

# How to Handle Strong Emotions:

50 Coping Skills that can help with anger, anxiety, stress, and feeling sad

1. Take slow belly breaths
2. **Ask an adult for help**
3. SHARE YOUR FEELINGS WITH SOME ONE YOU TRUST
4. **Kick a ball**
5. **Shoot a basketball**
6. Stretch
7. **Count to 10 or 100**
8. WATCH FUNNY YOUTUBE VIDEOS
9. **Take a shower or bath**
10. **Blow bubbles**
11. Blow up a balloon
12. **Lie down and relax**
13. TIGHTEN ALL YOUR MUSCLES AND THEN GO LIMP LIKE SPAGHETTI
14. **Cuddle a stuffed animal**
15. **Play with a pet**
16. Paint with a brush or your fingers
17. **Draw or colour**
18. SCREAM INTO A PILLOW
19. **Listen to a happy song**
20. **Go for a walk**
21. Ride a bike
22. **Do jumping jacks**
23. LIE DOWN AND WATCH THE CLOUDS
24. **Write a song or poem**
25. **Write in a journal**
26. Draw with sidewalk chalk
27. **Pull weeds in a garden**
28. PLANT A FLOWER
29. **Have a cold glass of water**
30. **Make a scrapbook**
31. Take some pictures
32. **Make a video or slideshow**
33. RIP UP OLD NEWSPAPERS
34. **Look at the stars**
35. **Read a book**
36. Think happy thoughts
37. **Think of a happy memory**
38. HELP SOMEONE ELSE
39. **Clean your room**
40. **Squeeze a stress ball**
41. Make a stress ball
42. **Play with play dough**
43. LOOK AT A MAGAZINE
44. **Make a collage**
45. **Dance**
46. Look at pictures of things you love
47. **Skip**
48. BAKE A DESSERT (WITH AN ADULT)
49. **Splash your face with cold water**
50. **Watch a movie**