

Name: _____ Date: _____

My Coping Strategies

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| 1. Which requires a cup or a glass? | A. Happy Place |
| 2. What requires you to run, jump, skip, kick a ball or walk fast? | B. Meditate |
| 3. What helps you laugh? | C. Exercise |
| 4. If you use yoga or mindfulness, you are doing this. | D. Voice |
| 5. If you are talking it out, it means you are using your_____. | E. Drink some water |
| 6. You do this slowly. In through your nose and out. | F. A Joke |
| 7. You can do this forwards and backwards, but you have to know numerals. | G. Hug |
| 8. Thinking about somewhere you would rather be like the beach or forest | H. Ignore |
| 9. This requires you to give a squeeze and get a squeeze | I. Breathe |
| 10. You can do this by leaving the room or looking away from someone bothering you. | J. Paint |
| 11. This can be soothing, rock-n-roll, rap, country. . .just as long as it's your favorite. | K. Counting |
| 12. I need my fingers or a brush, paper, and different colors of this | L. Music |