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Name: _____

Date: _____

COPING STRATEGIES

EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths	32. Meditate
2. Do a positive activity	33. Use a stress ball
3. Play sports	34. Dance
4. Think of something funny	35. Write a letter
5. Take a quick walk	36. Look at pictures you've taken
6. Practice yoga	37. Make a gratitude list
7. Stand up and stretch	38. List your positive qualities
8. Listen to music	39. Do something kind
9. Take a time out	40. Give someone a hug
10. Slowly count to ten	41. Put a puzzle together
11. Use positive self-talk	42. Do something you love
12. Say something kind to yourself	43. Build something
13. Talk to a friend	44. Play with clay
14. Talk to an adult	45. Hug a stuffed animal
15. Close your eyes and relax	46. Rip paper into pieces
16. Say, "I can do this"	47. Play an instrument
17. Visualize your favorite place	48. Watch a good movie
18. Think of something happy	49. Take pictures
19. Think of a pet you love	50. Garden
20. Think about someone you love	51. Write a list
21. Get enough sleep	52. Keep a positive attitude
22. Eat a healthy snack	53. Schedule time for yourself
23. Read a good book	54. Blow bubbles
24. Set a goal	55. Write a positive note
25. Jog in place	56. Chew gum
26. Write in a journal	57. Paint your nails
27. Hum your favorite song	58. Write a story
28. Doodle on paper	59. Blog
29. Draw a picture	60. Read a joke book
30. Color a coloring page	61. Write a poem
31. Clean something	62. Drink cold water

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COPING STRATEGIES



EXAMPLES OF COPING STRATEGIES:

63. Draw cartoons
64. Read a magazine
65. Write a thank you note
66. Count to 100
67. Make a list for the future
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Smile at others
74. Do schoolwork
75. Look at animal pictures
76. Hyperfocus on an object
77. Notice 5 things you can see
78. Paint with water colors
79. Use a relaxation app
80. Watch a funny video
81. Drink some tea
82. Cook or bake
83. Plan a fun trip
84. Use an I-statement
85. Identify your emotions
86. Express your feelings to someone
87. Write down your thoughts
88. Identify a positive thought
89. Make your day's schedule
90. List 10 positives about you
91. Ask yourself, "What do I need right now?"
92. Tell someone you are thankful for them
93. Pet an animal
94. Make a list of choices
95. Ask an adult for help
96. Organize something
97. Play a card game
98. Listen to nature sounds
99. Sit and relax all your muscles
100. Ask for a break