

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

CALMING SKILLS

- Deep breathing using a pinwheel
- Deep breathing with bubbles
- Deep breathing with a stuffed animal
- Deep breathing using a feather
- 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
- Make a fist then release it
- Positive self-talk
- Take a shower or bath
- Take a drink of water
- Counting
- Block out noises
- Take a break
- Calming Jar
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DISTRACTION SKILLS

- Write a story
- Crossword Puzzles
- Sudoku
- Bake or Cook
- Volunteer/Community Service
- Random Acts of Kindness
- Read
- Clean
- Play with a pet
- Play a board game
- Play video games
- Screen time
- Play with a friend
- Start a garden
- Creative thinking
- Make up your own game
- Plan a fun event
- Start a new hobby
- Do a crafting project
- Your favorite things
- Be silly and laugh
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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
- Crawl through 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

Visual Coping Skills Checklist

Deep Breathing Skills



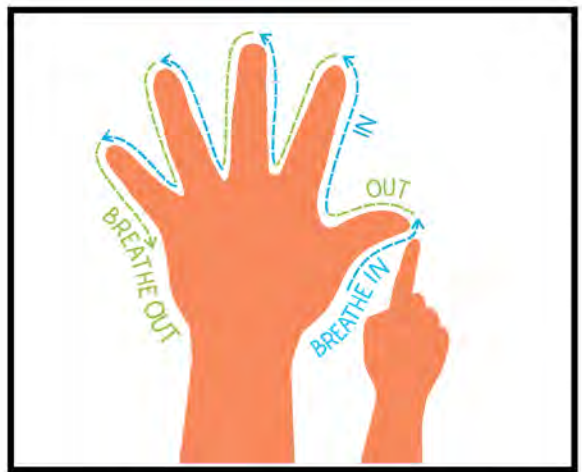
Deep breathing with a pinwheel



Deep breathing with bubbles



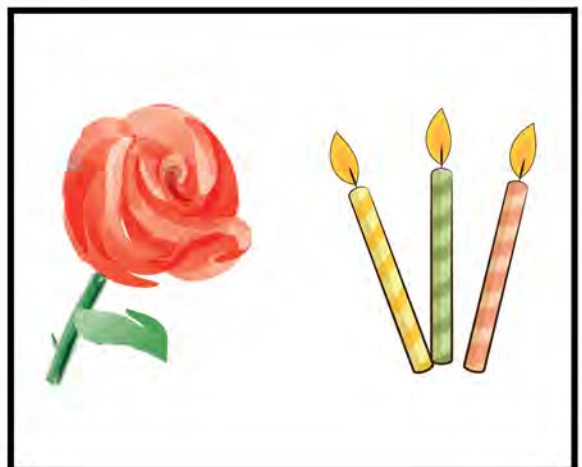
Smell the soup, cool the soup



Deep breathing with your hand



Deep breathing with a triangle



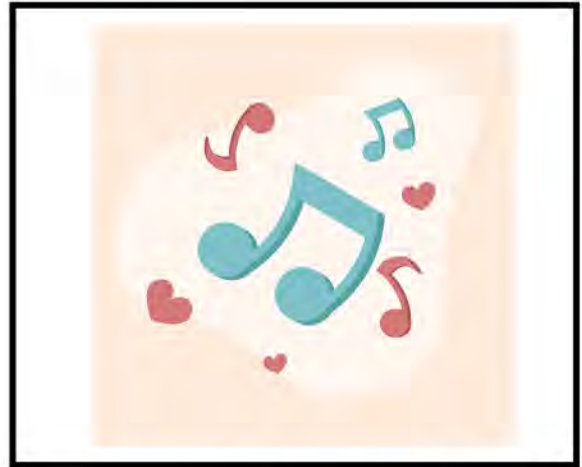
Breathe in like you're smelling a flower, breathe out and blow out birthday candles

