

COPING SKILLS CHECKLIST

CALMING SKILLS

- | | |
|--|--|
| <input type="checkbox"/> Deep breathing with a pinwheel | <input type="checkbox"/> Remember the words to a song you love |
| <input type="checkbox"/> Deep breathing with bubbles | <input type="checkbox"/> Run water over your hands |
| <input type="checkbox"/> Deep breathing with prompts | <input type="checkbox"/> Carry a small object |
| <input type="checkbox"/> Deep breathing with shapes | <input type="checkbox"/> Touch things around you |
| <input type="checkbox"/> Deep breathing with a stuffed animal | <input type="checkbox"/> Move |
| <input type="checkbox"/> Deep breathing with a feather | <input type="checkbox"/> Make a fist then release it |
| <input type="checkbox"/> Deep breathing using your hand | <input type="checkbox"/> Progressive muscle relaxation |
| <input type="checkbox"/> Explosion breaths | <input type="checkbox"/> Positive self-talk |
| <input type="checkbox"/> Hands to shoulders | <input type="checkbox"/> Take a shower or bath |
| <input type="checkbox"/> Hoberman Sphere | <input type="checkbox"/> Take a drink of water |
| <input type="checkbox"/> Volcano breaths | <input type="checkbox"/> Counting |
| <input type="checkbox"/> Focus on sounds | <input type="checkbox"/> Block out sounds with noise-cancelling headphones |
| <input type="checkbox"/> Take a mindful walk | <input type="checkbox"/> Take a break |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Homemade lava lamp |
| <input type="checkbox"/> Imagine your favorite place | <input type="checkbox"/> Zen garden |
| <input type="checkbox"/> Have a mindful snack | <input type="checkbox"/> Calming jar |
| <input type="checkbox"/> 54321 grounding technique | <input type="checkbox"/> Use your senses |
| <input type="checkbox"/> Grounding self-talk about the present | <input type="checkbox"/> Trace a pattern |
| <input type="checkbox"/> Think of your favorite things | <input type="checkbox"/> Tea time or hot cocoa time |
| <input type="checkbox"/> Picture the people you care about | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Say the alphabet slowly | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |

DISTRACTION SKILLS

- | | |
|---|---|
| <input type="checkbox"/> Write a story | <input type="checkbox"/> Creative thinking |
| <input type="checkbox"/> Crossword/Sudoku/Word Find Puzzles | <input type="checkbox"/> Make up your own game |
| <input type="checkbox"/> Bake or Cook | <input type="checkbox"/> Plan a fun event for the future |
| <input type="checkbox"/> Volunteer or do Community Service | <input type="checkbox"/> Start a new hobby or learn something new |
| <input type="checkbox"/> Do a Random act of kindness | <input type="checkbox"/> Laughter is the best medicine |
| <input type="checkbox"/> Read a good book | <input type="checkbox"/> Your favorite things |
| <input type="checkbox"/> Clean | <input type="checkbox"/> Sort/Organize something |
| <input type="checkbox"/> Play with a pet | <input type="checkbox"/> Spend time in nature |
| <input type="checkbox"/> Play a board game | <input type="checkbox"/> Go to a museum |
| <input type="checkbox"/> Play video games | <input type="checkbox"/> Do a crafting project |
| <input type="checkbox"/> Distraction by a screen | <input type="checkbox"/> Start a garden |
| <input type="checkbox"/> Play with a friend | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |

COPING SKILLS CHECKLIST

PHYSICAL SKILLS

- Squeeze something
- Use a stress ball
- Shred paper
- Use bubble wrap
- Use a sand tray
- Jacob's Ladder
- Hold a small stone
- Shuffle cards
- Make something
- Use a fidget
- Walk
- Exercise
- _____
- _____

- Dance
- Punch a safe surface
- Play at the park
- Make an obstacle course
- Swing on a swing
- Jump on a trampoline
- Jump rope
- Scooter
- Go swimming
- Stretches
- Tumbling/Gymnastics
- Yoga
- _____
- _____

PROCESSING SKILLS

- Intensity of feelings
- Feelings thermometers
- Feelings as colors
- Where do I feel things in my body
- Understanding my triggers
- Levels of stress
- Track my stress
- Map my stress
- Write in a journal
- In a perfect world....
- Write songs
- Write poetry
- Write music
- _____
- _____

