

Positive Coping Skills for Children

- Take deep breaths.
- Count to 10.
- Get a drink of water to help cool down.
- Go to a quiet spot and use a *cool down box*, a box that contains items that help you cool down, such as a stress ball, items for coloring, and photographs that make you happy.
- Get an adult to help.
- Draw or color.
- Listen to or play music.
- Write a story or a letter about what you are struggling with.
- Walk away.
- Imagine a peaceful spot (for example, a beach, the mountains).
- Take a “brain break” (for example, exercise, stretching, yoga).
- Try to remember a happy time (for example, a fun place you visited, your favorite holiday).
- Talk to a friend.
- Take a walk outside.
- Read a good book.
- Watch a funny movie.
- Snuggle or play with a pet.
- Hug a stuffed animal or pillow.
- Take a bath or hot shower.
- Rip paper into small pieces.

- Write a list of things you are thankful for.
- Blow bubbles.
- Build something with a plastic building toy like LEGOs or try to solve a puzzle.
- Play with favorite toys.