

# COLOR BY COPING SKILL



Write an encouraging note to yourself



Listen to the sounds of the weather



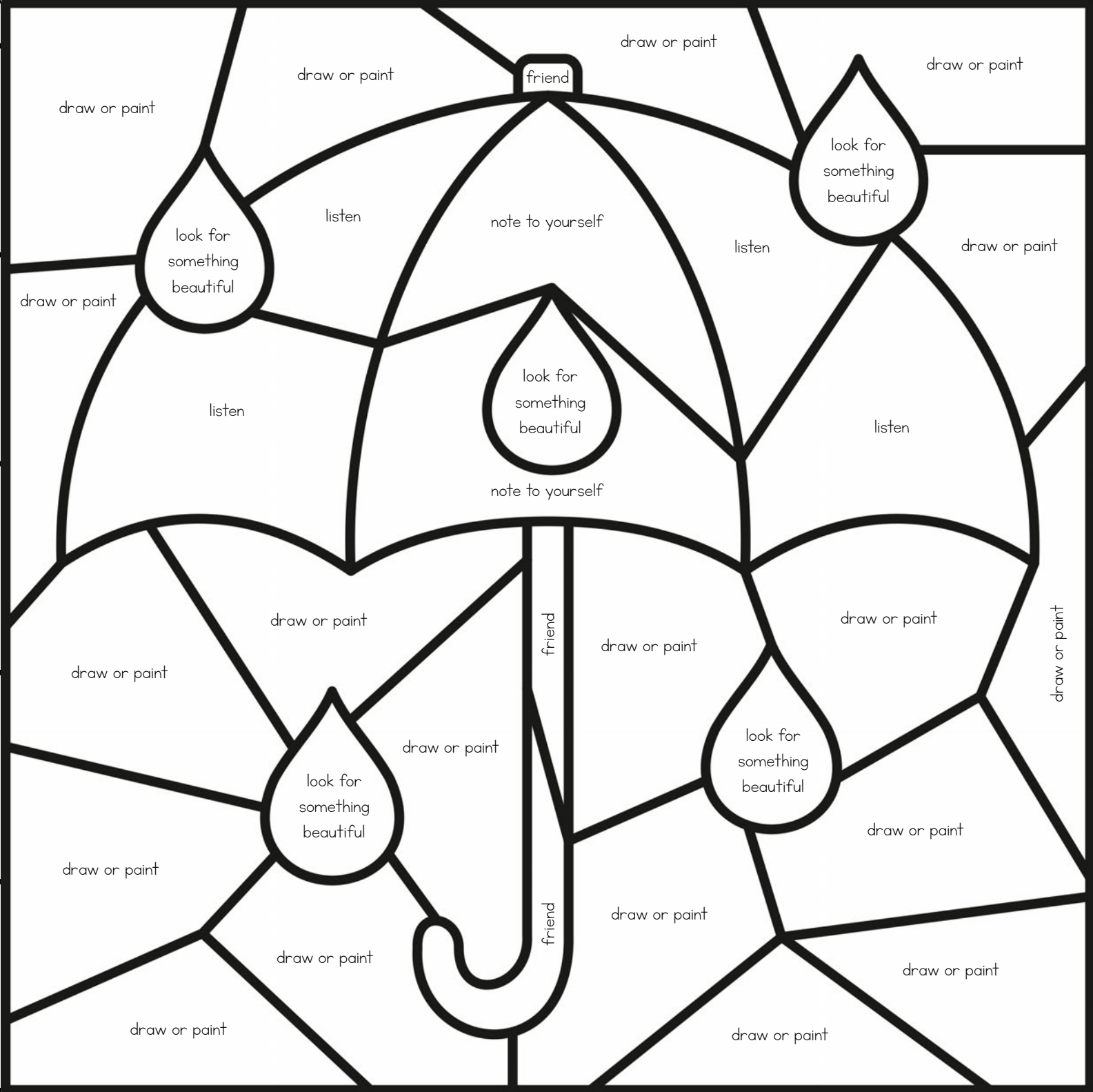
Look around for something beautiful



Ask a friend to hang out



Draw or paint something meaningful to you



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Go for a walk outside



Listen to music that lifts you up



Spend time with a pet or stuffed animal you love



Write in a journal



Think of a funny memory



Stretch or do yoga



Compliment yourself



Picture a calm place in your mind

walk

animal

journal

music

journal

funny memory

animal

funny memory

music

journal

yoga

funny memory

compliment

yoga

compliment

animal

funny memory

calm place

journal

yoga

compliment

calm place

calm place

calm place

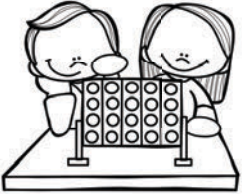
calm place

calm place

calm place

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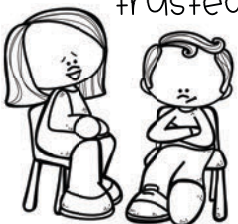
Play your favorite game



