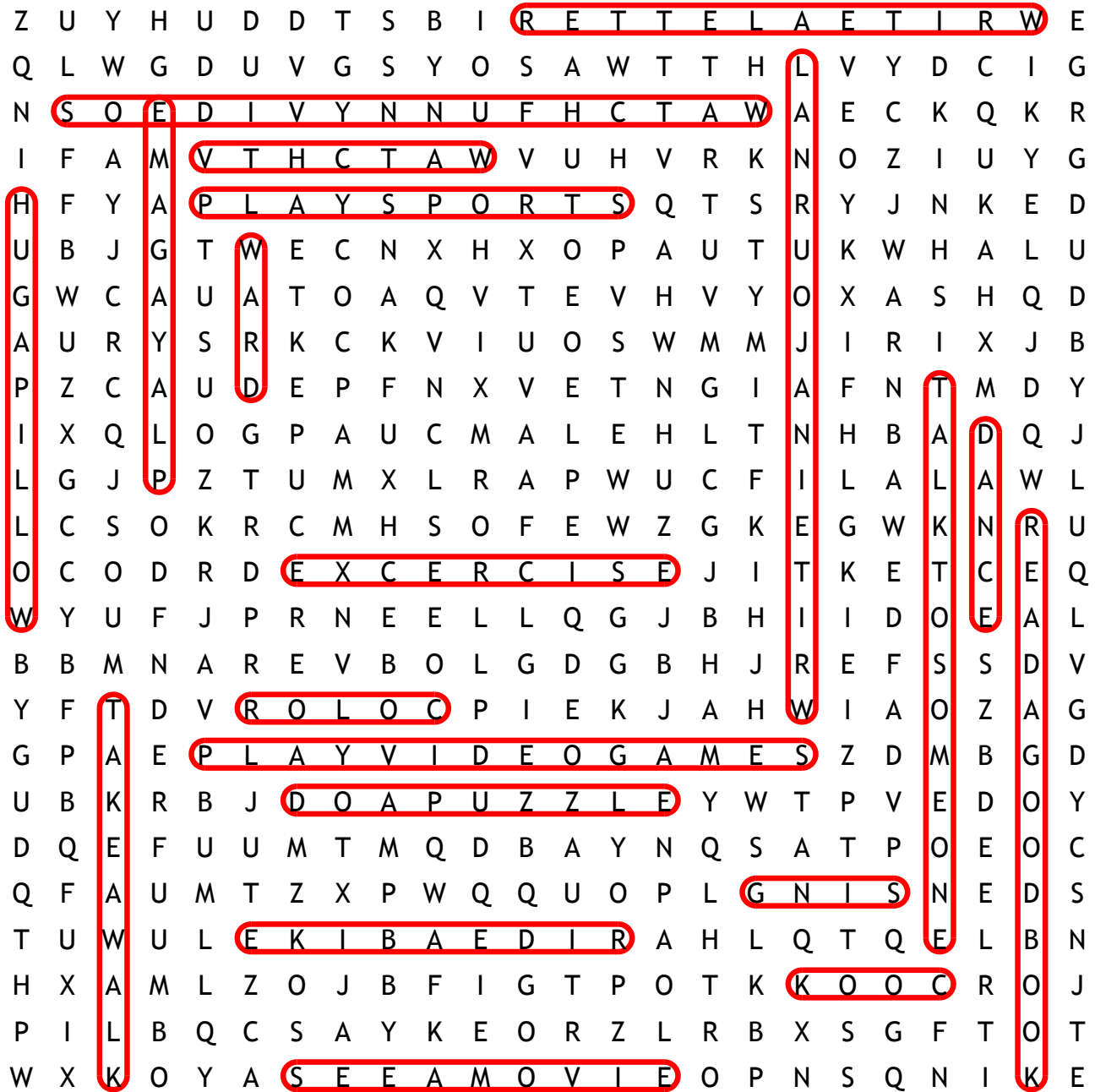


Name: _____

Date: _____

POSITIVE COPING SKILLS



COLOR
DO A PUZZLE
HUG A PILLOW
PLAY VIDEO GAMES
SEE A MOVIE
TALK TO SOMEONE
WRITE A LETTER

COOK
DRAW
PLAY A GAME
READ A GOOD BOOK
SING
WATCH FUNNY VIDEOS
WRITE IN A JOURNAL

DANCE
EXCERCISE
PLAY SPORTS
RIDE A BIKE
TAKE A WALK
WATCH TV