Coping Skills Checklist

- 1. Check off the ones you do now
- 2. Circle the ones you want to try
- 3. Cross off the ones that don't work

DISTRACTION SKILLS

CALMING SKILLS

Deep breathing using a pinwheel	□ Write a story
 Deep breathing with bubbles 	 Crossword Puzzles
 Deep breathing with a stuffed animal 	□ Sudoku
Deep breathing using a feather	□ Bake or Cook
⊃ Take a mindful walk	 Volunteer/Community Service
⊃Yoga	□ Random Acts of Kindness
□ Imagine your favorite place	□ Read
⊃Think of your favorite things	Clean
⊃Picture the people you care about	□ Play with a pet
⊃Say the alphabet slowly	□ Play a board game
⊃Remember the words to a song you love	□ Play video games
⊃Run water over your hands	□ Screen time
⊃ Carry a small object	□ Play with a friend
⊃Touch things around you	□Start a garden
⊐ Move	□ Creative thinking
⊃Make a fist then release it	□ Make up your own game
⊃Positive self-talk	□ Plan a fun event
⊃Take a shower or bath	□ Start a new hobby
⊃Take a drink of water	□ Do a crafting project
⊃ Counting	□ Your favorite things
⊃Block out noises	□ Be silly and laugh
⊐Take a break	0
□ Calming Jar	0
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MOVEMENT SKILLS

□ Squeeze something
□ Use a stress ball
□ Shred paper
□ Bubble wrap
□ Use a sand tray
□ Jacob's ladder
□ Hold a small stone
□ Shuffle cards
□ Make something
□ Use a fidget
□ Walk
□Exercise
□Dance
□ Punch a safe surface
□ Play at the park
□ Make an obstacle course
□ Swing on a swing
□ Jump on a trampoline
□ Jump rope
□Scooter
□ Go swimming
□ Stretches
 Tumbling
Gymnastics
□ Yoga
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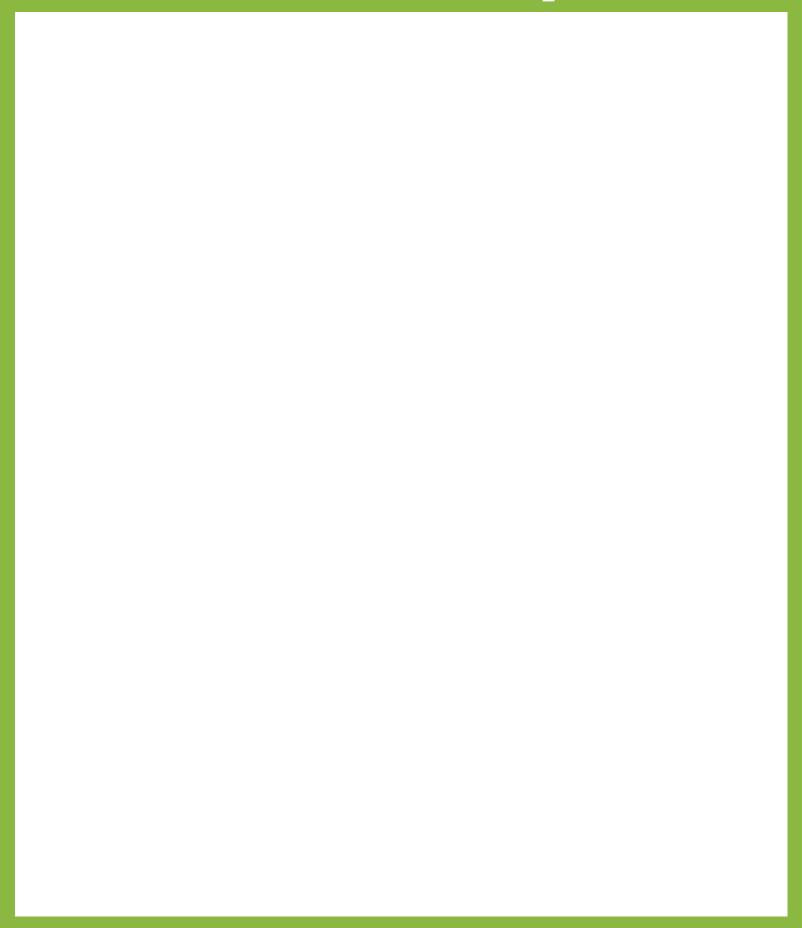
PROCESSING SKILLS

□ 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
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SENSORY SKILLS

 Use a weighted blanket
□ Sit in a bean bag
Wrap up in a soft blanket
□ Eat a crunchy snack
□ Use a body sock
□ Crawlthrough a tunnel
□ Sip a drink through a straw
□ Do wall push ups
 Turn upside down
□ Stretch on an exercise ball
 Play with water beads
☐ Use mermaid fabric
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Skills to Try



My Coping Skills