Visual Coping Skills Checklist

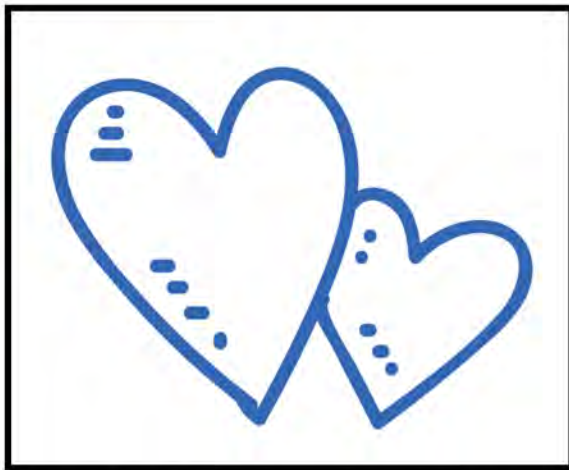
Relaxation Skills



Imagine your favorite place



Remember the words to a song your love



Think about the people you care about



Say the alphabet slowly



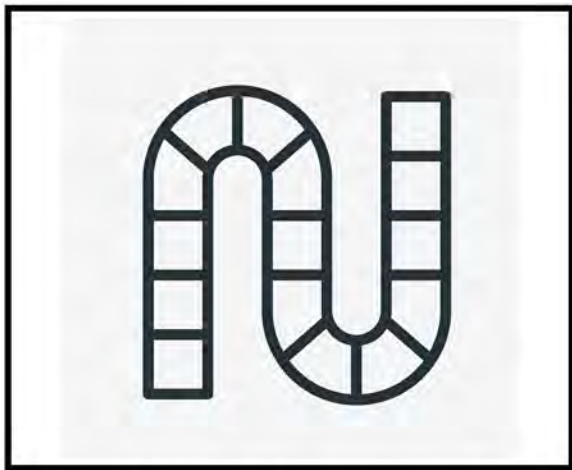
Think about your favorite things



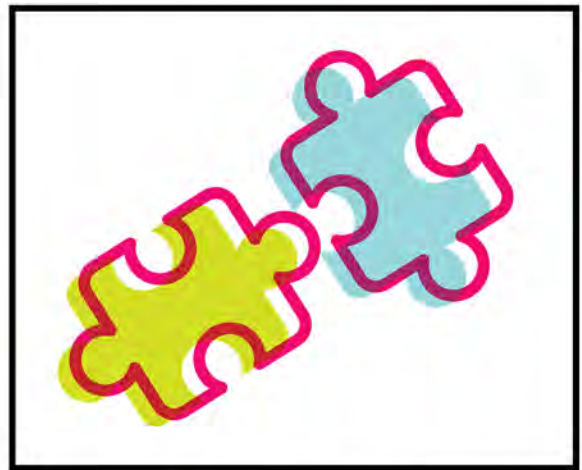
Count slowly

Visual Coping Skills Checklist

Distraction Skills



Play a board game



Do a puzzle



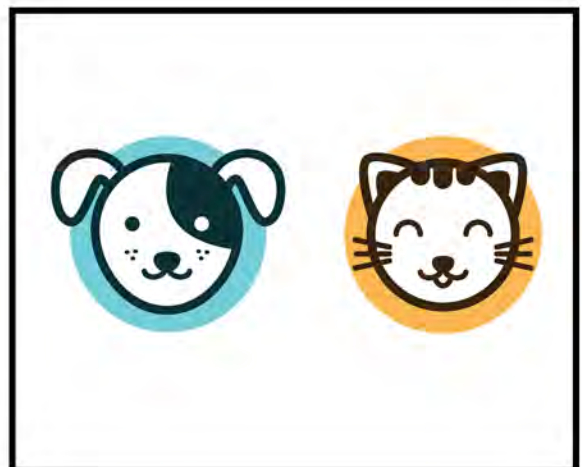
Do something that makes you laugh



Be creative and make something



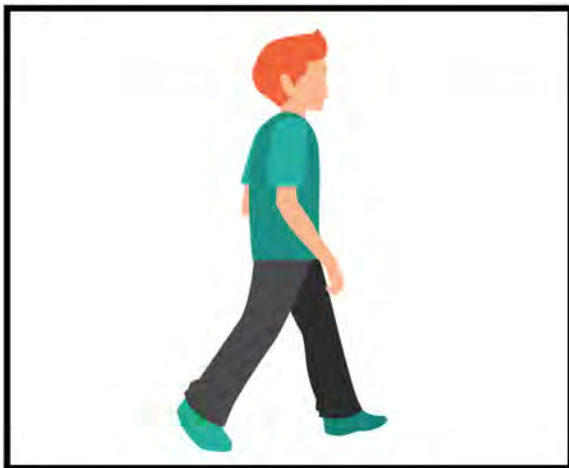
Do something nice for someone else



Play with a pet

Visual Coping Skills Checklist

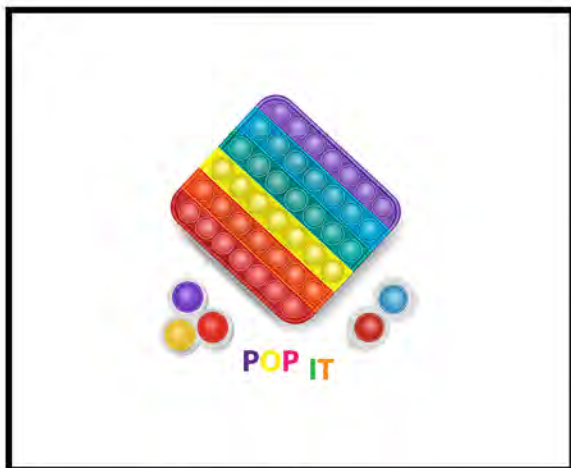
Movement Skills



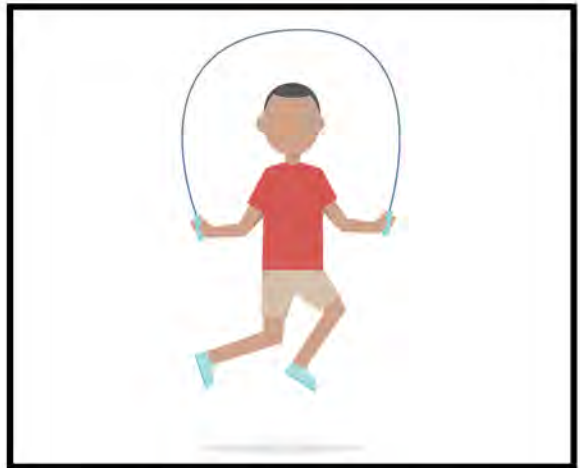
Take a walk



Squeeze something



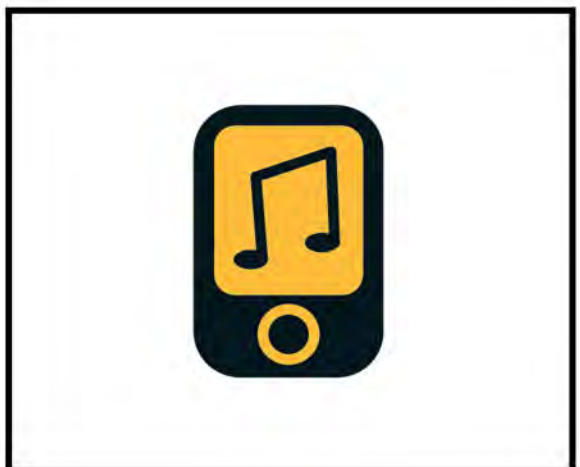
Use a fidget



Use a jump rope



Do stretches



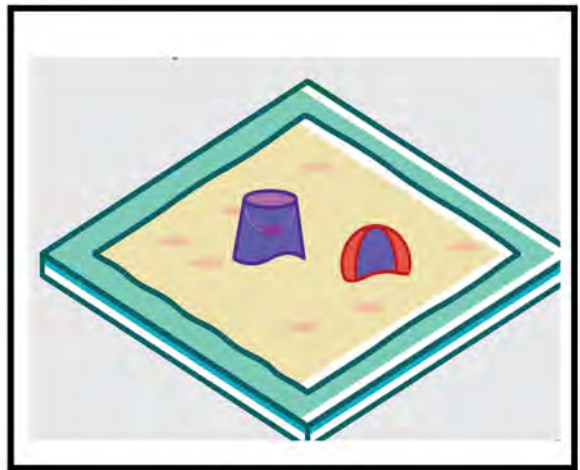
Listen to music and dance

Visual Coping Skills Checklist