- Draw
- Talk to someone you trust
- Create a playlist
- Write what's bothering you and throw it away
- Comic strip what happened/what can I do next time
- I wish...
- Write a letter to someone
- Use "I statements"
- What I can control vs. What I can't control
- Make a worry box
- _____
- _____

RATE YOUR STRESS

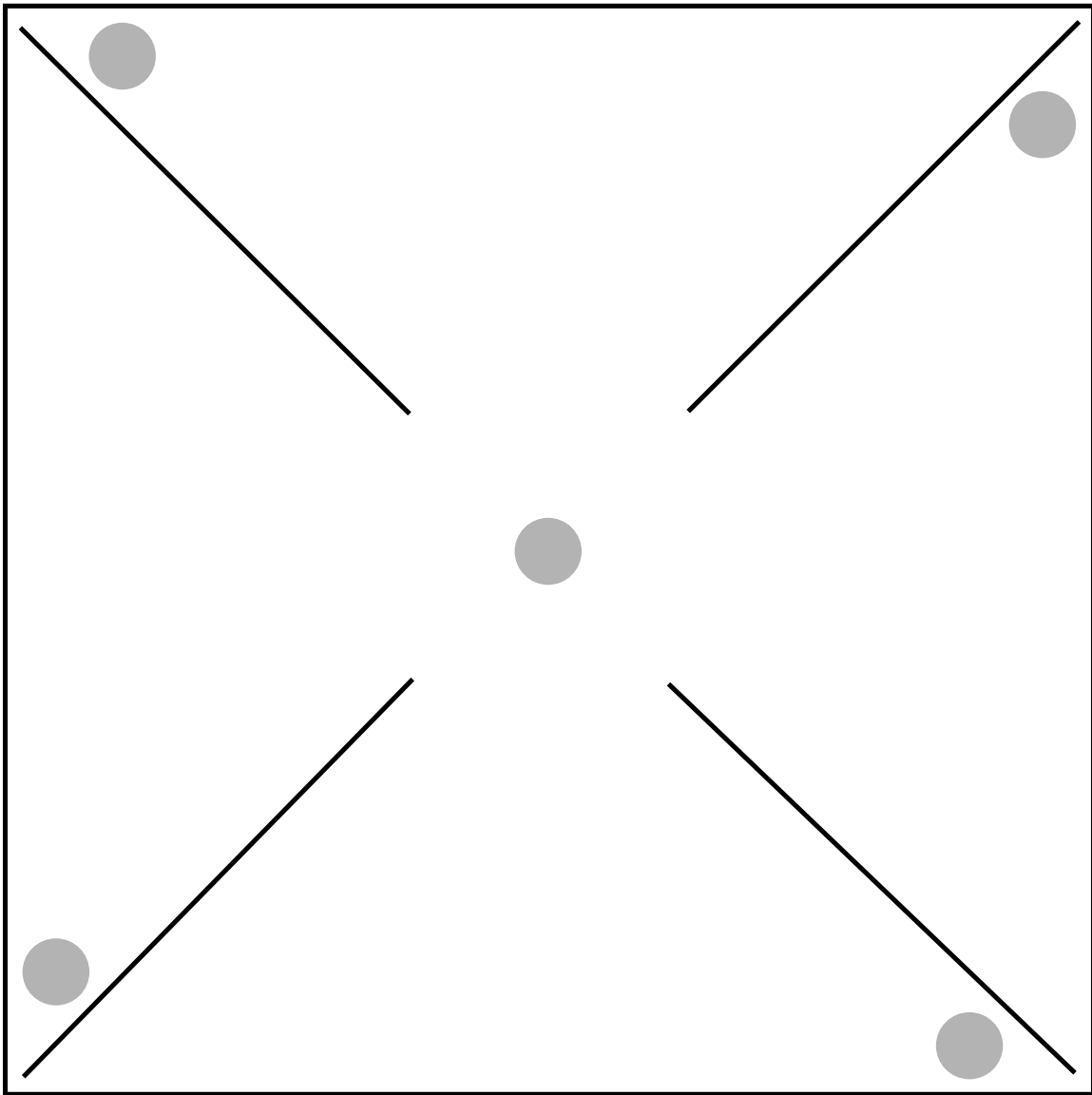
BEFORE



AFTER

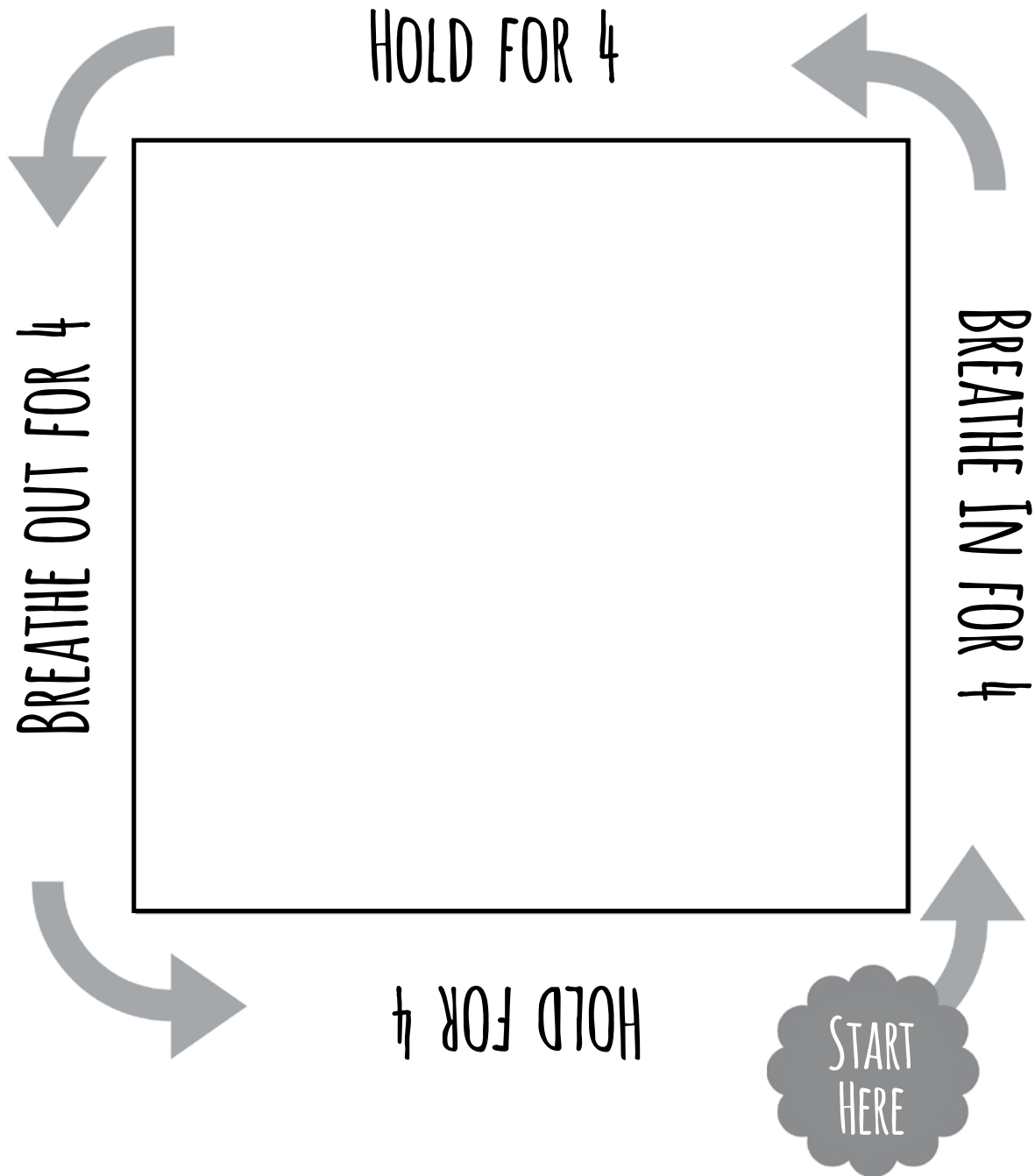


MAKE YOUR OWN PINWHEEL



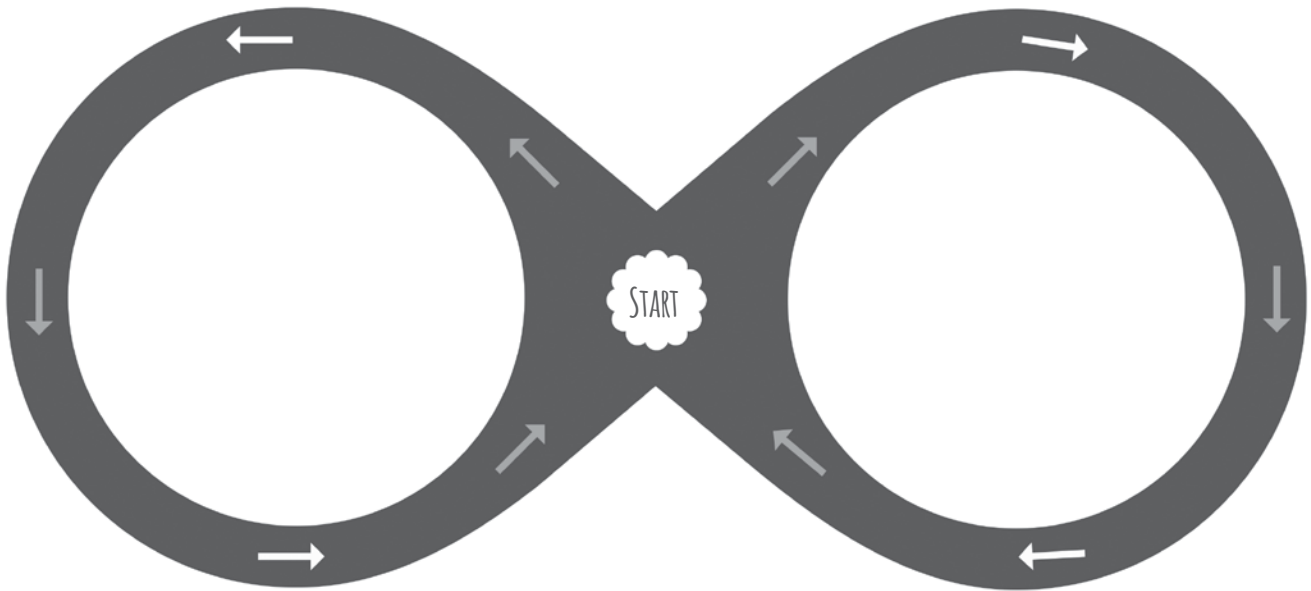
SQUARE BREATHING

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



LAZY 8 BREATHING

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breath in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



