

100 FREE

Name: _____

Date: _____

COPING STRATEGIES

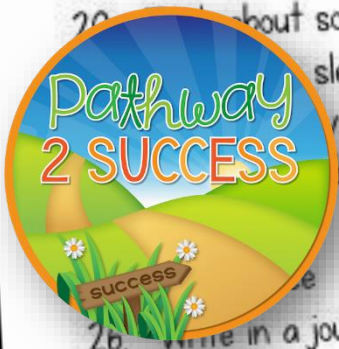
EXAMPLES

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a walk
6. Pr...
7. St...
8. Lis...
9. Use...
10. Use p...
11. Use p...
12. Say "I can do this"
13. Tell a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love

Coping

Strategies

21. Sleep
22. Eat a snack
23. Read a book
24. Write in a journal
25. Listen to your favorite music
26. Write in a journal
27. Hum your favorite song
28. Write in a journal
29. Write in a journal
30. Write in a journal
31. Write in a journal
32. Write in a journal
33. Write in a journal
34. Write in a journal
35. Write in a journal
36. Write in a journal
37. Write in a journal
38. Write in a journal
39. Write in a journal
40. Write in a journal
41. Write in a journal
42. Write in a journal
43. Write in a journal
44. Write in a journal
45. Write in a journal
46. Write in a journal
47. Write in a journal
48. Write in a journal
49. Write in a journal
50. Write in a journal
51. Write in a journal
52. Write in a journal
53. Write in a journal
54. Write in a journal
55. Write in a journal
56. Write in a journal
57. Write in a journal
58. Write in a journal
59. Write in a journal
60. Write in a journal
61. Write in a journal
62. Write in a journal
63. Write in a journal
64. Write in a journal
65. Write in a journal
66. Write in a journal
67. Write in a journal
68. Write in a journal
69. Write in a journal
70. Write in a journal
71. Write in a journal
72. Write in a journal
73. Write in a journal
74. Write in a journal
75. Write in a journal
76. Write in a journal
77. Write in a journal
78. Write in a journal
79. Write in a journal
80. Write in a journal



Name: _____

Date: _____

COPING STRATEGIES

EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

Name: _____

Date: _____

COPING STRATEGIES

EXAMPLES OF COPING STRATEGIES:

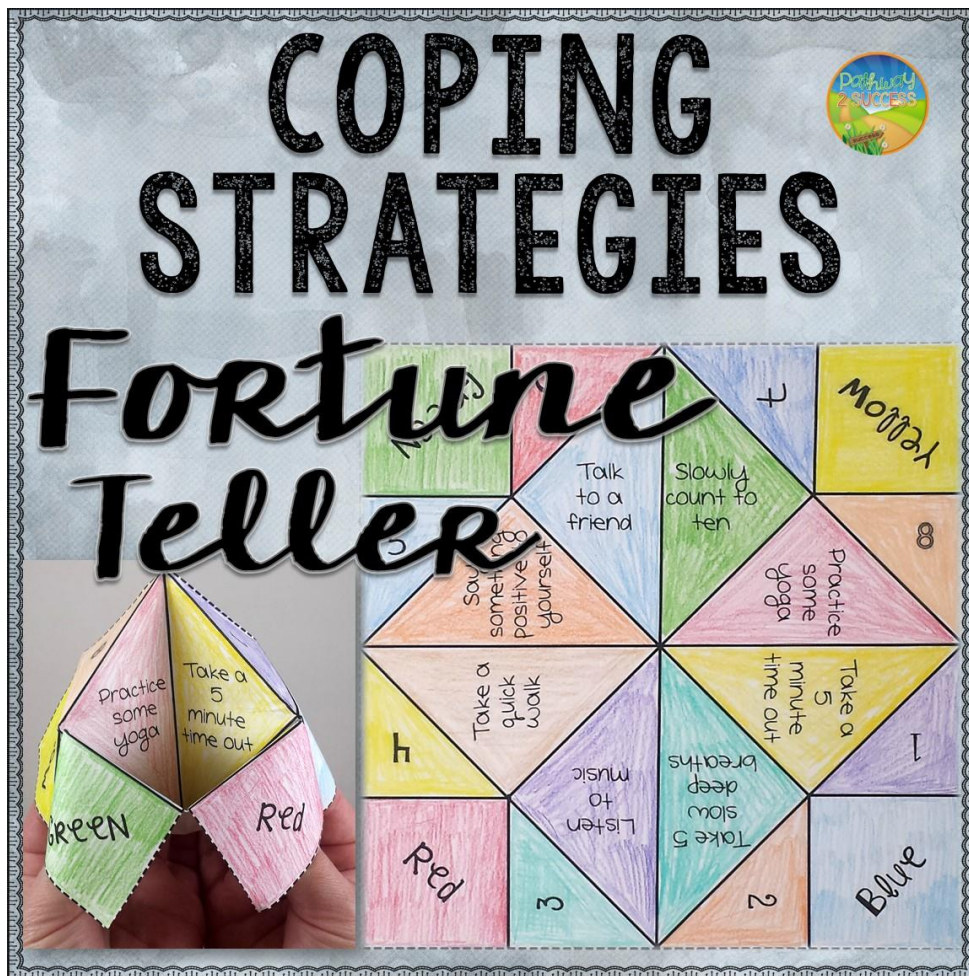
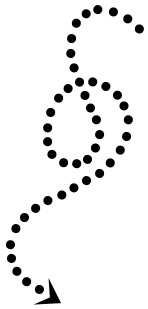
63. Draw cartoons
64. Read a magazine
65. Write a thank you note
66. Count to 100
67. Make a list for the future
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Smile at others
74. Do schoolwork
75. Look at animal pictures
76. Hyperfocus on an object
77. Notice 5 things you can see
78. Paint with water colors
79. Use a relaxation app
80. Watch a funny video
81. Drink some tea
82. Cook or bake
83. Plan a fun trip
84. Use an I-statement
85. Identify your emotions
86. Express your feelings to someone
87. Write down your thoughts
88. Identify a positive thought
89. Make your day's schedule
90. List 10 positives about you
91. Ask yourself, "What do I need right now?"
92. Tell someone you are thankful for them
93. Pet an animal
94. Make a list of choices
95. Ask an adult for help
96. Organize something
97. Play a card game
98. Listen to nature sounds
99. Sit and relax all your muscles
100. Ask for a break