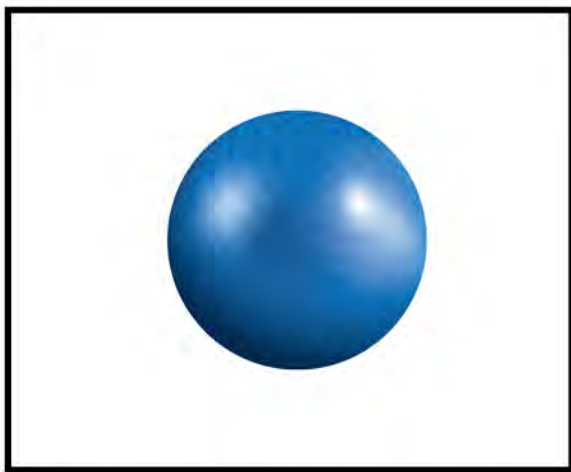
Sensory Skills



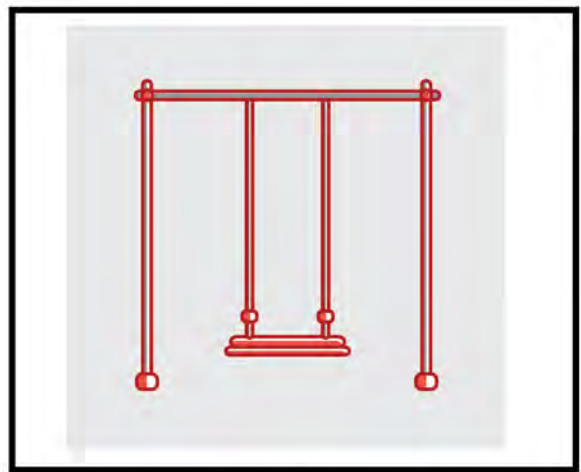
Take a cold drink of water



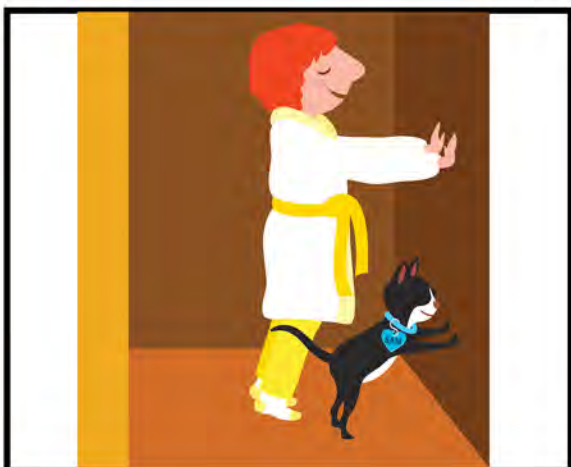
Play in sand



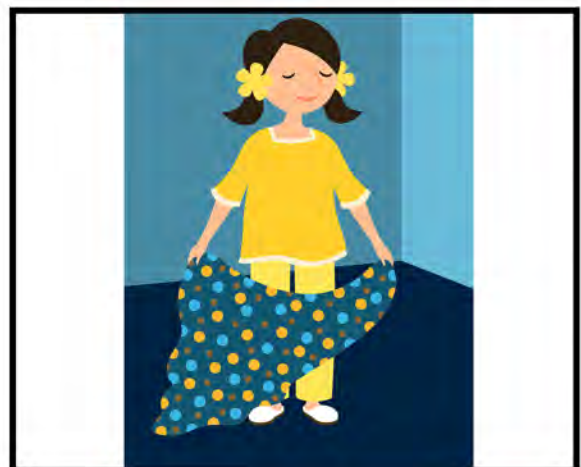
Stretch on an exercise ball



Move back and forth on a swing



Do wall push ups



Wrap up in a soft blanket

Visual Coping Skills Checklist

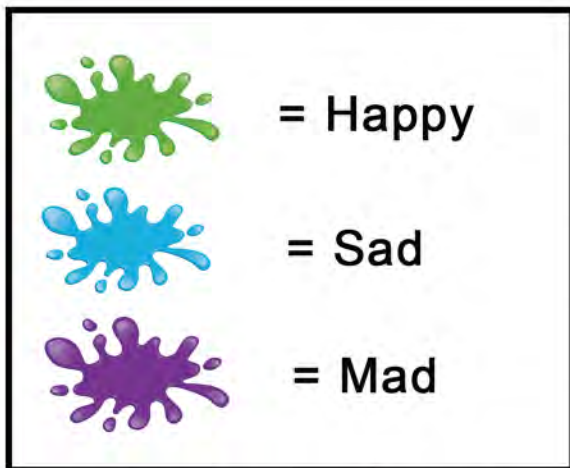
Processing Skills



Draw what's bothering you



Think about the things you are thankful for



Use colors to talk about feelings



Make a worry box



Talk to someone you trust



Say how you feel

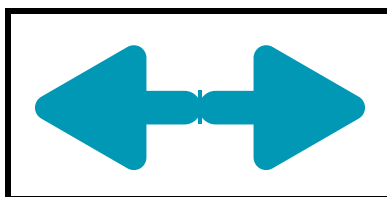
Feelings Thermometer Printable

Kids need to understand what they are feeling and that feelings can be small or big. Being able to identify how big their feelings are can also help them recognize when they are getting more and more escalated. If they know when they are escalating, then they can intervene and use a coping skill to manage their feelings.

