

# Feelings Emotions Coping Skills



- Walk away
- Stop what I'm doing
- Be safe
- Ask for a break
- Get help



- Count to 20
- Take deep breaths
- Go to a safe space
- Push or squeeze something
- Draw, write or talk about it



- I can play and learn
- I can help a friend
- I can try new things
- I can practice my calming strategies for when I need them most



- Stretch
- Go for a walk
- Drink some water
- Talk to someone you trust
- Think about happy thoughts