

COPING TOOLS

WHAT CAN I DO?

- Take slow, mindful breaths
- Jump on the trampoline
- Rest and take a break
- Stretch
- Journal or write a letter
- Listen to your favourite music
- Talk to someone you trust
- Hug someone you love
- Cuddle or play with your pet
- Use a stress ball
- Blow bubbles
- Draw a picture
- Play outside
- Read a book or magazine

- _____
- _____
- _____
- _____