How to Use This Thermometer

- 1. PICK A FEELING** When creating a thermometer, focus on one feeling at a time.
- 2. COLOR IT IN** Have the child pick out three colors, one for each section of the thermometer and color it in. You can laminate it to make it sturdier!
- 3. CUT OUT THE ARROW** Laminate it to make it more durable, and place a piece of velcro on the back. Then place velcro on each section of the thermometer.
- 4. TALK ABOUT WHAT THEY LOOK LIKE** Let's say you are making an anger thermometer. Ask what their anger looks like when they are at the bottom of the thermometer. Do they stomp their feet, sigh loudly, growl, etc. Then we move on to the next section - if they are really angry, what does that look like? Does their voice get louder? Do they start invading other people's space? Then we talk about very angry - what does that look like? Is it yelling, throwing things, running away?
- 5. IDENTIFY COPING SKILLS** Once we go through and identify behaviors on the thermometer, then we work on identifying coping skills they can use to calm down. Some examples include getting a drink of water, taking deep breaths, counting to a certain number or taking a walk. Make sure they have coping skills that will help them at each level. It's important to have a variety of coping skills for each level, because not all coping skills will work all the time.

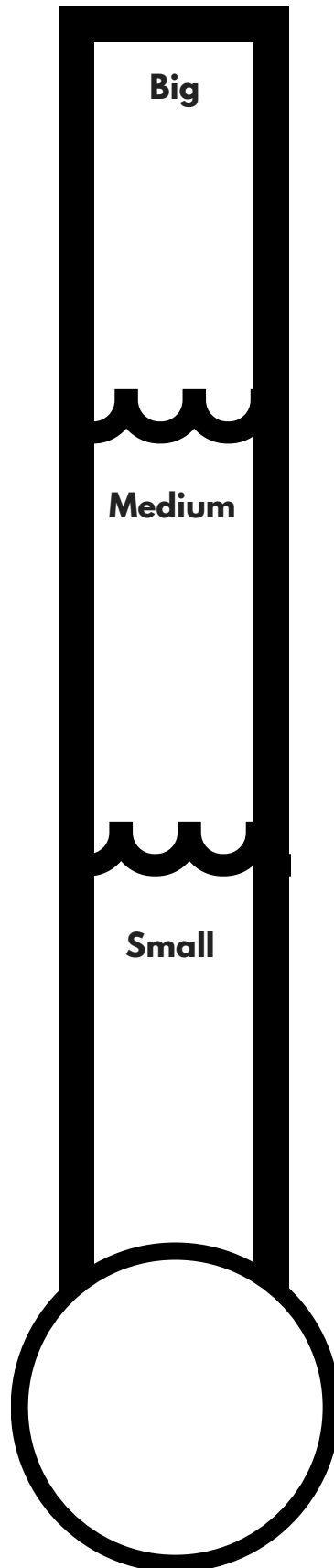
Next time they are experiencing that feeling, have them move the arrow to show the size of their feeling and pick a way to cope.



