

Coping Skills Checklist

1. Check off the ones you do now
2. Circle the ones you want to try
3. Cross off the ones that don't work

CALMING SKILLS

- Deep breathing using a pinwheel
- Deep breathing with bubbles
- Deep breathing with a stuffed animal
- Deep breathing using a feather
- Take a mindful walk
- Yoga
- Imagine your favorite place
- Think of your favorite things
- Picture the people you care about
- Say the alphabet slowly
- Remember the words to a song you love
- Run water over your hands
- Carry a small object
- Touch things around you
- Move
- Make a fist then release it
- Positive self-talk
- Take a shower or bath
- Take a drink of water
- Counting
- Block out noises
- Take a break
- Calming Jar
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DISTRACTION SKILLS

- Write a story
- Crossword Puzzles
- Sudoku
- Bake or Cook
- Volunteer/Community Service
- Random Acts of Kindness
- Read
- Clean
- Play with a pet
- Play a board game
- Play video games
- Screen time
- Play with a friend
- Start a garden
- Creative thinking
- Make up your own game
- Plan a fun event
- Start a new hobby
- Do a crafting project
- Your favorite things
- Be silly and laugh
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MOVEMENT SKILLS

- Squeeze something
- Use a stress ball
- Shred paper
- 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
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PROCESSING SKILLS

- Write in a journal
- Write songs
- Write poetry
- Write music
- Draw
- Talk to someone you trust
- Create a playlist
- Write what's bothering you and throw it away
- Write a letter to someone
- Use "I statements"
- Make a worry box
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SENSORY SKILLS

- Use a weighted blanket
- Sit in a bean bag
- Wrap up in a soft blanket
- Eat a crunchy snack
- Use a body sock
- Crawl through a tunnel
- Sip a drink through a straw
- Do wall push ups
- Turn upside down
- Stretch on an exercise ball
- Play with water beads
- Use mermaid fabric
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Skills to Try

My Coping Skills