

What Coping Tools are in Your Tool Box?

1. Select 3 different colour pencils/markers.
2. Use the 1st colour to check off all of the coping strategies that **have not worked**
3. Use the 2nd colour to check off all of the coping strategies **that have worked**
4. Use the 3rd colour to check off all of the coping strategies you have **not used**, but are **willing to try**

COPING TOOLS: What Helps Me

<input type="checkbox"/> Read A Book or Magazine 	<input type="checkbox"/> Ride a Bike or Skateboard 
<input type="checkbox"/> Hug or Climb a Tree 	<input type="checkbox"/> Create Origami 
<input type="checkbox"/> Journal or Write a Letter 	<input type="checkbox"/> Cook or Bake 
<input type="checkbox"/> Use Kind & Compassionate Self-Talk 	<input type="checkbox"/> Ask for Help 
<input type="checkbox"/> Make a Collage or Scrapbook 	<input type="checkbox"/> Talk to Someone You Trust 
<input type="checkbox"/> Rest, Nap or Take a Break 	<input type="checkbox"/> Weave, Knit or Crochet 
<input type="checkbox"/> Go on a Hike, Walk or Run 	<input type="checkbox"/> Build Something 
<input type="checkbox"/> Take Good Care of the Earth 	<input type="checkbox"/> Get a Hug 
<input type="checkbox"/> Drink Water 	<input type="checkbox"/> Visualize a Peaceful Place 
<input type="checkbox"/> Play a Board Game 	<input type="checkbox"/> Stretch 
<input type="checkbox"/> Do Something Kind 	<input type="checkbox"/> Make Art 
<input type="checkbox"/> Make and Play with Slime 	<input type="checkbox"/> Use Positive Affirmations 
<input type="checkbox"/> Discover Treasures in Nature 	<input type="checkbox"/> Take Slow, Mindful Breaths 
<input type="checkbox"/> Take a Shower or Bath 	<input type="checkbox"/> Clean, Declutter or Organize 
<input type="checkbox"/> Exercise 	<input type="checkbox"/> Use Aromatherapy 
<input type="checkbox"/> Drink a Warm Cup of Tea 	<input type="checkbox"/> Cry 
<input type="checkbox"/> Forgive, Let Go, Move On 	<input type="checkbox"/> Try or Learn Something New 
<input type="checkbox"/> Practice Yoga 	<input type="checkbox"/> Listen to Music 
<input type="checkbox"/> Garden or Do Yardwork 	<input type="checkbox"/> Use a Stress Ball or Other Fidget 
<input type="checkbox"/> Jump on a Trampoline 	<input type="checkbox"/> Get Plenty of Sleep 
<input type="checkbox"/> Cuddle or Play with Your Pet 	<input type="checkbox"/> Kick, Bounce or Throw a Ball 
<input type="checkbox"/> Practice Gratitude 	<input type="checkbox"/> Take or Look at Photographs 
<input type="checkbox"/> Do a Puzzle 	<input type="checkbox"/> Eat Healthy 
<input type="checkbox"/> Blow Bubbles 	<input type="checkbox"/> Play Outside 
<input type="checkbox"/> Smile and Laugh 	<input type="checkbox"/> Sing and/or Dance 