

101 COPING SKILLS

for kids!

by WholeHearted School Counseling



Eat Healthy Food



Take Time to Relax My Muscles



Garden or Do Yard Work



Bake or Cook (try a new recipe)



Unplug and Go Outside



Try or Learn Something New



Go on a Walk, Run or Hike



Clean, Organize or Declutter



Talk About My Feelings



Read a Good Book or Magazine



Observe Clouds (and get creative)



Exercise



Say Something Kind to Myself



Make a Collage or Scrapbook




Journal



Drink Enough Water



Take Slow, Focused Breaths



Create Dragons or Paper Airplanes



Set a Goal and List 2 Steps to Get There



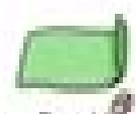
Play a Card or Board Game



Hug (myself, someone else, or a stuffed animal)



Take or Look at Photographs
List at least 3 Things I Am Grateful For



Stretch or Do Yoga



Do a Puzzle



Cry (tears release stress hormones)



Write a Letter



Cuddle & Play with My Pet



Kick, Bounce or Throw a Ball



Drink a Cup of Hot Cocoa or Tea



Visualize a Powerful Place



Remember ALL of My Feelings Are OK



Build Something



Focus on What I See, Hear, Feel, Smell & Taste



Call or Text Family and Friends

Coping With Friends

N Noddings



Coping With Friends:

Coping With Friends Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Coping With Friends**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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