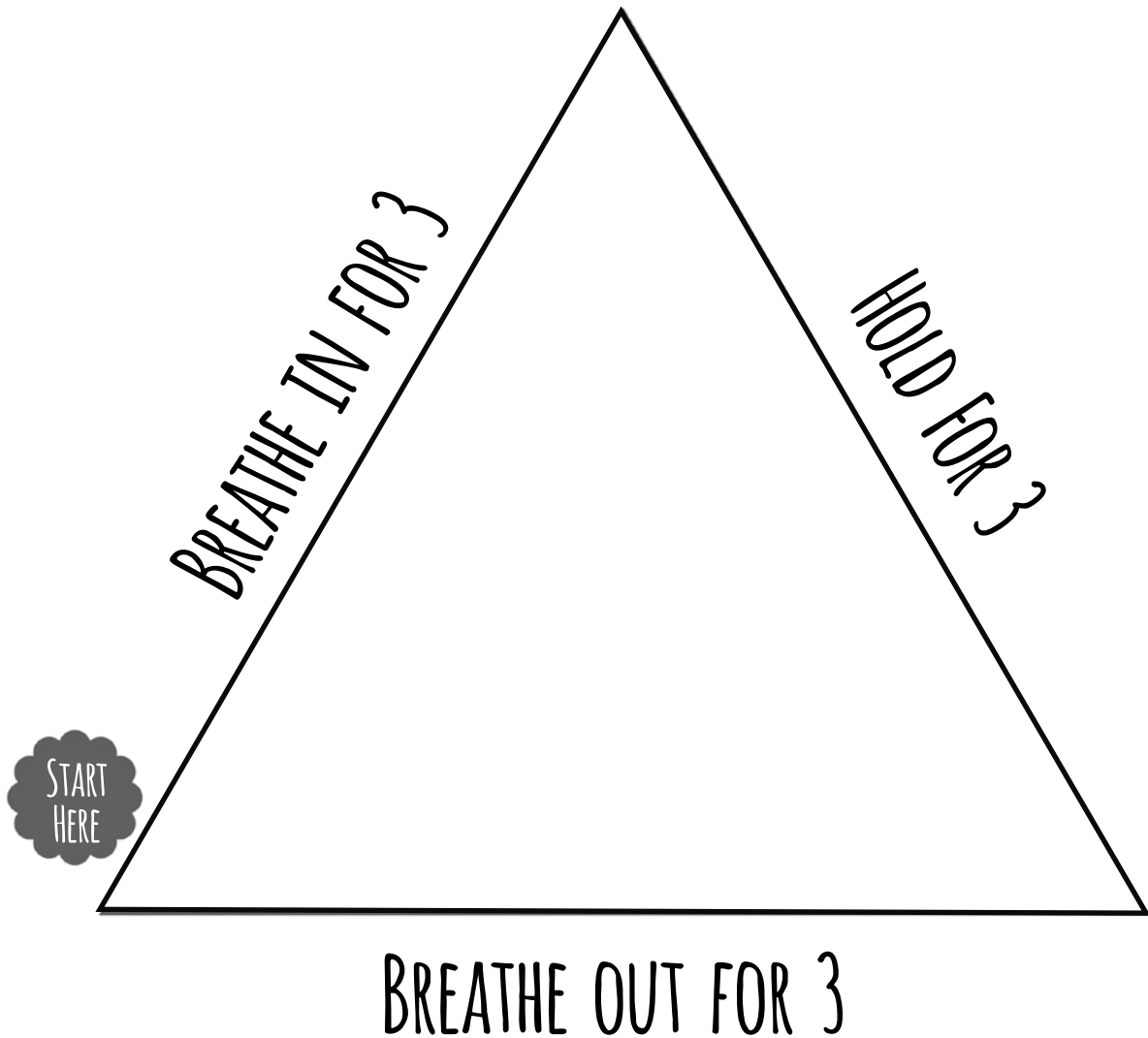
STAR BREATHING

Start at any “breathe in” side, hold your breath at the point, then breathe out.
Keep going until you’ve gone around the whole star.



TRIANGLE BREATHING

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



5-4-3-2-1
GROUNDING EXERCISE



--	--	--	--	--	--



--	--	--	--



--	--	--



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PROGRESSIVE MUSCLE RELAXATION

Dim the lights and turn off any distracting screens. Sit down or lie down in a comfortable position. If you feel comfortable, close your eyes. During this exercise, you'll be instructed to tighten muscles. If you feel uncomfortable, take a break and focus on your breathing.

Let's start by taking some deep breaths. Breathe in and have your belly expand like a balloon. Breathe out and have your belly contract like air is leaving the balloon. Take another breath in and breathe out. Breathe in and breathe out.

First, let's focus on the muscles in your face. Pretend you smell something really terrible, and wrinkle your nose and scrunch all the muscles in your face. Now let your muscles relax. That smell came back; wrinkle your nose and scrunch up your face again. Let your face relax. One more time, the smell is back - wrinkle and scrunch. Let your face relax.

Let's move to your shoulders. Pull up your shoulders almost to your earlobes and tighten your shoulder muscles. Release and let your shoulders fall back down. Tighten your shoulders to your ears again. Then release. One more time, pull your shoulders to your ears. Then release.

Now, let's concentrate on your hands. Pretend you have two huge pieces of play dough in your hands and you need to squeeze them. Squeeze your hands and squish the play dough. Then let your hands relax. Squeeze the play dough again, then relax. Once more, squeeze the play dough, then relax.

Next, let's pretend you are trying to squeeze through a small hole. Take a deep breath in, then breathe out and squeeze your belly tight so you can get through. You're making your way through this small spot. Take another deep breath in, then breathe out and squeeze your belly tight. You're almost there! Take another deep breath in, then breathe out and squeeze your belly tight.