My _____ Thermometer

What I look like

What I can do



Feeling : _____

Thoughts/Behaviors

Coping Skills

3		
2		
1		

Feeling : _____

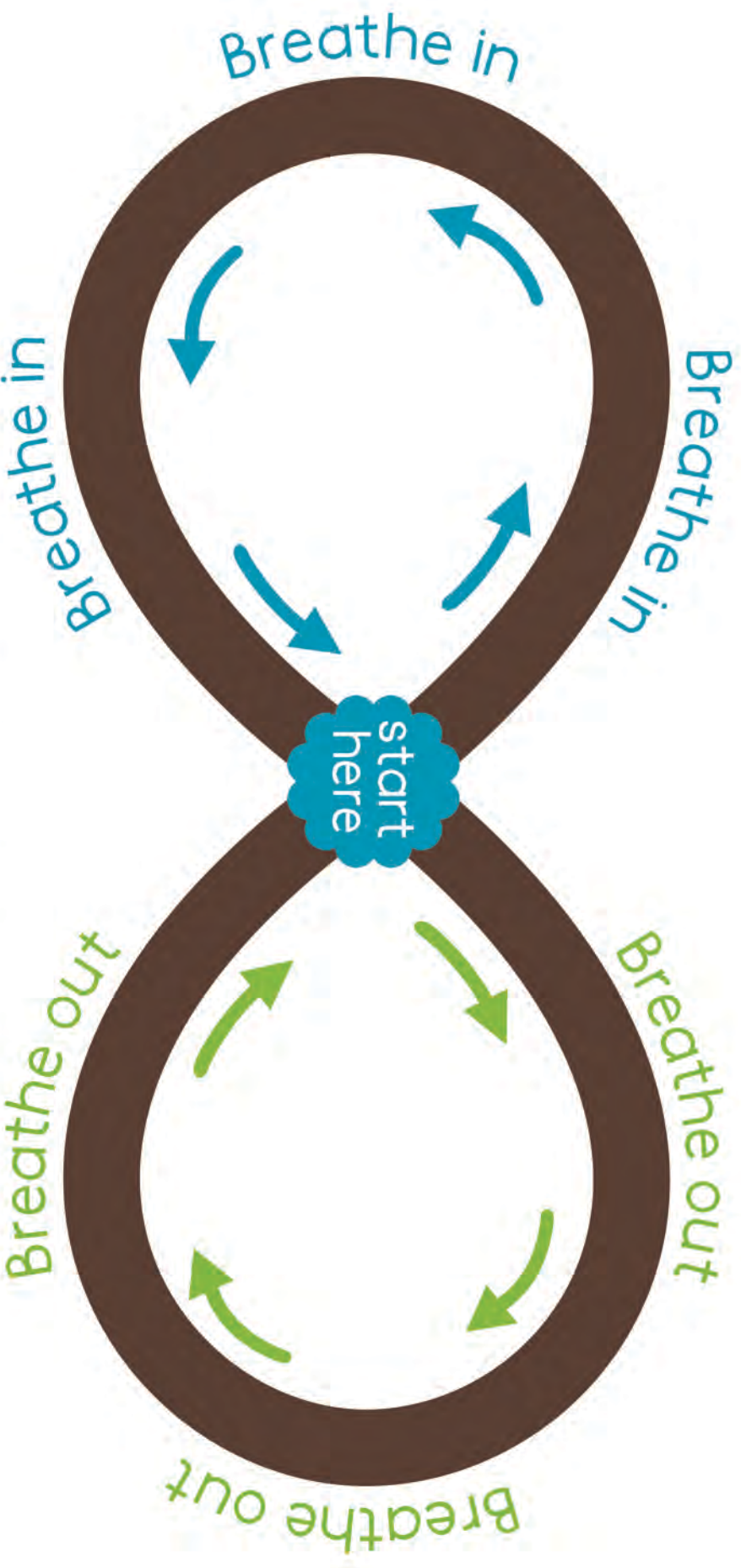
Thoughts/Behaviors

Coping Skills

5		
4		
3		
2		
1		

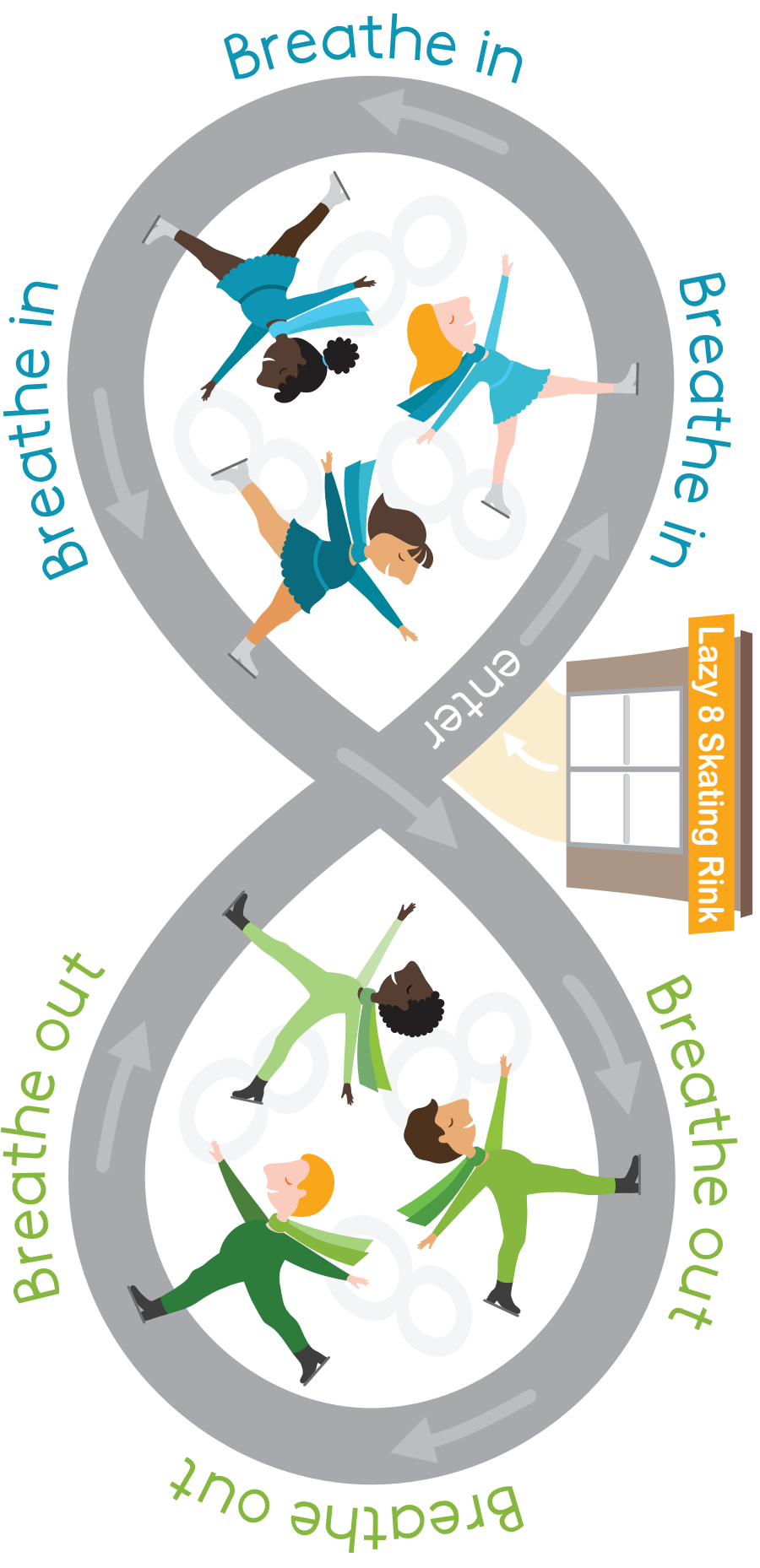
Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