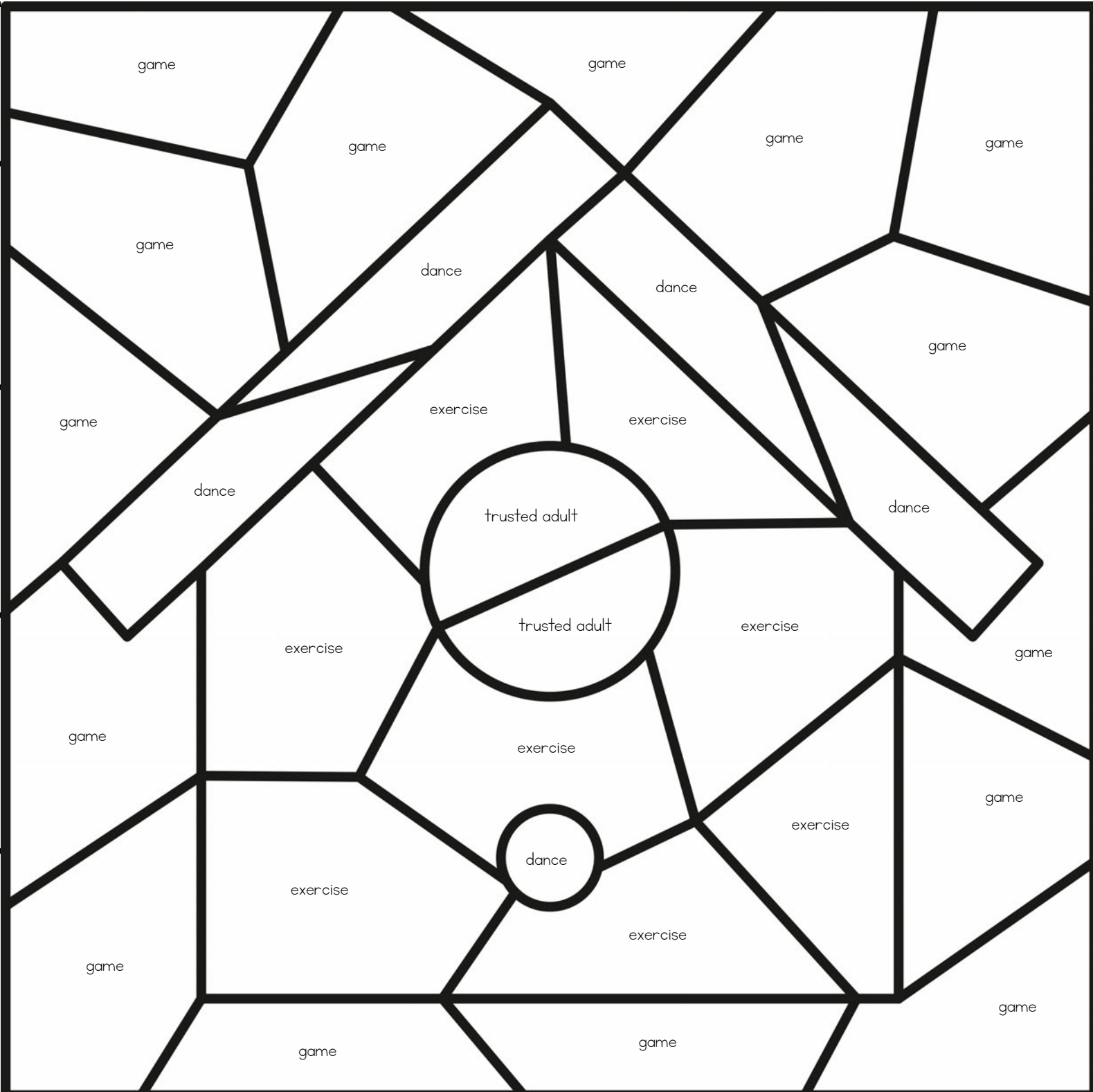
Get some exercise



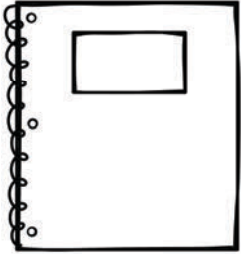
Have a personal dance party



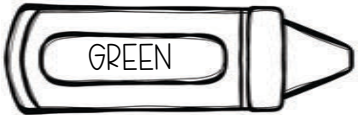
