

Coping Skill Choices



Small
Steps
Big Progress
♡

Cut out the pictures below and place them in the zone(s) that can help you!



Take deep breaths



Use headphones



Drink water



Take a walk



Stretch



Do wall push ups



Read a book



Hug something soft



Use a fidget



Take a break in a quiet space



Draw or color



Play with blocks



Practice mindfulness



Do a heavy work activity



Use a sensory tool



Ask for help



Use a checklist or visual schedule



Use a weighted blanket



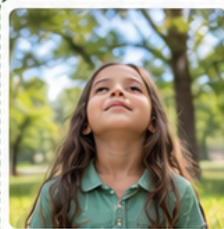
Get cozy



Do a movement break



Think happy thoughts



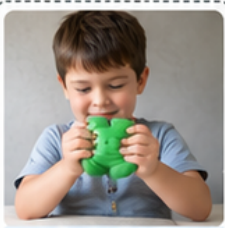
Be in nature



Count slowly



Talk to a trusted adult



Squeeze a stress toy



Write in a journal



Rest



Listen to music



Spent time with a pet



Give yourself a hug

I can choose strategies that help me feel calm, focused, and ready to do my best! ♡