

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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