Talk to a trusted adult



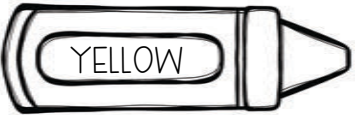
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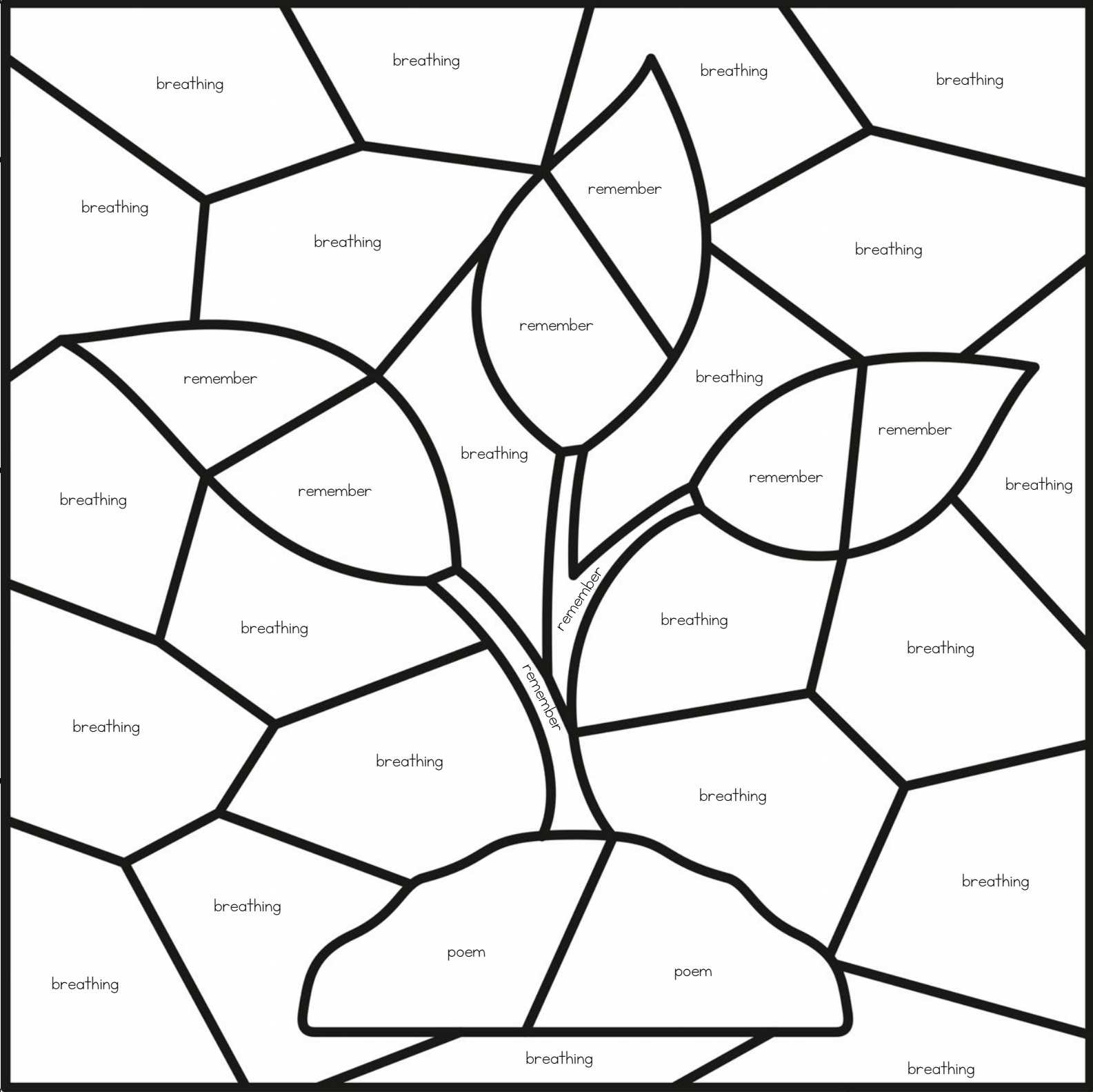
Write a silly poem