Now pretend like you are standing in sand and you want to make deep footprints. Press down hard into the sand, keep going. Relax and move your feet. Now let's make another set of footprints; press down hard. Relax and move your feet again. One more time; let's make this set of footprints super deep. Now relax and move your feet.

Relax and take another few deep breaths. The relaxation exercise is almost over. Slowly start to move your body and open your eyes when you feel ready.

TRACE A PATTERN



MAKE SOMETHING AND GIVE IT AWAY

Get creative and make something you can give away to others. It's up to you! Give your creation away for free and see how people respond!

CARDS FOR KIDS IN THE HOSPITAL

Make get well cards for kids in local hospitals. Gather up your materials and your creative ideas to make something thoughtful for kids just like you.

DONATE TO CHARITY

There are probably at least a few things in your house right now that may be too small for you, or you no longer want to play with. Donating some items is a wonderful way to help others.

DONATE BOOKS TO YOUR LIBRARY

Libraries are often looking for books for library sales or to add to their collections. Take a peek at your shelves and see what books you can donate for others to use.

POPCORN AND A MOVIE

People often enjoy popcorn with their movie. Take an un-popped bag of popcorn to a friend, neighbor or family member for them to enjoy.

THANK YOU NOTES

Write or draw thank you notes to the mailman, the UPS delivery person or custodian at your school. Be kind and show them that you appreciate them. It will make their day brighter!

BURY TREASURE AT THE PARK

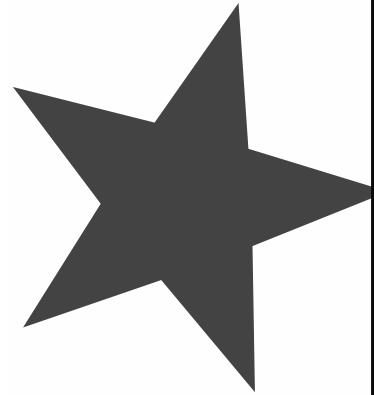
Some parks have sand pits in them, and often kids will bring toys and dig through the sand. Wouldn't it be fun to have them find a new toy or surprise to play with?

BAKE A TREAT AND SHARE

It can be fun to bake a treat, and it's even more fun to share it. Your neighbors or friends will be so surprised and feel great that you thought about them!



Smile!



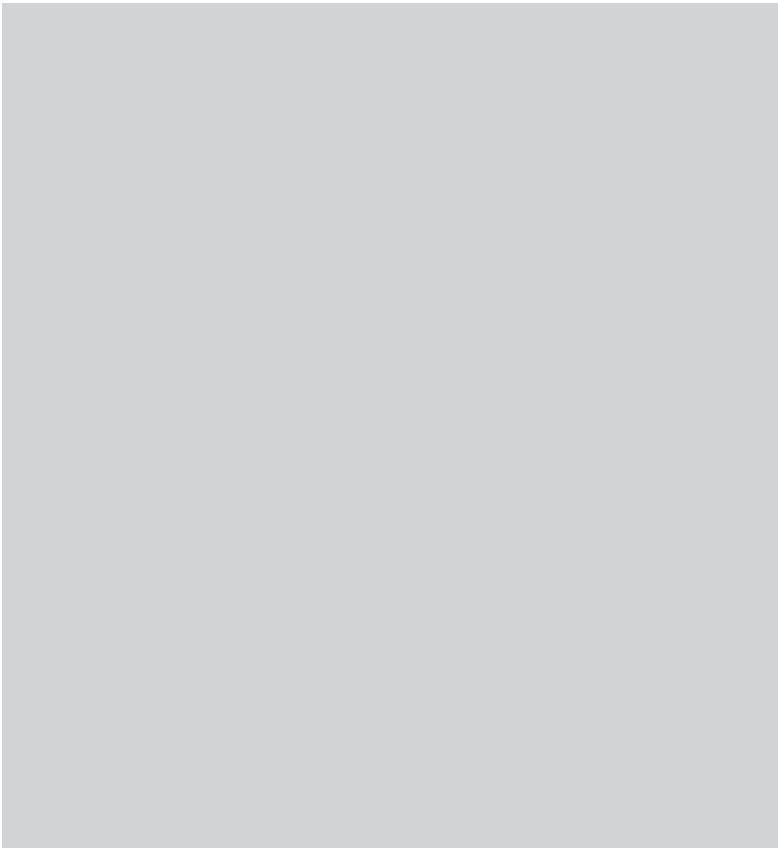
Have a
beautiful
day!

