

Coping Strategies Picture Cards



**Take
Deep Breaths**



**Drink
Water**



**Take a
Walk**



**Listen to
Music**



**Write About
How You Feel**



**Be
Creative**



**Read a
Book**



**Talk to
Someone**



**Hug a
Teddy or Pillow**



**Make a
Plan**



**Think of
3 Good Things**



**Take a
Mindful Moment**



**Go to a
Safe Space**




**Take a
Break**



**Stretch Your
Body**



**Look at
Something Calm**

 Cut out the cards and use them to help you cope!