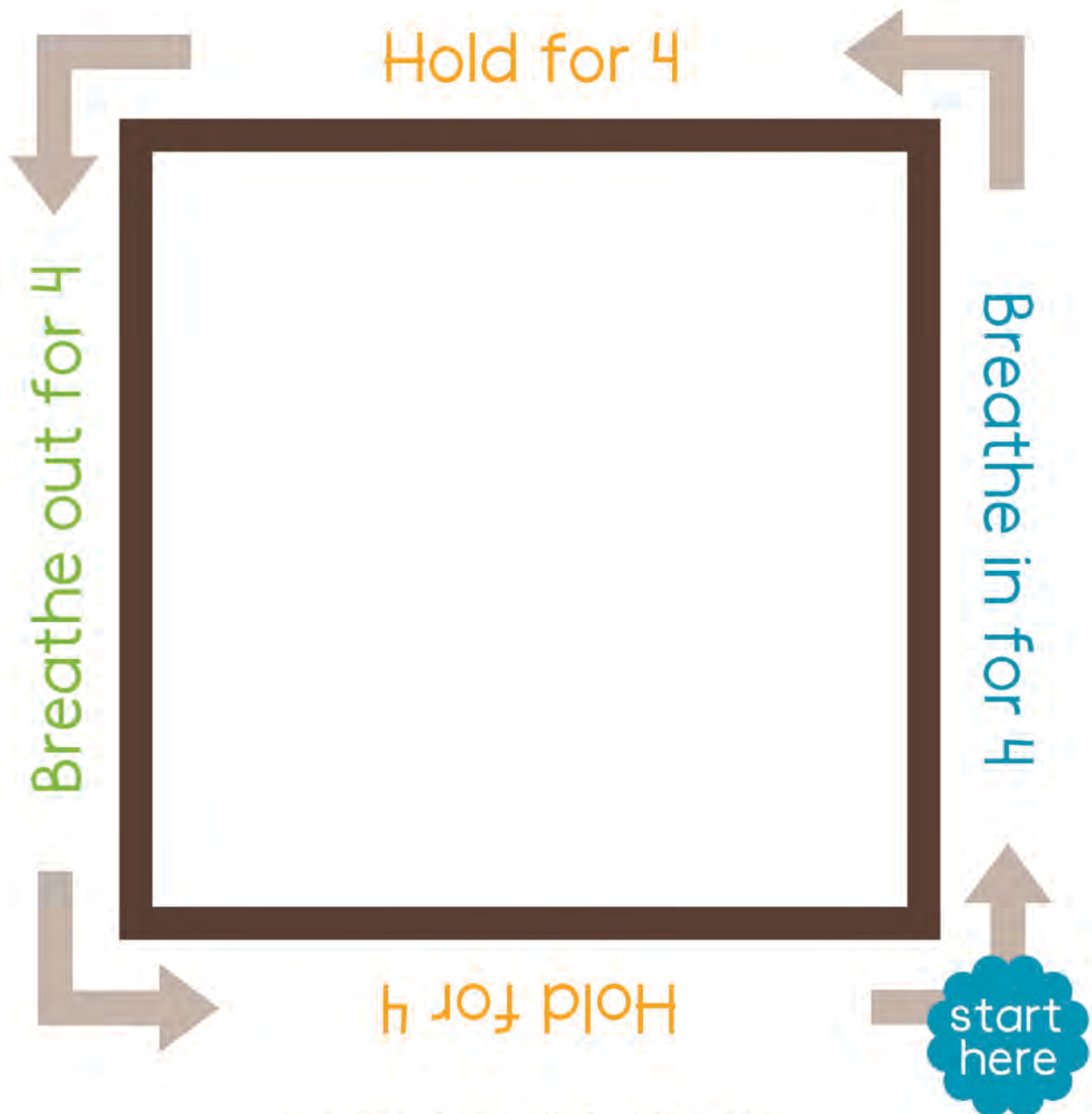
Lazy 8 Breathing

Our skating rink is shaped like an 8 on its side! The skaters glide along the ice, smooth and slow. Enter the rink and move up, tracing the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8, breathe out while you trace the right part of the 8.



