

# Coping Skills List

Check off the ones you like or are willing to try

- Practice deep breathing. In through your nose and out through your mouth.
- Do a jigsaw puzzle
- Draw
- Paint
- Color
- Listen to music
- Blow bubbles
- Read
- Clean or organize a space
- Pet your cat or dog
- Visit an animal shelter
- Sit in the sun and close your eyes
- Suck on a mint
- Skip rocks
- Go for a walk
- Chew gum
- Play a board game
- Sip a cup of hot chocolate or tea
- Compliment someone
- Watch a movie or show
- Practice relaxation exercises
- Write positive affirmations or quotes on notecards then decorate them
- Go outside and listen to nature
- Rearrange your bedroom
- Garden or pot a houseplant
- Sew
- Knit
- Crochet
- Yoga
- Go to the gym and exercise
- Play a sport
- Watch something funny online
- Make a collage showing pictures of your favorite things
- Make a collage showing a positive future
- Journal
- Write a poem or song lyrics
- Paint your nails
- Make a gratitude list
- Yell into a pillow
- Woodworking
- Build something with your hands
- Take something apart and put it back together
- Swim
- Bike
- Jump rope
- Smell a flower and touch the petals
- Play an instrument
- Do a good deed
- Yard games
- Sing your favorite song out loud
- Count backwards from 100
- Brush your hair
- Squeeze a stress ball or make a stress ball using flour and a balloon
- Use good smelling lotion
- Think of 3 foods/bands/movies for every letter of the alphabet
- Write about how you are feeling
- Write a letter to someone you care about and don't get to see often
- Visualization- close your eyes and imagine yourself in a beautiful place. How does it smell? What do you see, hear, and feel?
- Make play-doh or oobleck
- Slowly eat one piece of your favorite candy
- Invite a friend over
- Volunteer
- Jump up and down/jump rope
- Write yourself a nice note and carry it around.
- Play solitaire
- Go for a run
- Call a friend or family member
- Dance

*Flip over for more!*

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- Offer to walk a neighbors dog
- Look at old pictures
- Look at a magazine
- Play with chalk outside
- Decorate your locker or another space
- Write a thank you note to someone
- Do a crossword, word search or sudoku puzzle
- Read some comics
- Play with make-up
- Draw a cartoon
- String a necklace
- Make a friendship bracelet for someone
- Slowly sip a glass of cold water
- Photography
- Pottery
- Practice mindfulness
- Look up on clear night and try to identify planets and constellations
- Watch the clouds go by and look for shapes
- Go play on a playground
- Jump on a trampoline
- Make a playlist of your favorite songs
- Take a hot shower or bath
- Call a helpline or reach out to First Call **802-488-7777**
- Go window shopping
- Draw random designs and color them in. Turn them into cards
- Go to the movies
- Make a movie
- Go to the mall and people watch
- Go to a concert
- Make a list of your positive attributes then decorate it
- Name your emotions. Share them. Try to draw them
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- Put clean sheets on your bed and take a short nap
- Let yourself cry
- Aromatherapy
- Plan something fun for the weekend
- Mediate
- Sort through or edit pictures
- Play with your younger sibling, niece, nephew, neighbor
- Make a fort
- Hug a family member or friend
- Teach your pet a new trick
- Play hacky sack
- Write a fairy tale
- Write a list of compliments about someone you know and give it to them
- Read a joke book/ tell a joke
- Play with silly putty or modeling clay
- Check out an inspirational blog or app
- Skateboard/longboard
- Ski (cross-country or downhill)
- Snowboard
- Go ice skating
- Go roller skating
- Watch music videos
- Make a to-do list and check off as much as you can
- Go to a play
- Write your own play
- Look up a new recipe then bake it or cook a meal
- Talk to someone!
- Go to the library
- Play in the snow
- Go snowshoeing
- Go fishing/ice fishing
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