

The **BIG** Coping Skills LIST



- Use positive self-talk
- Do deep breathing
- Watch your favorite movie
- Take a shower
- Go for a walk
- Talk to a counselor
- Laugh
- Paint or draw
- Exercise
- Play with your pet
- Go for a jog
- Talk to a friend
- Play a video game
- Hang out with friends
- Listen to your favorite song
- Take a time out
- Think of something funny
- Play with your favorite toy
- Use an I-Feel message
- Count to 10
- Spend time with family
- Go for a hike
- Flip through a magazine
- Visit somewhere new
- Face your problem
- Eat a healthy meal
- Watch your favorite TV show
- Do a word search
- Write a short story
- Play your favorite sport
- Take a nap if you need it
- Do a crossword puzzle
- Play a game outside
- Cook or bake with a parent
- Ask for a hug
- Set a goal
- Think of your favorite memory
- Dance
- Go for a bike ride
- Go to the park
- Stretch or do yoga
- Clean your room
- Do something kind
- Smile until you feel better
- Think of the consequences
- Learn a new skill
- Listen to calming music
- Host a dinner party
- Do your homework
- Think of your strengths
- Talk in a funny voice
- Volunteer your time
- Have a picnic
- Rearrange your room
- Call a relative
- Meet someone new
- Create an action plan
- Draw a comic
- Talk to your pet
- Read a positive quote
- Write your feelings in a journal
- Pick out an outfit for tomorrow
- Try to make your sibling laugh
- Try to make your parents laugh
- Walk the dog
- Create jewelry
- Write your own song
- Play a board or card game
- Play on your phone
- Answer a "Would You Rather" question
- Sing
- Read this whole list!

