

# Coping Skills Checklist

Youth cope in different ways, much like they learn in different ways. Coping skills<sup>1</sup> 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.

#### Calming Skills

- Deep breathing
- Take a mindful walk
- Yoqa
- 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

# Distraction Skills

- 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

### Physical Skills

- 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

## **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
- Color
- Doodle

<sup>&</sup>lt;sup>1</sup> Adapted from www.copingskillsforkids.com