CAN YOU THINK OF ANY MORE?

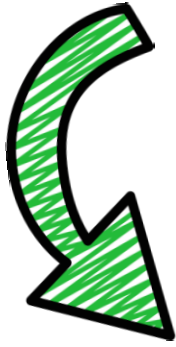
IF YOU LIKE THIS PRODUCT...

Consider purchasing the [Coping Strategies Paper Fortune Teller Craft!](#)

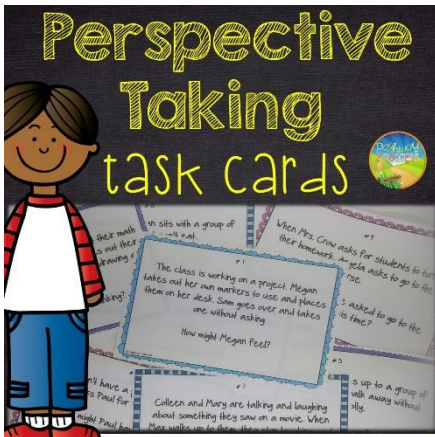
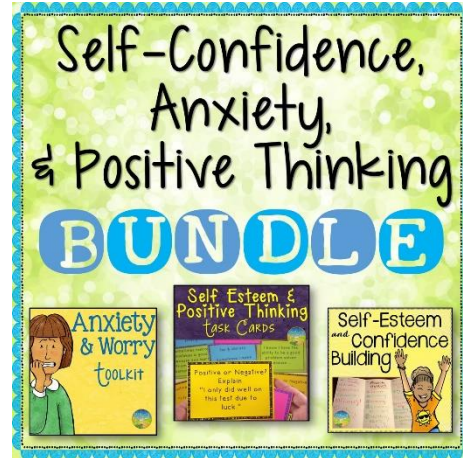
Use this paper fortune teller craft to teach and practice coping strategies for anxiety, anger, stress, depression, and other strong emotions. Kids and young adults will identify their top coping strategies and write them on the paper fortune teller to practice and refer to, as needed.



MORE Guidance & Counseling!



Build confidence, encourage positive thinking, and reduce anxiety.



Lessons, worksheets, task cards, and practice to teach the necessary skills kids need.



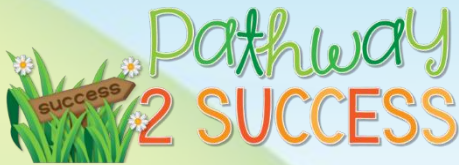
Click here to check out all of my guidance and counseling materials!

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

Follow Pathway 2 Success



www.thepathway2success.com



Terms of Use

This file comes with a limited use license for the original download only. Please respect the time and effort put into each project by not giving it away to others. Additional licenses can be purchased at my TpT store.

© Copyright 2017 Pathway 2 Success. All rights reserved. Permission is granted to copy pages specifically for student or teacher use only by the original purchaser or licensee. The reproduction of this product for any other use is strictly prohibited. Copying any part of the product and placing it on the Internet (even a personal/classroom website) is strictly prohibited. Doing so makes it possible for an Internet search to make the document available on the Internet, free of charge, and is a violation of the Digital Millennium Copyright Act (DMCA).

Disclaimer: These resources and materials are for supplementary support/education purposes and not intended as a replacement for counseling, education, or other necessary supports. Educators, parents, counselors, and others who utilize these materials are encouraged to seek out additional support, as needed.



Thank you VERY much for your purchase! Once you have used this product, please leave a rating on my TpT store to share your experience with others!

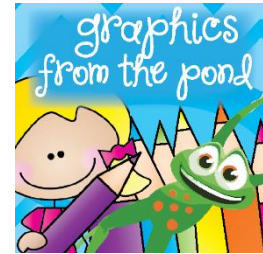
Clipart Credits

Krista Wallden



Paula Kim Studio

Graphics from the Pond



RebeccaB Designs



Lindy du Plessis



Teachers Resource Force



Glitter Meets Glue



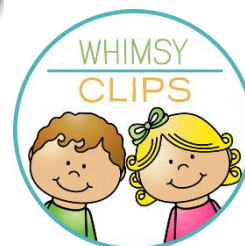
Sarah Pecorino Illustration



Teacher Karma



Whimsy Clips



Illumismart



Artifex



Fish Scraps

Mrs Davies