



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>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>Distraction Skills</p> <ul style="list-style-type: none">• Write a story• Crossword/Sudoku 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>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>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



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