

COPING SKILLS CHECKLIST

PHYSICAL SKILLS

- | | |
|---|--|
| <input type="checkbox"/> Squeeze something | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Use a stress ball | <input type="checkbox"/> Punch a safe surface |
| <input type="checkbox"/> Shred paper | <input type="checkbox"/> Play at the park |
| <input type="checkbox"/> Use bubble wrap | <input type="checkbox"/> Make an obstacle course |
| <input type="checkbox"/> Use a sand tray | <input type="checkbox"/> Swing on a swing |
| <input type="checkbox"/> Jacob's Ladder | <input type="checkbox"/> Jump on a trampoline |
| <input type="checkbox"/> Hold a small stone | <input type="checkbox"/> Jump rope |
| <input type="checkbox"/> Shuffle cards | <input type="checkbox"/> Scooter |
| <input type="checkbox"/> Make something | <input type="checkbox"/> Go swimming |
| <input type="checkbox"/> Use a fidget | <input type="checkbox"/> Stretches |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Tumbling/Gymnastics |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

PROCESSING SKILLS

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|--|--|
| <input type="checkbox"/> Intensity of feelings | <input type="checkbox"/> Draw |
| <input type="checkbox"/> Feelings thermometers | <input type="checkbox"/> Talk to someone you trust |
| <input type="checkbox"/> Feelings as colors | <input type="checkbox"/> Create a playlist |
| <input type="checkbox"/> Where do I feel things in my body | <input type="checkbox"/> Write what's bothering you and throw it away |
| <input type="checkbox"/> Understanding my triggers | <input type="checkbox"/> Comic strip what happened/what can I do next time |
| <input type="checkbox"/> Levels of stress | <input type="checkbox"/> I wish... |
| <input type="checkbox"/> Track my stress | <input type="checkbox"/> Write a letter to someone |
| <input type="checkbox"/> Map my stress | <input type="checkbox"/> Use "I statements" |
| <input type="checkbox"/> Write in a journal | <input type="checkbox"/> What I can control vs. What I can't control |
| <input type="checkbox"/> In a perfect world.... | <input type="checkbox"/> Make a worry box |
| <input type="checkbox"/> Write songs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Write poetry | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Write music | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |