

Coping Skills Cards

Instructions:

You can either cut these out or allow your child use a clothes pin to select which coping skill they would like to use!



Read A Book



Play Outside



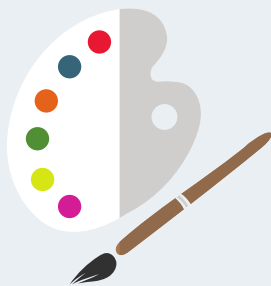
Listen to Music



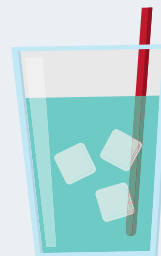
Take Deep Breaths



Create Art



Drink Some Water



Talk to an Adult



Think Happy Things