Remember a time when you were successful



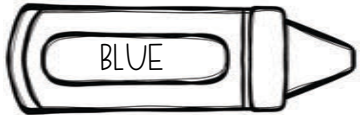
Control your breathing



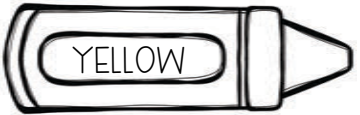
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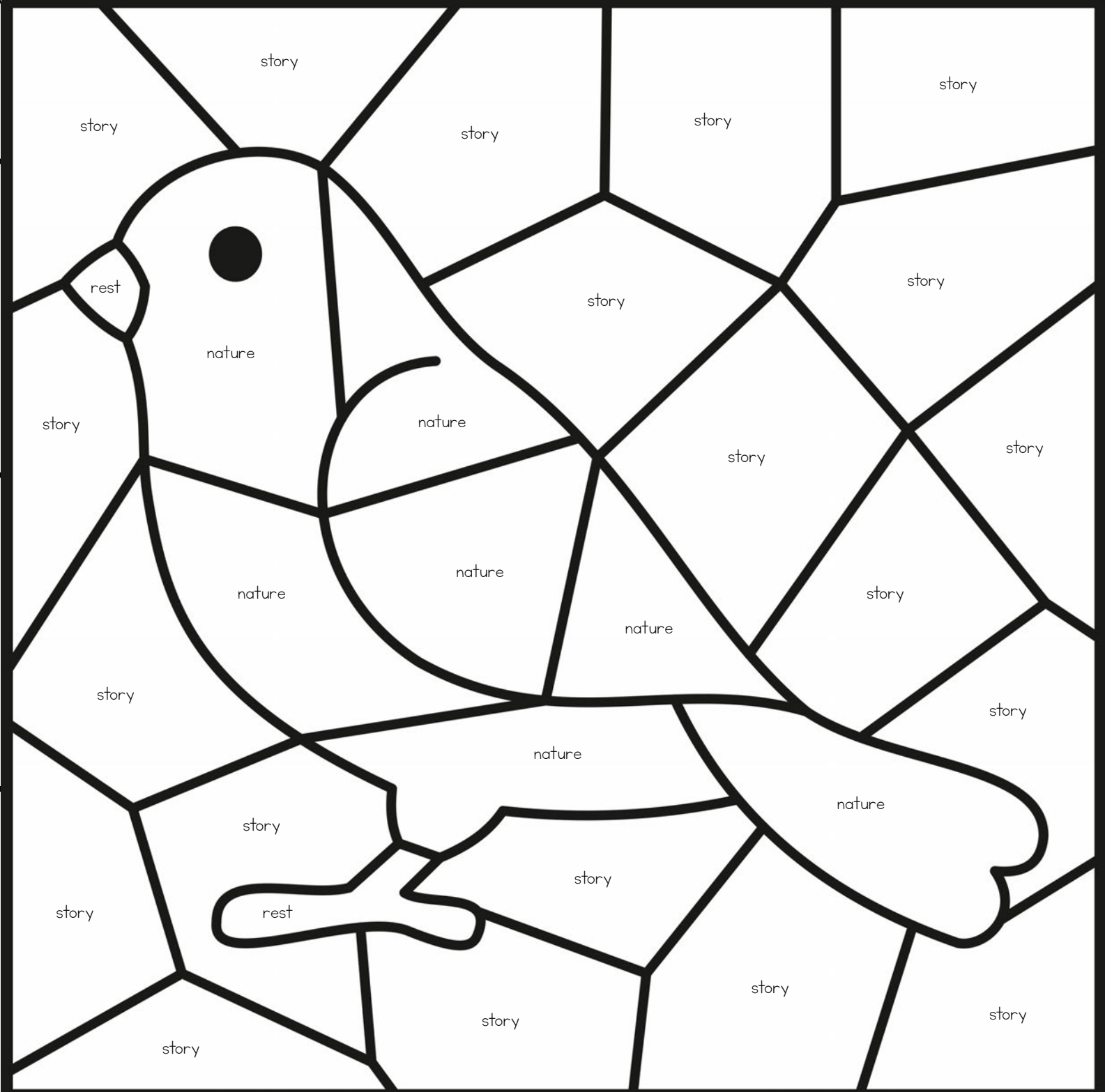
Write a story about yourself overcoming something hard