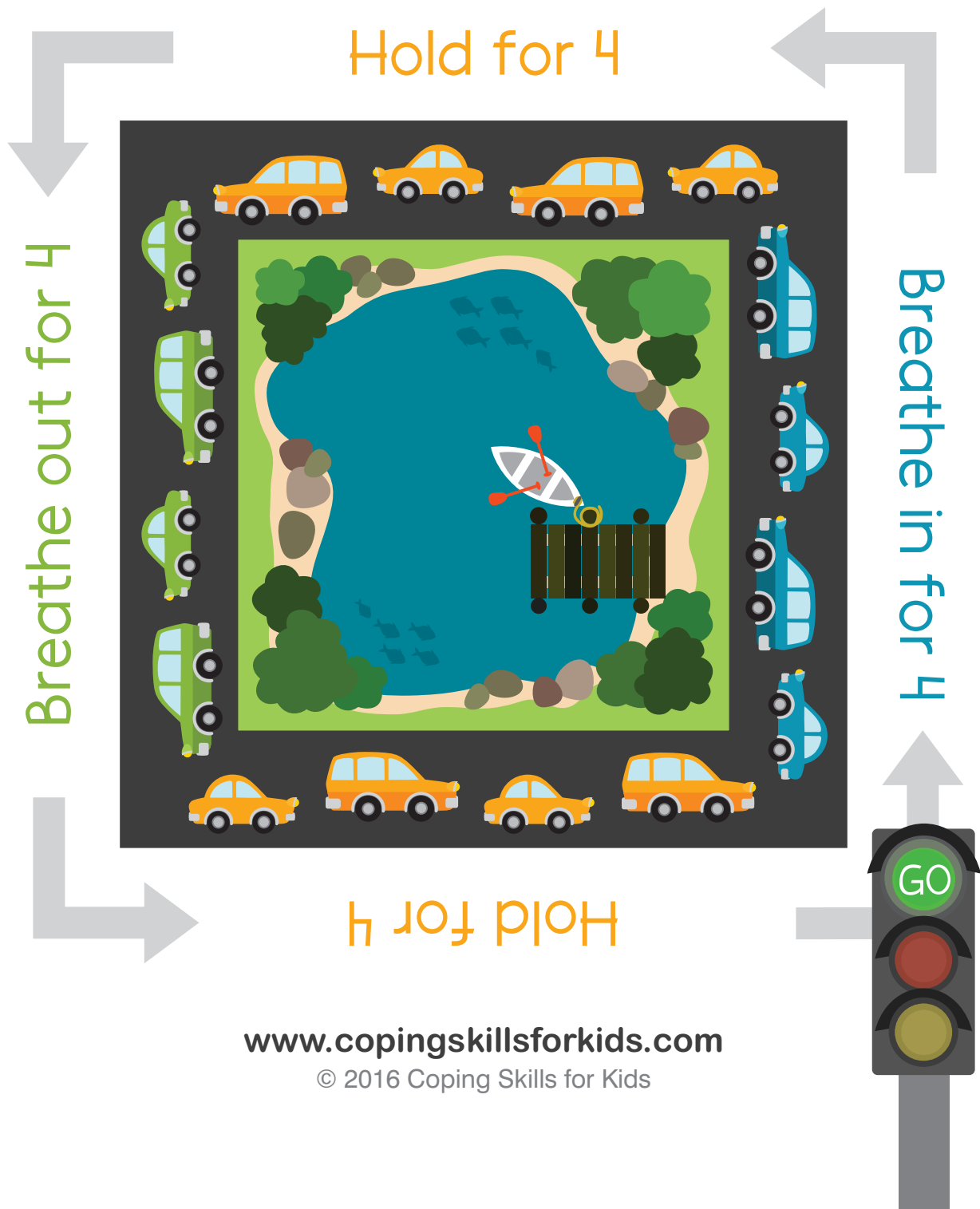
Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



