

# EXAMPLE OF SOME COPING SKILLS YOU CAN USE

## helping kids explore their emotions



Move- Get up and run in place, jog, do jumping jacks, or hop in place or just go for a walk.	Fidget tools in school- Use learning-friendly fidget tools, perfect for the classroom or at-home learning space.	Use a keychain fidget tool. , OR CREATE ONE	Play a game.	Listen to music or hum a favorite song.	Hum a favorite song.	Blow bubbles or chew gum.	Tear paper for fine motor benefits and heavy work for the fingers and hands.	Guided imagery
Talk- Talk about it to a friend, talk to an adult, or talk to a teacher.	Snuggle- Grab a big cozy blanket and pile pillows around you to build a fort of comfort! The pressure from the blanket and pillows provides proprioceptive input.	Look at the clouds and find shapes.	Squeeze a stuffed animal.	Sensory water play.	Pound play dough.	Smash and jump on ice cubes outdoors. Jumping on ice is a great activity for incorporating proprioceptive sensory input.	Journal. The Impulse Control Journal is an excellent tool for self-awareness and coming up with a game plan that works	Think of consequences.
Take a bath or hot shower.	Blow bubbles. The oral sensory input is organizing.	Count backwards. Try walking in a circle while counting or other movements such as jumping, skipping, or hopping.	.Drink a cold drink or a smoothie. There are proprioceptive and oral motor benefits to drinking a smoothie through a straw	Scream into a pillow.	Write a story or draw a picture. Sometimes it helps to crumble it up and throw it away!	Blow up balloons and then pop them.	Name 5 positive things about yourself.	Draw with sidewalk chalk. Drawing can relieve stress.
Deep breathing. Deep breathing exercise are a mindfulness activity for kids with benefits	Take a walk in nature.	Listen to the sounds of the ocean	Take a time out.	Animal walks.	Imagine the best day ever.	Swing on swings.	Try a pencil topper fidget tool for focus during written work.	Take a nap.