

# Coping Skills

- Breathing exercises e.g. 7/11 breathing. Breath in for 7 and out for 11
- Mindful colouring
- Squeeze playdough or a stress ball
- Punch a pillow
- Wash your hands in cold water
- Push against a wall as hard as you can
- Count up to a certain number or back from a certain number
- Sing as loud as you can
- Walk away from a situation
- Go to your quiet place
- Think about your happy place
- Do some exercises – run, jump or walk fast
- Do a crazy dance
- Share your feelings with someone
- Write your feelings down
- Do some painting or craft
- Take a warm bubbly bath or a cool shower
- Have a warm cosy drink
- Use mindfulness and find 5 things you can see, hear, feel, smell and taste
- Have a hug from someone
- Stretch to the sky
- Clap your hands together until they fizz
- Listen to music
- Read a book
- Blow bubbles with a straw into a glass of water
- Count your breaths In -1, Out-2, In-3, Out-4 and so on
- Chew something like gum
- Use a sensory or calm down jar
- Use a skipping rope and skip
- Try some yoga
- Try meditating
- Watch the clouds floating by
- Watch raindrops running down the windows
- Listen to the rain
- Jump in puddles
- Question your thoughts – is it true? Where is the evidence?
- Ask for help
- Separate yourself from the situation that is concerning you
- Yell into a pillow
- Play a computer game
- Think about a funny memory, one that made you laugh
- Cuddle a pet
- Find your smile and try and see the funny side
- Squeeze your wrist with the opposite hand
- Try a puzzle
- Take a nap
- Play with a toy
- Scribble with crayons on paper as hard as you can
- Ask a family member to massage your back and shoulders
- Blow bubbles
- Squeeze juice out of an orange
- Smell something you love
- Imagine you are melting like a snowman
- Imagine you have a turtle shell protecting you from anything hurtful
- Imagine you are a dragon and are blowing out the fire
- Blow gently on a feather and watch it move with each breath
- Wrap yourself tightly in a blanket
- Flop on a beanbag or cushion
- Rip paper or tissues
- Do a dot to dot puzzle