

A to Z Coping Skills Menu for Kids



Ask for Help



Breathe (try taking big deep breaths or using a breathing tool)

1-2-3-4-
5-6-7-8-
9-10

Count to Ten



Draw a picture about your feelings



Exercise!



Find someone who can help



Go someplace that brings you joy (or imagine it)



Have hope, discuss positive thinking!



Ignore those that are hurting you



Join a group!



Know when to stop if you need to



Laugh (find a funny movie or YouTube video to watch)



Mood boosters (This is whatever your kids like!)



Name your emotions



Open your fist and then squeeze it tight



Pray



Ask **Q**uestions



Relax



Sip some water or a favorite drink



Take a break



Use positive self-talk (give yourself a pep talk)



Visualize something peaceful



Write about how you feel



XX, hug someone you love!



Yoga (check out Cosmic Kids Yoga on YouTube)



Zoom around! Get moving, dancing, or running as fast as you can!