

A to Z of Coping Skills

The A to Z of Coping Skills display poster for you to use to talk about coping strategies and worksheet for children to come up with their own strategies.



- ☐ A: Ask for help
- ☐ B: Breathe deeply and slowly
- ☐ C: Count forwards or backwards
- ☐ D: Drink some cold water
- ☐ E: Exercise run, jump, skip, kick a ball or walk fast
- ☐ F: Find a safe place
- ☐ G: Go to your happy place
- ☐ H: Hug a friend or family member
- ☐ I: Ignore people who are annoying you
- ☐ J: Jokes to help you laugh
- ☐ K: Kind hands, Keep them to yourself
- ☐ L: Listen to calming music
- ☐ M: Meditate use yoga or mindfulness
- ☐ N: Name the emotion you are feeling
- ☐ O: Observe use mindfulness techniques
- ☐ P: Paint your feelings
- ☐ Q: Question your thoughts

- ☐ R: Run as fast as you can
- ☐ S: Separate yourself from the situation
- ☐ T: Thoughts negative to positive
- ☐ U: Use your safe place
- ☐ V: Voice your concerns
- ☐ W: Write down your feelings
- ☐ X: Exhale breathe out your feelings
- ☐ Y: Yell as loud as you can into a pillow
- ☐ Z: Zone out and relax yourself

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