

COPING SKILLS FOR KIDS

Snake breath
Bunny breath
Bee breath
Box breath
Shape Trace Breath
Hand Trace Breath
Hawk Hug
Candle Breath
Ocean Breath
Rainbow Breath
Hot Chocolate Breath
Blow Bubbles
Push-Pull-Dangle
Stretch
Jumping Jacks
Yoga
Stress Ball
Fidget Toy
Play with PlayDough/Slime
Draw
Paint
Color
Listen to Music
Sing a Song
Dance!
Progressive Muscle Relaxation
Watch something funny
Meditate
Cook or bake something
Calm Down Bottle
Play with sand
Punch a pillow
Ride a bike
Rip paper
Scream into a pillow
Garden
Create/Build something
Craft



Count to 10
Count to 100
Count by 3s
Count backwards from 100
Count in a different language
Play outside
Take a bath/shower
Jump on a trampoline
Create origami
Do a puzzle
Journal



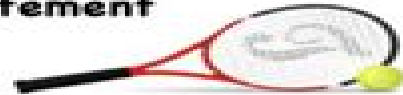
Visualize your happy place
5-4-3-2-1 Grounding
Make a bracelet/necklace
Jump rope
Play a game
Read a book
Play an instrument
Look at cartoons
List your favorite things
Cuddle a stuffed animal
Go for a walk



Make a list of things you're thankful for
Drink water
Pray
Cuddle a pet
Tell a joke
Smell something good
Clean/organize something
Take a nap



Move in slow motion
Use positive self-talk
Talk to someone
Use an I-feel statement
Ask for a hug
Play a sport
Paint your nails



Coping For Kids Who Stutter

Daniela Niemeyer



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