Spend time in nature



Get enough rest



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Set a goal



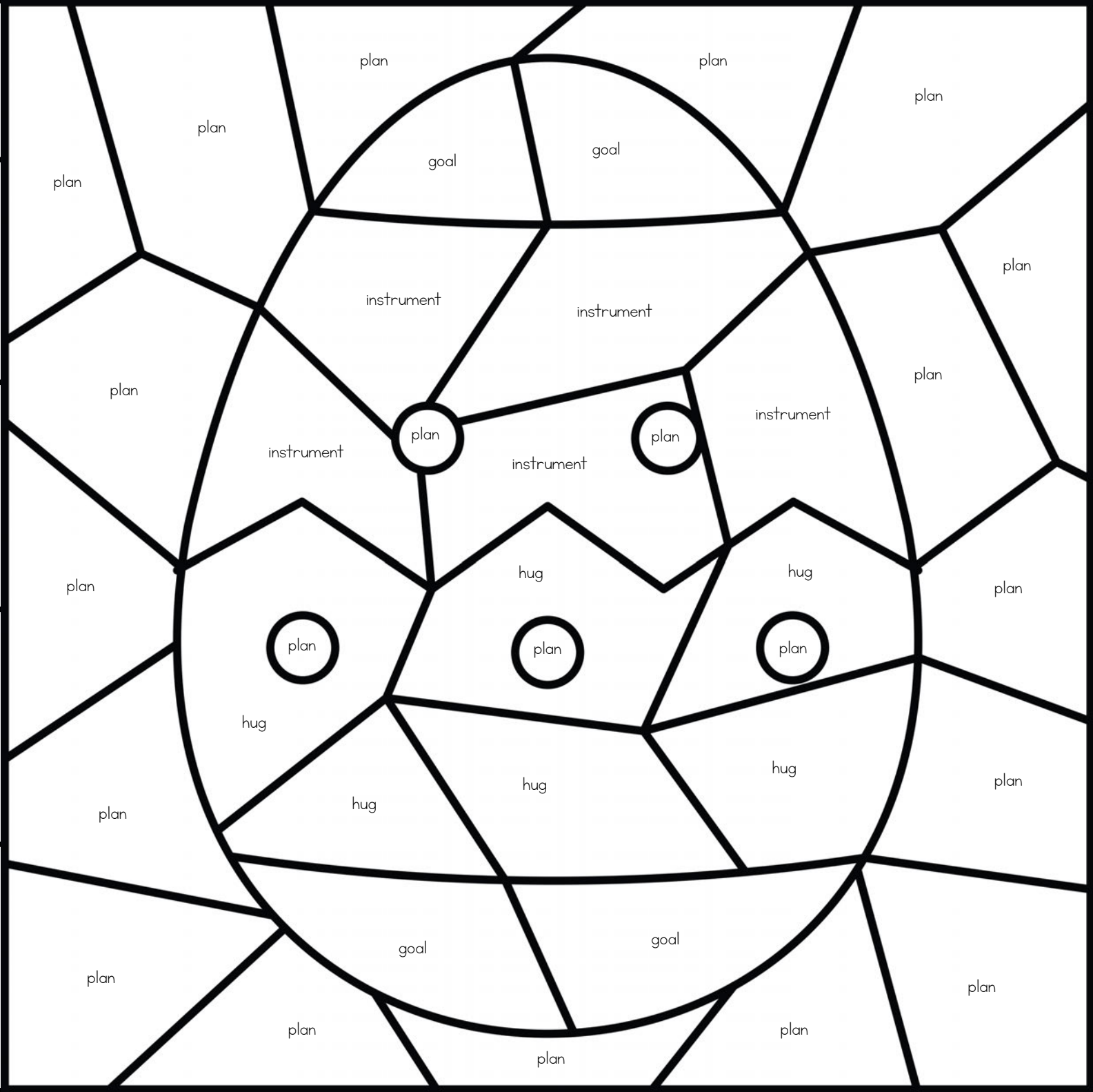
Play an instrument



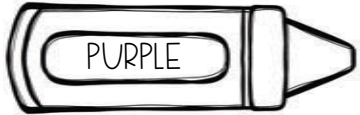
Plan something to look forward to



Give yourself a hug



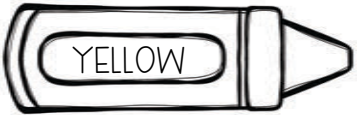
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Read your favorite book



Make a list of 5 good things in your life



Look at pictures of happy memories

