

101 FUN COPING SKILLS

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. TRY SOME AROMATHERAPY
24. SET A GOAL
25. JOG IN PLACE
26. WRITE IN A JOURNAL
27. HUM YOUR FAVORITE SONG
28. DOODLE ON PAPER
29. HUG A PILLOW OR STUFFED ANIMAL
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. PLAN YOUR DREAM ROOM HOUSE
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. LISTEN TO GREAT MUSIC
47. PLAY AN INSTRUMENT
48. CRY IT OUT
49. TAKE PICTURES
50. GARDEN

51. WRITE A LIST
52. EXERCISE (RUNNING, WALKING, ETC.)
53. LISTEN TO RELAXING MUSIC
54. SIT OUTSIDE
55. WRITE A POSITIVE NOTE TO YOURSELF
56. SEEK OUT THE COMPANY OF OTHERS
57. PAINT YOUR NAILS
58. DO A CRAFT
59. BAKE SOMETHING YUMMY
60. TAKE A HOT SHOWER

61. WALK YOUR DOG
62. DRINK COLD WATER
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. CREATE A BLOG OR WRITE A STORY
70. PAINT YOUR EMOTIONS

71. LAUGH
72. PUNCH A PILLOW
73. BOUNCE BALL 100 TIMES
74. ORGANIZE YOUR CLOSET
75. CALL AN OLD FRIEND
76. FOCUS ON AN OBJECT
77. NOTICE 5 THINGS YOU CAN SEE
78. LAY IN THE GRASS AND LOOK UP AT THE SKY
79. USE A RELAXATION APP
80. PAINT YOUR NAILS OR DO A MAKEUP TUTORIAL ON YOUTUBE

81. DRINK SOME TEA
82. MAKE A MUSIC PLAYLIST
83. PLAN A FUN TRIP
84. SING AND DANCE AROUND YOUR ROOM
85. IDENTIFY YOUR EMOTIONS
86. EXPRESS YOUR FEELINGS TO SOMEONE
87. WRITE DOWN YOUR THOUGHTS
88. PLAY AN INSTRUMENT
89. MAKE YOUR DAY'S SCHEDULE
90. LIST 10 POSITIVES ABOUT YOU

91. ASK FOR A BREAK
92. LISTEN TO NATURE SOUNDS
93. DO YOUR HOMEWORK
94. MAKE A LIST OF CHOICES
95. ASK AN ADULT FOR HELP
96. ORGANIZE SOMETHING
97. PLAY A CARD GAME

98. TELL SOMEONE YOU ARE THANKFUL FOR THEM
99. SIT AND RELAX ALL YOUR MUSCLES
100. ASK YOURSELF, "WHAT DO I NEED RIGHT NOW?"
101. MAKE A LIST OF YOUR FAVORITE COPING SKILLS!

COPING WITH EMOTIONS

Certain Coping skills are more effective in helping with different emotions. Sometimes when you are in the moment, it can be difficult to think of coping skills. Writing down which coping skills you prefer to use with specific feelings can help you to focus on what works best!

1. When I feel ANGRY I can...(List 3 coping skills that might help)
2. When I feel LONLEY I can...(List 3 coping skills that might help)
3. When I feel SAD I can...(List 3 coping skills that might help)
4. When I feel AFRAID I can...(List 3 coping skills that might help)
5. When I feel ANXIOUS I can...(List 3 coping skills that might help)
6. When I feel BORED I can...(List 3 coping skills that might help)
7. When I feel EMPTY I can...(List 3 coping skills that might help)
8. When I feel JEALOUS I can...(List 3 coping skills that might help)
9. I feel OVERWHELMED I can...(List 3 coping skills that might help)