



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



Practice gratitude



Weave, Knit, or Crochet

Use kind & compassionate SELF TALK



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



drink water



Smile & Laugh



EAT healthy

50 Coping Skills for kids



Forgive Let Go Move On



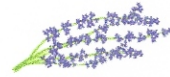
Cook or Bake



Get plenty of sleep



Take a SHOWER or BATH



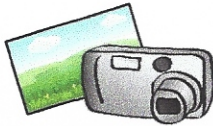
Use Aromatherapy



SAY positive affirmations



Take GOOD CARE of the Earth



Look at or take PHOTOGRAPHS



S T R E T C H



Go on a hike, walk, or run



Sing and/or Dance



READ a book or magazine



DRINK A WARM CUP OF TEA



Use a stress ball



Garden or do yardwork



VISUALIZE a peaceful place



Try or learn something new



EXPLORE & DISCOVER Nature's Treasures



Cry



Clean, Declutter or Organize



Create Origami



EXERCISE



Get a HUG



Play Outside



TALK



JUMP on a trampoline



Rest, Take a Break, or Nap

Do Something Kind



Build Something