COLOR BY COPING SKILL

Write an encouraging note to yourself

Listen to the sounds of the weather

Look around for something beautiful

Ask a friend to hang out

Draw or paint something meaningful to you

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Go for a walk outside

Listen to music that lifts you up

Spend time with a pet or stuffed animal you love

Write in a journal

Think of a funny memory

Stretch or do yoga

Compliment yourself

Picture a calm place in your mind

walk
music
animal
journal
funny memory
yoga
compliment
calm place
COLOR BY COPING SKILL

- Play your favorite game
- Get some exercise
- Have a personal dance party
- Talk to a trusted adult

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Write a silly poem!

Remember a time when you were successful.

Control your breathing.

COLOR BY COPING SKILL

BROWN

GREEN

YELLOW

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Write a story about yourself overcoming something hard.

Spend time in nature.

Get enough rest.
Set a goal

Play an instrument

Plan something to look forward to

Give yourself a hug
Read your favorite book

Make a list of 5 good things in your life

Look at pictures of happy memories

COLOR BY COPING SKILL

PURPLE

ORANGE

YELLOW
COLOR BY COPING SKILL

- **YOU ARE BRAVE AND WORTHY!**
  - Write positive affirmations on sticky notes

- **PINK**
  - Do something nice for someone else

- **BLUE**
  - Squeeze play dough

- **YELLOW**
  - Write a song about your feelings

- **GREEN**
  - Play your favorite sport

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Write positive affirmations on sticky notes.

Do something nice for someone else.

Squeeze play dough.

Write a song about your feelings.

Play your favorite sport.