Pay
it
forward!



KINDNESS
MATTERS



MY FAVORITE THINGS ...

Thing I love to do at home

Thing I love to do at school

Thing I love to do outside

Thing I love to do inside

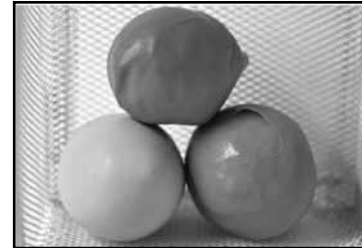
Thing I love to do by myself

Thing I love to do with others

HOW TO MAKE A HOMEMADE STRESS BALL

What You Need:

- Two balloons
- Fill Materials: Playdough, flour uncooked rice or uncooked lentils
- Plastic sandwich baggie



1. Cut the tips off of the two balloons



2. Place filler in the plastic sandwich baggie



3. Twist sandwich baggie and put filled bag inside one balloon



4. Take the second balloon, and put it over the first, taking care to cover the hole on the first balloon



SIMPLE EXERCISES

**Jumping
Jacks**

**Run
in Place**

Sit Ups

**Walk
in Place**

**Twist and
Touch
Your Toes**

Push Ups

Stretches

**Yoga
Poses**

**Jump
Rope**

Name:

Happy

**My
Feelings
Book**

Sad

Mad

Frustrated

Worried

Scared



ENRAGED
FURIOUS
ANGRY
FRUSTRATED
ANNOYED



HOPELESS
MISERABLE
SAD
DISCOURAGED
UPSET



TERRIFIED
AFRAID
ANXIOUS
NERVOUS
UNSURE



OVERJOYED
EXCITED
HAPPY
CALM
PEACEFUL

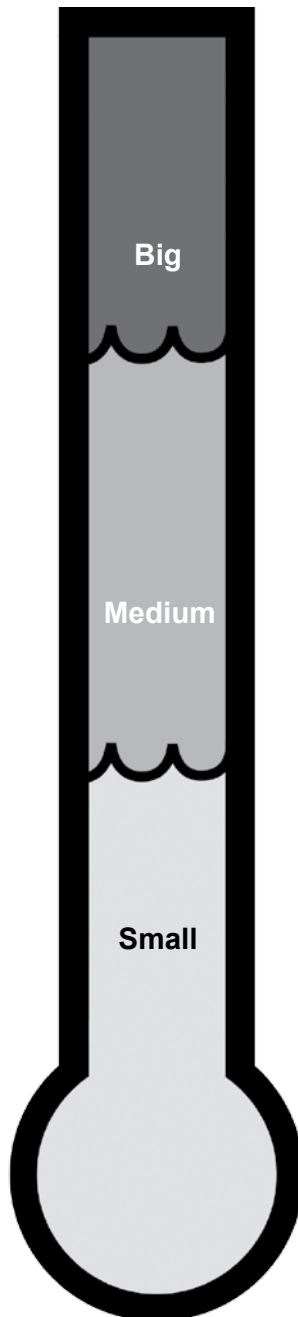
My ANGER Thermometer

What I look like

- YELLING
- THROWING THINGS

- LOUD VOICE
- STOMPING FOOT

- SIGH LOUDLY
- GROWL



What I can do

- TAKE A BREAK
- SHRED PAPER

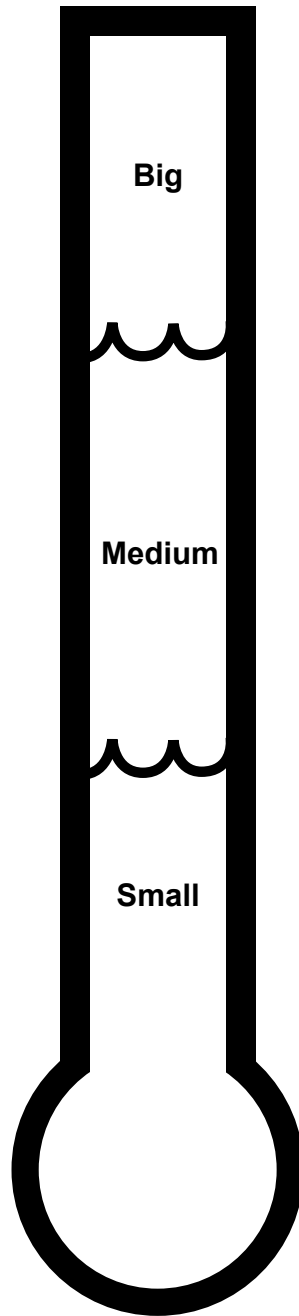
- EXERCISE
- TAKE DEEP BREATHS

- GET A DRINK OF WATER
- SQUEEZE PLAY DOUGH

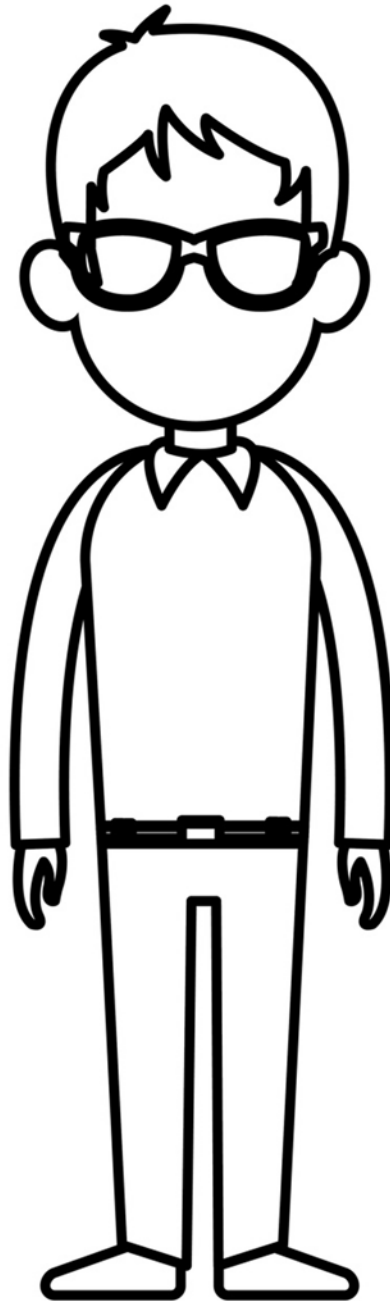
My _____ Thermometer

What I look like

What I can do



Where do I feel
things in my body?



LEVELS OF STRESS

My Stress Level	My Stressors	Things to Try
1		
2		
