

# The **BIG** COPING SKILLS LIST

- |                              |                               |                                      |
|------------------------------|-------------------------------|--------------------------------------|
| Use positive self-talk       | Eat a healthy meal            | Host a dinner party                  |
| Do deep breathing            | Watch your favorite TV show   | Do your homework                     |
| Watch your favorite movie    | Do a word search              | Think of your strengths              |
| Take a shower                | Write a short story           | Talk in a funny voice                |
| Go for a walk                | Play your favorite sport      | Volunteer your time                  |
| Talk to a counselor          | Take a nap if you need it     | Have a picnic                        |
| Laugh                        | Do a crossword puzzle         | Rearrange your room                  |
| Paint or draw                | Play a game outside           | Call a relative                      |
| Exercise                     | Cook or bake with a parent    | Meet someone new                     |
| Play with your pet           | Ask for a hug                 | Create an action plan                |
| Go for a jog                 | Set a goal                    | Draw a comic                         |
| Talk to a friend             | Think of your favorite memory | Talk to your pet                     |
| Play a video game            | Dance                         | Read a positive quote                |
| Hang out with friends        | Go for a bike ride            | Write your feelings in a journal     |
| Listen to your favorite song | Go to the park                | Pick out an outfit for tomorrow      |
| Take a time out              | Stretch or do yoga            | Try to make your sibling laugh       |
| Think of something funny     | Clean your room               | Try to make your parents laugh       |
| Play with your favorite toy  | Do something kind             | Walk the dog                         |
| Use an I-Feel message        | Smile until you feel better   | Create jewelry                       |
| Count to 10                  | Think of the consequences     | Write your own song                  |
| Spend time with family       | Learn a new skill             | Play a board or card game            |
| Go for a hike                | Listen to calming music       | Play on your phone                   |
| Flip through a magazine      |                               | Answer a "Would You Rather" question |
| Visit somewhere new          |                               | Sing                                 |
| Face your problem            |                               | Read this whole list!                |

