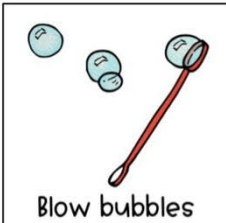


COPING SKILLS

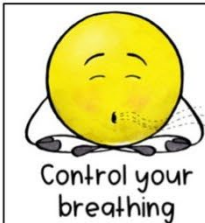
BINGO



I CAN
COPE!



Blow bubbles



Control your
breathing



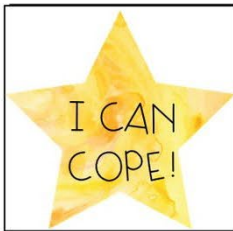
Play a game



Spend time in
nature



Go for a walk



I CAN
COPE!



Squeeze a
stress ball



I CAN
COPE!



Practice
mindfulness



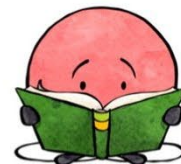
Write a letter



Exercise



I CAN
COPE!



Read a book



I CAN
COPE!



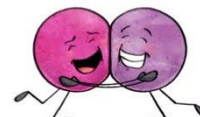
Listen to music



I CAN
COPE!



Write about
your feelings



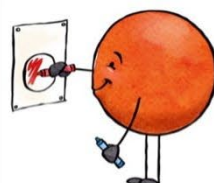
Spend time
with a friend



Spend time
with a pet



Find something
beautiful



Draw a picture



Make a list of 5
positive things



Push a wall



I CAN
COPE!