

Cougar Coping Skills



- ✓ **Take Deep Breaths**
- ✓ **Color a Picture**
- ✓ **Squeeze a Stress Ball**
- ✓ **Punch A Pillow**
- ✓ **Blow Bubbles**
- ✓ **Read a Book**
- ✓ **Eat a Healthy Snack**
- ✓ **Listen to Music**
- ✓ **Play Outside**
- ✓ **Talk to an Adult**
- ✓ **Sing**
- ✓ **Count to 10**
- ✓ **Draw a Picture**
- ✓ **Play a Board Game**
- ✓ **Walk Away**
- ✓ **Paint a Picture**
- ✓ **Rip Paper**
- ✓ **Play a Video Game**
- ✓ **Go for a Walk**
- ✓ **Write in a Journal**
- ✓ **Talk to a Friend**
- ✓ **Take a Nap**
- ✓ **Hug a Stuffed Animal**
- ✓ **Dance**
- ✓ **Play with Play-Doh**
- ✓ **Put Together a Puzzle**
- ✓ **Play an Instrument**
- ✓ **Stretch**
- ✓ **Play a Sport**
- ✓ **Drink Cold Water**
- ✓ **Give someone a hug**
- ✓ **Build with Blocks**
- ✓ **Build with Legos**
- ✓ **Yoga**
- ✓ **Exercise**
- ✓ **Paint your Nails**
- ✓ **Take a Bubble Bath**
- ✓ **Think of Something Funny**
- ✓ **Take Pictures**
- ✓ **Close Your Eyes**
- ✓ **Use a Fidget Spinner**
- ✓ **Chew Gum**
- ✓ **Look at Old Pictures**
- ✓ **Do Something Kind**
- ✓ **Go for a Run**
- ✓ **Create a craft**
- ✓ **Clean**
- ✓ **Pet an Animal**
- ✓ **Watch a Funny Video**
- ✓ **Bake**