

# COPING SKILLS CHECKLIST

## CALMING SKILLS

- |  |  |
|--|--|
| <input type="checkbox"/> Deep breathing with a pinwheel        | <input type="checkbox"/> Remember the words to a song you love             |
| <input type="checkbox"/> Deep breathing with bubbles           | <input type="checkbox"/> Run water over your hands                         |
| <input type="checkbox"/> Deep breathing with prompts           | <input type="checkbox"/> Carry a small object                              |
| <input type="checkbox"/> Deep breathing with shapes            | <input type="checkbox"/> Touch things around you                           |
| <input type="checkbox"/> Deep breathing with a stuffed animal  | <input type="checkbox"/> Move  |
| <input type="checkbox"/> Deep breathing with a feather         | <input type="checkbox"/> Make a fist then release it                       |
| <input type="checkbox"/> Deep breathing using your hand        | <input type="checkbox"/> Progressive muscle relaxation                     |
| <input type="checkbox"/> Explosion breaths                     | <input type="checkbox"/> Positive self-talk                                |
| <input type="checkbox"/> Hands to shoulders                    | <input type="checkbox"/> Take a shower or bath                             |
| <input type="checkbox"/> Hoberman Sphere                       | <input type="checkbox"/> Take a drink of water                             |
| <input type="checkbox"/> Volcano breaths                       | <input type="checkbox"/> Counting  |
| <input type="checkbox"/> Focus on sounds                       | <input type="checkbox"/> Block out sounds with noise-cancelling headphones |
| <input type="checkbox"/> Take a mindful walk                   | <input type="checkbox"/> Take a break                                      |
| <input type="checkbox"/> Yoga                                  | <input type="checkbox"/> Homemade lava lamp                                |
| <input type="checkbox"/> Imagine your favorite place           | <input type="checkbox"/> Zen garden  |
| <input type="checkbox"/> Have a mindful snack                  | <input type="checkbox"/> Calming jar                                       |
| <input type="checkbox"/> 54321 grounding technique             | <input type="checkbox"/> Use your senses                                   |
| <input type="checkbox"/> Grounding self-talk about the present | <input type="checkbox"/> Trace a pattern                                   |
| <input type="checkbox"/> Think of your favorite things         | <input type="checkbox"/> Tea time or hot cocoa time                        |
| <input type="checkbox"/> Picture the people you care about     | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Say the alphabet slowly               | <input type="checkbox"/> _____   |
| <input type="checkbox"/> _____                                 |  |
| <input type="checkbox"/> _____                                 |  |

## DISTRACTION SKILLS

- |   |   |
|---|---|
| <input type="checkbox"/> Write a story                      | <input type="checkbox"/> Creative thinking                        |
| <input type="checkbox"/> Crossword/Sudoku/Word Find Puzzles | <input type="checkbox"/> Make up your own game                    |
| <input type="checkbox"/> Bake or Cook                       | <input type="checkbox"/> Plan a fun event for the future          |
| <input type="checkbox"/> Volunteer or do Community Service  | <input type="checkbox"/> Start a new hobby or learn something new |
| <input type="checkbox"/> Do a Random act of kindness        | <input type="checkbox"/> Laughter is the best medicine            |
| <input type="checkbox"/> Read a good book                   | <input type="checkbox"/> Your favorite things                     |
| <input type="checkbox"/> Clean                              | <input type="checkbox"/> Sort/Organize something                  |
| <input type="checkbox"/> Play with a pet                    | <input type="checkbox"/> Spend time in nature                     |
| <input type="checkbox"/> Play a board game                  | <input type="checkbox"/> Go to a museum                           |
| <input type="checkbox"/> Play video games                   | <input type="checkbox"/> Do a crafting project                    |
| <input type="checkbox"/> Distraction by a screen            | <input type="checkbox"/> Start a garden                           |
| <input type="checkbox"/> Play with a friend                 | <input type="checkbox"/> _____                                    |
| <input type="checkbox"/> _____                              | <input type="checkbox"/> _____                                    |
| <input type="checkbox"/> _____                              |   |