

50 COPING STRATEGIES

(to do one at a time)



Ride a bike



Ask for help



Look at/
take photos



Cry



Weave, Knit, Croche



Blow bubbles



Colour, paint
or draw



Create art



Listen to music



Practise yoga



Practise
gratitude



Get plenty of
sleep



Take a shower
or bath



Think of a
peaceful place



Forgive



Drink a warm
cup of tea



Jump on a
trampoline



Rest, break
or nap



Cuddle or play
with a pet



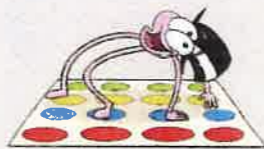
Drink water



Cook or bake



Write a diary
or letter



Play
a boardgame



Kick, bounce
or throw a ball



Smile and laugh



Sing and/or
dance



Stretch



Use a fidget tool



Exercise



Eat healthy



Clean up
and organise



Create origami



Do a puzzle



Get a hug



Build something



Talk to yourself
in a kind way



Hug or climb
a tree



Do something
to help the earth



Explore



Make and play
with slime



Talk to someone
you trust



Do something
kind



Make
a scrapbook



Try or learn
something new



Use
aromatherapy



Go on a hike
or run



Do some
gardening



Play outside



Take slow
mindful breaths



Read a book
or magazine
(or a Dekko comic)