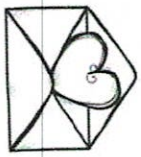
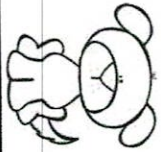


CHOOSE A STRATEGY:



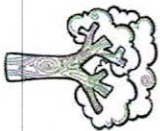
Write an encouraging note to yourself



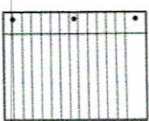
Spend time with a pet or stuffed animal you love



Get some exercise



Spend time in nature



Make a list of 5 good things in your life



Listen to the sounds of the weather



Write in a journal



Have a personal dance party



Get enough rest



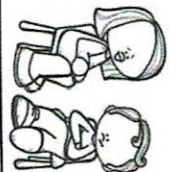
Look at pictures of happy memories



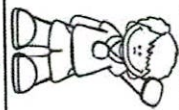
Look around for something beautiful



Think of a funny memory



Talk to a trusted adult



Set a goal



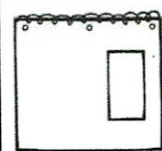
Write positive affirmations on sticky notes



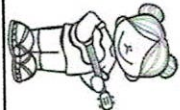
Ask a friend to hang out



Stretch or do yoga



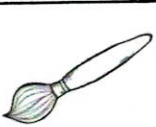
Write a silly poem



Play an instrument



Do something nice for someone else



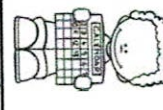
Draw or paint something meaningful to you



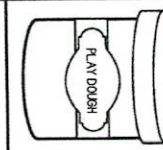
Compliment yourself



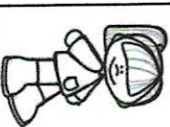
Remember a time when you were successful



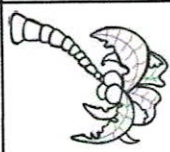
Plan something to look forward to



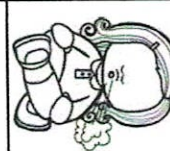
Squeeze play dough



Go for a walk outside



Picture a calm place in your mind



Control your breathing



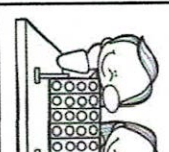
Give yourself a hug



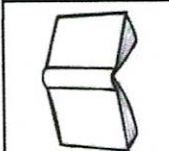
Write a song about your feelings



Listen to music that lifts you up



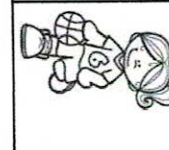
Play your favorite game



Write a story about yourself overcoming something hard

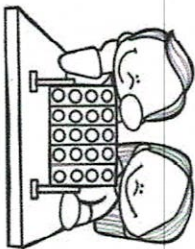
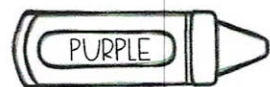


Read your favorite book



Play your favorite sport

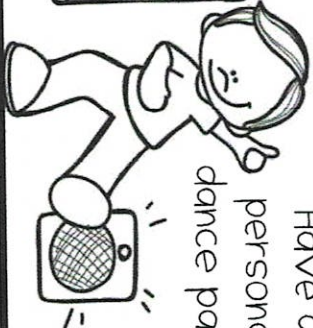
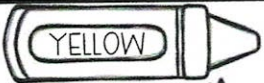
COLOR BY COPING SKILL



