



Coping Skills Checklist

Youth cope in different ways, much like they learn in different ways. Coping skills¹ are beneficial when youth are experiencing a range of emotions from stress and anxiety to grief. Below are strategies that youth can use to cope.

<p style="text-align: center;">Calming Skills</p> <ul style="list-style-type: none"> • Deep breathing • Take a mindful walk • Yoga • Imagine your favorite place • Think of your favorite things • Picture the people you care about • Say the alphabet slowly • Remember the words to a song you love • Run water over your hands • Carry a small object • Touch things around you • Move • Positive self-talk • Take a drink of water • Counting • Block out noises • Take a break • Calming jar 	<p style="text-align: center;">Distraction Skills</p> <ul style="list-style-type: none"> • Write a story • Crossword/Soduko puzzles • Volunteer/Community Service • Random acts of kindness • Read • Play a board game • Play video games • Screen time • Play with a friend • Creative thinking • Make up your own game • Plan a fun event • Be silly and laugh
<p style="text-align: center;">Physical Skills</p> <ul style="list-style-type: none"> • Use stress balls • Shred paper • Bubble wrap • Use a sand tray • Hold a small stone • Shuffle cards • Make something • Use a fidget • Walk • Exercise • Dance • Play at the park • Make an obstacle course • Jump rope • Stretches • Yoga 	<p style="text-align: center;">Processing Skills</p> <ul style="list-style-type: none"> • Write in a journal • Write songs • Write poetry • Write music • Draw • Talk to someone you trust • Create a playlist • Write what's bothering you and throw it away • Write a letter to someone • Use "I" statements • Make a worry box • Color • Doodle

¹ Adapted from www.copingskillsforkids.com