3		
4		
5		

Stress Map

You may need a little help to identify when and where your stress happens. When you're having a tough time identifying what caused you to be stressed, try using the map below. You can identify where a stressful situation happened, who was around you, when it happened, etc. This can help you pinpoint exactly what was so stressful and bothersome about a particular situation.

MY STRESS MAP

Where did it happen?

HOME

SCHOOL

SOMEWHERE ELSE

Be more specific about where
(in math, in the kitchen, etc.)

Were you by yourself?
Or was someone with you?

When did it happen? The morning,
the afternoon, the evening?

TRACK MY STRESS

What stressed me out?	What happened before?	When did it happen?	Where was I?	What happened after?

IN A PERFECT WORLD

In a perfect world, I...

In a perfect world, my family...

In a perfect world, my school...

In a perfect world, my teachers...

In a perfect world, my friends...

DRAW THE PERFECT WORLD

COMIC STRIP

WHAT CAN I DO NEXT TIME?

I WISH ...

WHAT I CAN CONTROL VS. WHAT I CAN'T CONTROL

--	--

5

10

4

9

3

8

2

7

1

6

DRAW OR WRITE WHAT HAPPENED

DRAW OR WRITE WHAT YOU WISH HAPPENED

MY COPING SKILLS

Use this sheet to keep a running list of all the coping skills you've tried that worked. Keep adding to the list – it's always good to have several different coping skills to manage stressful situations!

SKILLS TO TRY

Use this sheet to keep a running list of all the coping skills you want to try. You never know what will work – give new things a chance!

When I feel _____,
I can...

When I feel _____,
I can...

When I feel _____,
I can...

When I feel _____,
I can...