

My Coping Skills Sheet

Ways to Calm Down

- ☐ Take 5 deep breaths like you're blowing bubbles.
- ☐ Stretch like a cat or do some jumping jacks.
- ☐ Cuddle with a blanket or a stuffed animal.
- ☐ Close your eyes and think of your favorite place.

Things to Do When I'm Upset

- ☐ Listen to my favorite music.
- ☐ Draw, color, or paint something fun.
- ☐ Read a book or comic I like.
- ☐ Play with a toy or game I enjoy.

Talk or Share Feelings

- ☐ Talk to a friend, parent, or teacher I trust.
- ☐ Write down how I'm feeling in a notebook.
- ☐ Make a feelings chart or draw my mood.
- ☐ Say something kind to myself.

My Calm Down Plan

When I feel mad or sad, I can try: _____

A safe person I can talk to is: _____

A fun thing I can do to feel better is: _____

A happy memory I can think about is: _____

A safe place I like to go is: _____

Something I like about myself is: _____