

Draw-Along Coping Skills for Children

<p>Do something fun!</p> <ul style="list-style-type: none"> • Play a game or with toys. • Read a book. • Watch TV or a funny movie. • Play with your pet. • Blow bubbles. 	<p>Draw your favorite activity</p>
<p>Relax</p> <ul style="list-style-type: none"> • Count to 10. • Take deep breaths. • Drink cold water. • Take a hot shower or bath. • Imagine something peaceful. • Rip paper into small pieces. • Take a “brain break” (for example, exercise, stretching, yoga). • Write a list of things you are thankful for. • Hug a stuffed animal or pillow. 	<p>Draw where you feel most relaxed</p>
<p>Ask for help</p> <ul style="list-style-type: none"> • Get an adult to help. • Talk to a friend. • Write a story or a letter about what you are struggling with. 	<p>Draw someone who makes you feel better</p>
<p>Distract yourself</p> <ul style="list-style-type: none"> • Draw or color. • Listen to or play music. • Walk away. • Try to remember a happy time (for example, a fun place you visited, your favorite holiday). • Take a walk outside. • Go to a quiet spot and use a <i>cool down box</i>, a box that contains items that help you cool down, such as a stress ball, items for coloring, and photographs that make you happy. 	<p>Draw the best way to distract yourself</p>