COPING TOOLS: What Helps Me

	Read A Book or Magazine Hug or Climb a Tree	Ride a Bike or Skateboard Create Origami
	Journal or Write a Letter	Cook or Bake
	Use Kind & Compassionate Self-Talk	Ask for Help
	Make a Collage or Scrapbook	Talk to Someone You Trust
	Rest, Nap or Take a Break	Weave, Knit or Crochet
	Go on a Hike, Walk or Run	Build Something
	Take Good Care of the Earth	Get a Hug
	Drink Water	Visualize a Peaceful Place
Ц	Play a Board Game	Stretch
	Do Something Kind	Make Art (Iam strong.)
Ц	Make and Play with Slime	Use Positive Affirmations (Vasamate Considerate)
	Discover Treasures in Nature	Take Slow, Mindful Breaths
님	Take a Shower or Bath	Clean, Declutter or Organize
片	Exercise	Use Aromatherapy
님	Drink a Warm Cup of Tea	Cry Cry
님	Forgive, Let Go, Move On	Try or Learn Something New
님	Practice Yoga	Listen to Music
	Garden or Do Yardwork	Use a Stress Ball or Other Fidget
님	Jump on a Trampoline	Get Plenty of Sleep
님	Cuddle or Play with Your Pet	Kick, Bounce or Throw a Ball
	Practice Gratitude	Take or Look at Photographs
님	Do a Puzzle	Eat Healthy
님	Blow Bubbles	Play Outside
WHOLE Leaves	Smile and Laugh	Sing and/or Dance