coping Skills**