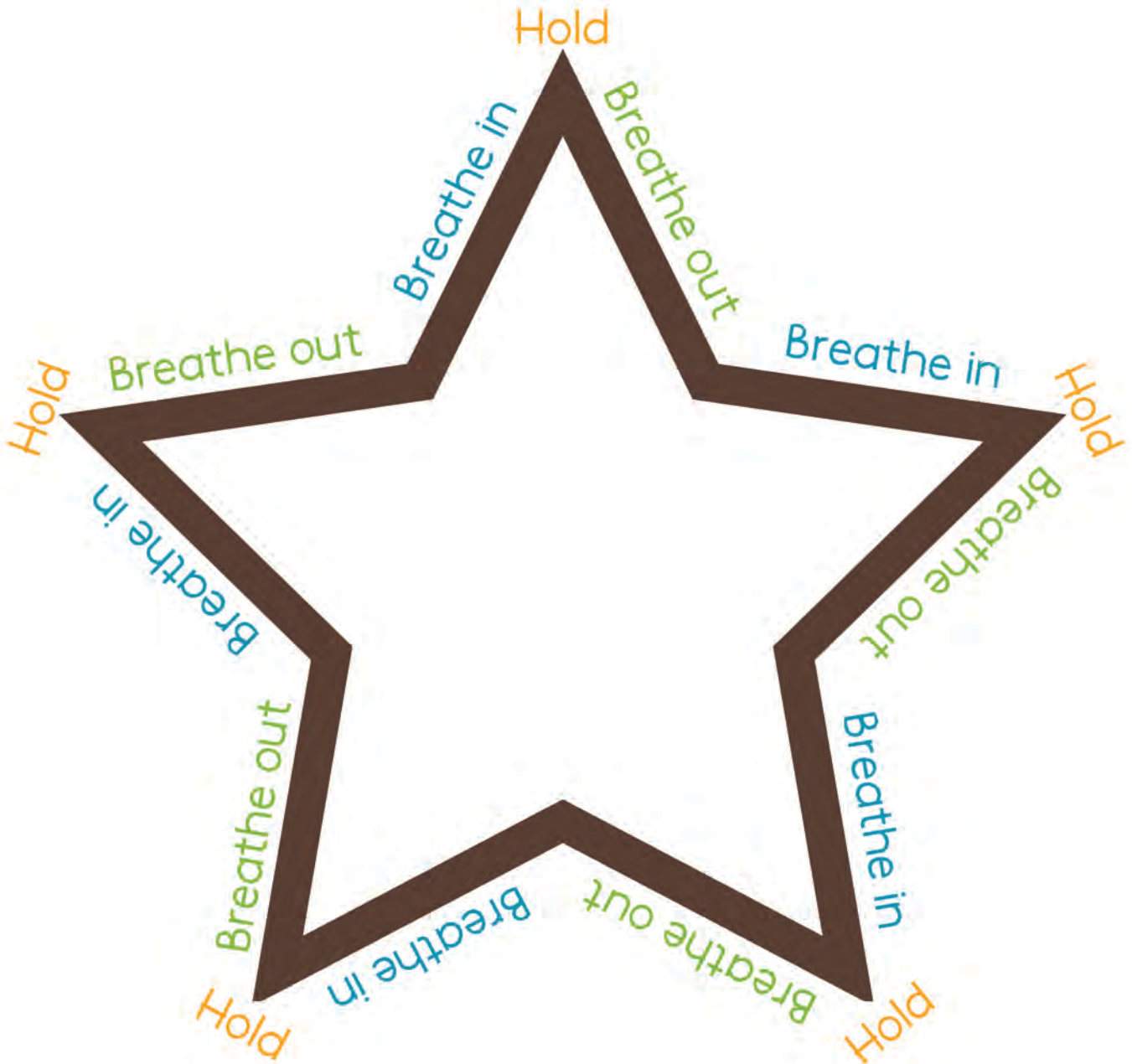
Square Breathing

The people in the cars below are taking a slow, relaxing drive. The road is in the shape of a square for you to trace. Start at the bottom right of the square, and follow the cars around the whole square to complete one deep breath. As you count, enjoy the scenery! Can you find the fish, the dock and the boat?



Star Breathing

Start at any “Breathe in” side,
hold your breath at the point, then breathe out.
Keep going until you’ve gone around the whole star.



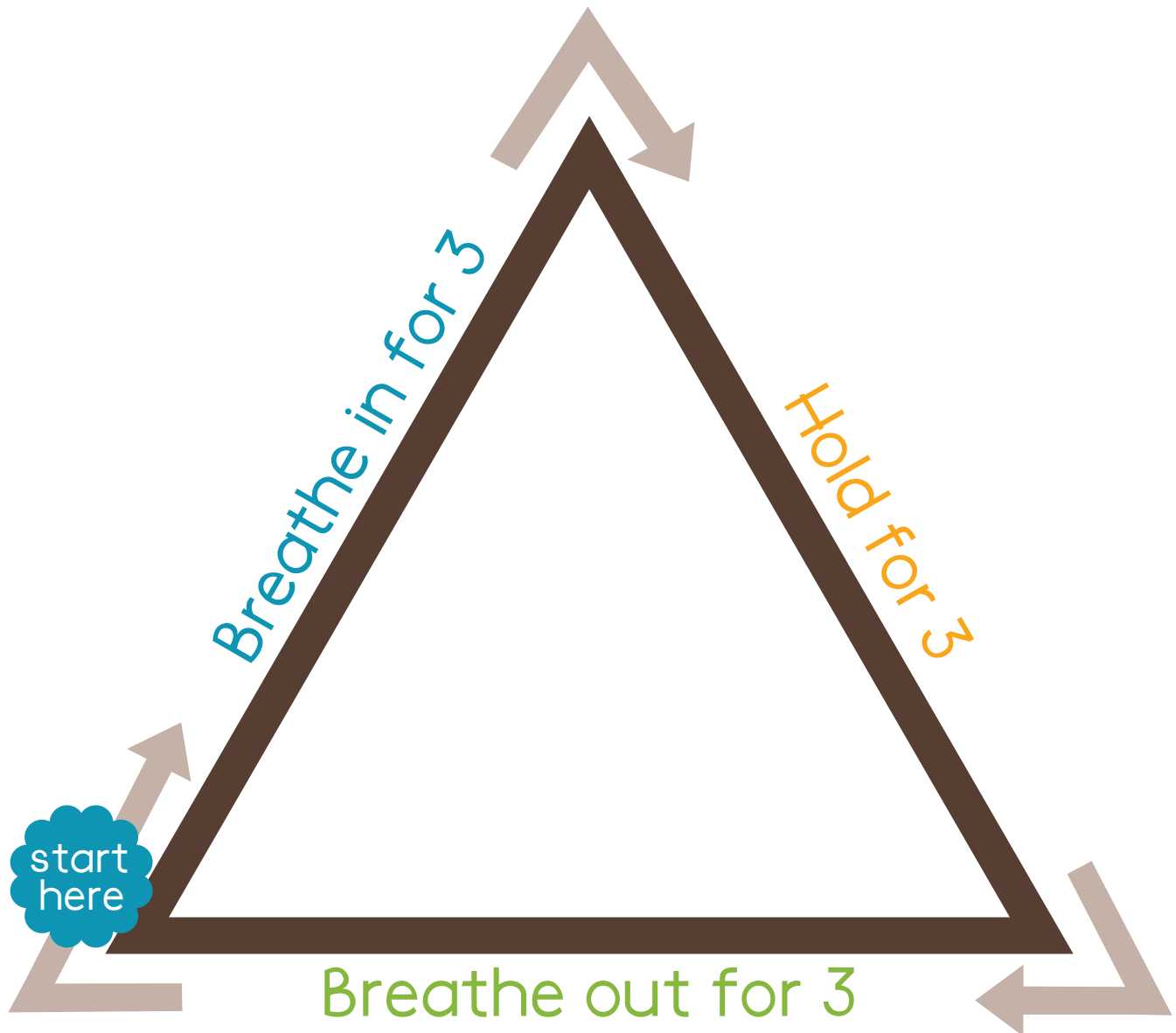
Star Breathing

Up in space things move very slowly. Think about what it would be like to float through the air if you didn't weigh anything! Start at any "Breathe in" side of the star, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star. Imagine you are an astronaut!



Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



Triangle Breathing

Camels love to stroll around the pyramids in Egypt. Maybe because they have **two** humps, and a pyramid only has **one**! Start at the warm, relaxing sun, and follow the sides around the whole triangle shape with your finger to complete one deep breath. As you pass the palm trees, imagine they gently sway!

