

Name: _____

Date: _____

COPING STRATEGIES LIST

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1. Take deep breaths
 2. Do a positive activity
 3. Play sports
 4. Think of something funny
 5. Take a quick walk
 6. Practice yoga
 7. Stand up and stretch
 8. Listen to music
 9. Take a time out
 10. Slowly count to ten
 11. Use positive self-talk
 12. Say something kind to yourself
 13. Talk to a friend
 14. Talk to an adult
 15. Close your eyes and relax
 16. Say, "I can do this"
 17. Visualize your favorite place
 18. Think of something happy
 19. Think of a pet you love
 20. Think about someone you love
 21. Get enough sleep
 22. Eat a healthy snack
 23. Read a good book
 24. Set a goal
 25. Jog in place
 26. Write in a journal
 27. Hum your favorite song
 28. Doodle on paper
 29. Draw a picture
 30. Color a coloring page
 31. Clean something
 32. Meditate
 33. Use a stress ball
 34. Dance
 35. Write a letter
 36. Look at pictures you've taken
 37. Make a gratitude list
 38. List your positive qualities
 39. Do something kind
 40. Give someone a hug
 41. Put a puzzle together
 42. Do something you love
 43. Build something
 44. Play with clay
 45. Hug a stuffed animal
 46. Rip paper into pieces
 47. Play an instrument
 48. Watch a good movie
 49. Take pictures
 50. Garden
 51. Write a list
 52. Keep a positive attitude
 53. Schedule time for yourself
 54. Blow bubbles
 55. Write a positive note
 56. Chew gum
 57. Paint your nails
 58. Write a story
 59. Blog
 60. Read a joke book
 61. Write a poem
 62. Drink cold water

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63. Draw cartoons
64. Read a magazine
65. Write a thank you note
66. Count to 100
67. Make a list for the future
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Smile at others
74. Do schoolwork
75. Look at animal pictures
76. Hyperfocus on an object
77. Notice 5 things you can see
78. Paint with water colors
79. Use a relaxation app
80. Watch a funny video
81. Drink some tea
82. Cook or bake
83. Plan a fun trip
84. Use an I-statement
85. Identify your emotions
86. Express your feelings to someone
87. Write down your thoughts
88. Identify a positive thought
89. Make your day's schedule
90. List 10 positives about you
91. Ask yourself, "What do I need right now?"
92. Tell someone you are thankful for them
93. Pet an animal
94. Make a list of choices
95. Ask an adult for help
96. Organize something
97. Play a card game
98. Listen to nature sounds
99. Sit and relax all your muscles
100. Ask for a break

CAN YOU THINK OF ANY MORE?