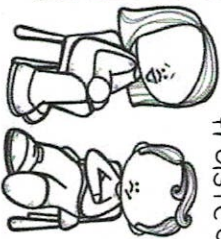
Play your favorite game



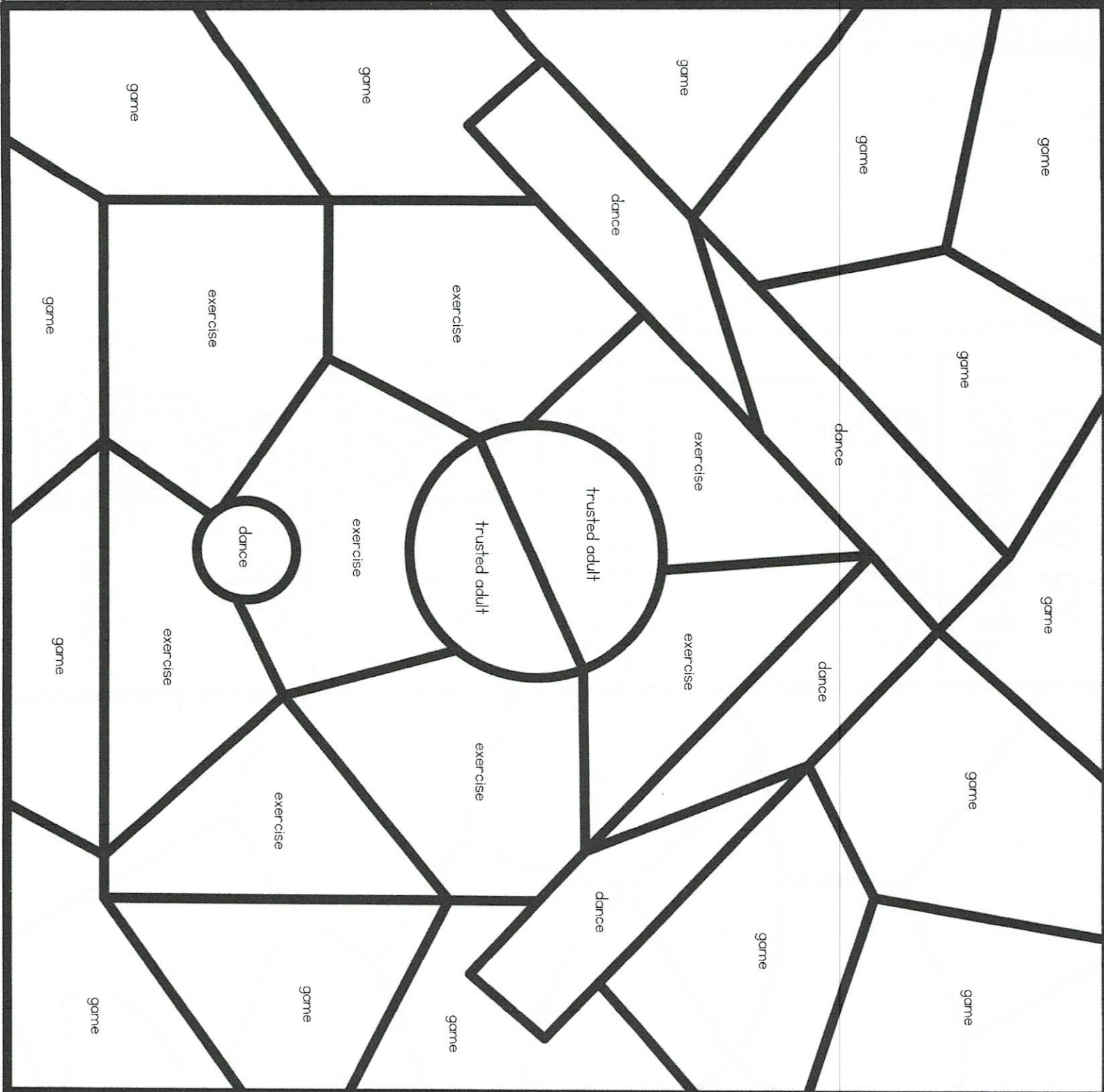
Get some exercise



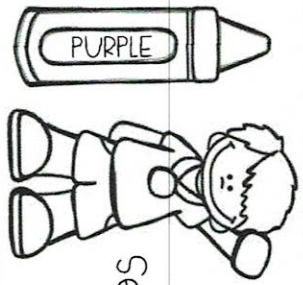
Have a personal dance party



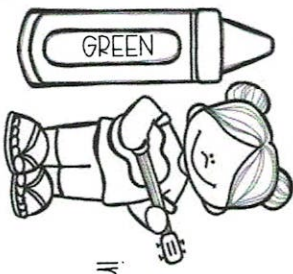
Talk to a trusted adult



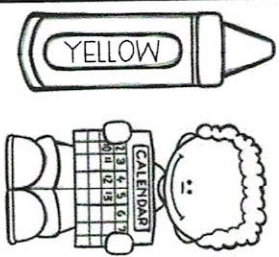
COLOR BY COPING SKILL



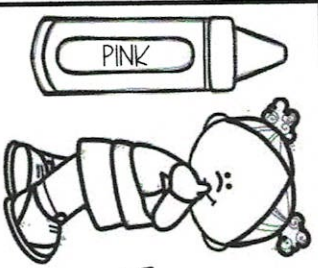
Set a goal



Play an instrument

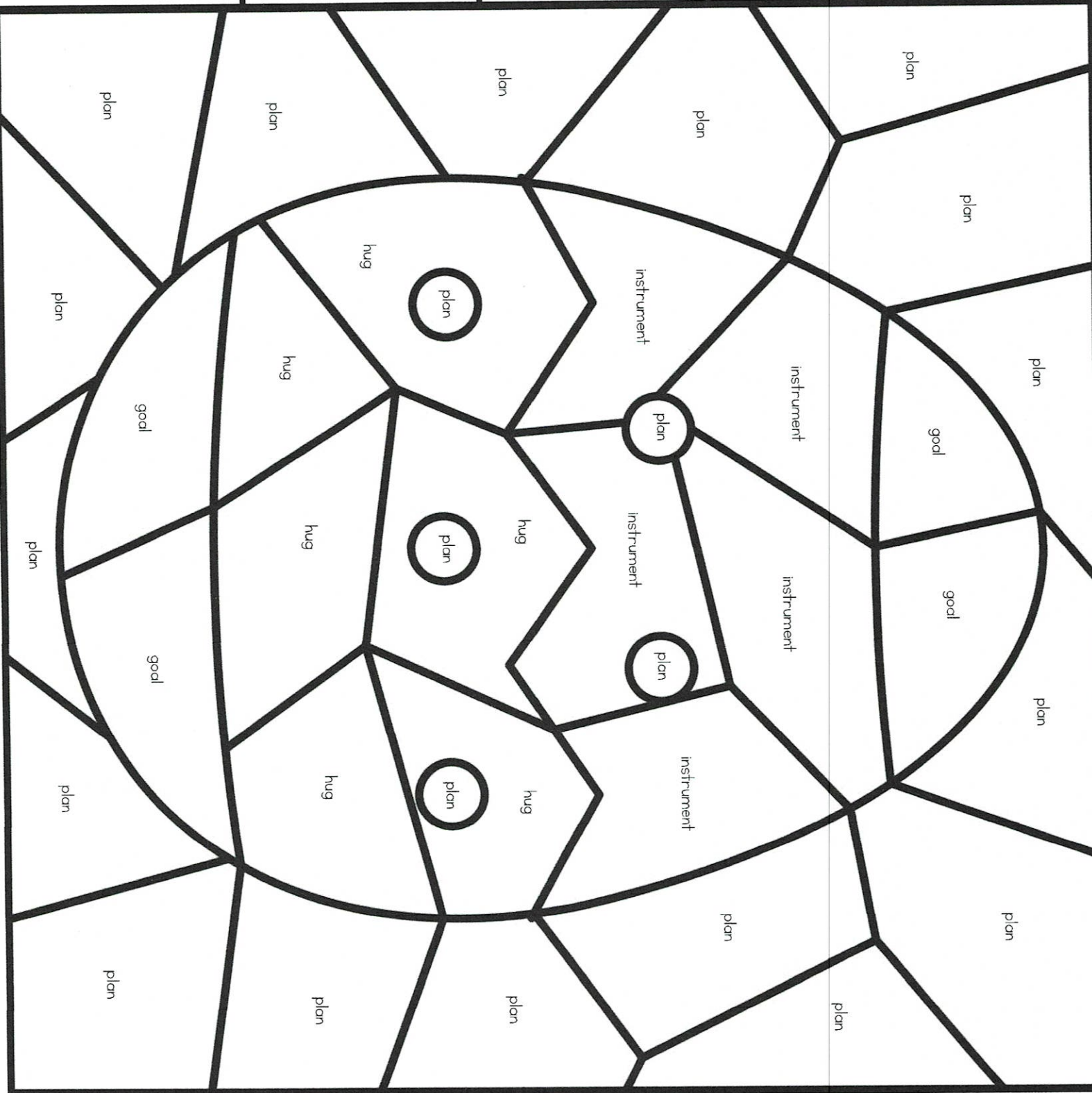


Plan something to look forward to

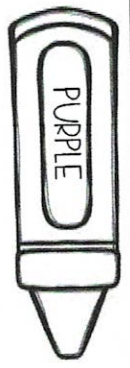


Give yourself a hug

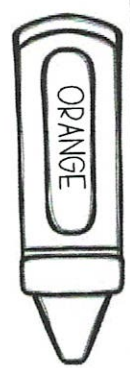
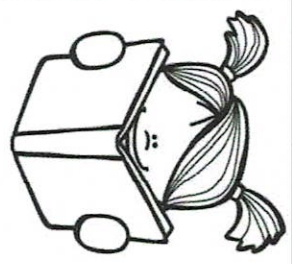
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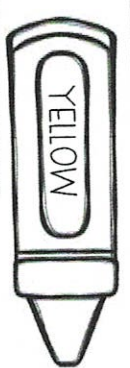
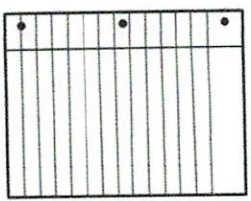
COLOR BY COPING SKILL



Read your favorite book



Make a list of 5 good things in your life



Look at pictures of happy memories

