

# 101 FUN COPING SKILLS

1. TAKE DEEP BREATHS
2. DO A POSITIVE ACTIVITY
3. PLAY SPORTS
4. THINK OF SOMETHING FUNNY
5. TAKE A QUICK WALK
6. PRACTICE YOGA
7. STAND UP AND STRETCH
8. LISTEN TO MUSIC
9. TAKE A TIME OUT
10. SLOWLY COUNT TO TEN

11. USE POSITIVE SELF-TALK
12. SAY SOMETHING KIND TO YOURSELF
13. TALK TO A FRIEND
14. TALK TO AN ADULT
15. CLOSE YOUR EYES AND RELAX
16. SAY, "I CAN DO THIS"
17. VISUALIZE YOUR FAVORITE PLACE
18. THINK OF SOMETHING HAPPY
19. THINK OF A PET YOU LOVE
20. THINK ABOUT SOMEONE YOU LOVE

21. GET ENOUGH SLEEP
22. EAT A HEALTHY SNACK
23. TRY SOME AROMATHERAPY
24. SET A GOAL
25. JOG IN PLACE
26. WRITE IN A JOURNAL
27. HUM YOUR FAVORITE SONG
28. DOODLE ON PAPER
29. HUG A PILLOW OR STUFFED ANIMAL.
30. COLOR A COLORING PAGE

31. CLEAN SOMETHING
32. MEDITATE
33. USE A STRESS BALL
34. DANCE
35. WRITE A LETTER
36. LOOK AT PICTURES YOU'VE TAKEN
37. MAKE A GRATITUDE LIST
38. LIST YOUR POSITIVE QUALITIES
39. PLAN YOUR DREAM ROOM HOUSE
40. GIVE SOMEONE A HUG

41. PUT A PUZZLE TOGETHER
42. DO SOMETHING YOU LOVE
43. BUILD SOMETHING
44. PLAY WITH CLAY
45. HUG A STUFFED ANIMAL
46. LISTEN TO GREAT MUSIC
47. PLAY AN INSTRUMENT
48. CRY IT OUT
49. TAKE PICTURES
50. GARDEN

51. WRITE A LIST
52. EXERCISE (RUNNING, WALKING, ETC.)
53. LISTEN TO RELAXING MUSIC
54. SIT OUTSIDE
55. WRITE A POSITIVE NOTE TO YOURSELF
56. SEEK OUT THE COMPANY OF OTHERS
57. PAINT YOUR NAILS
58. DO A CRAFT
59. BAKE SOMETHING YUMMY
60. TAKE A HOT SHOWER

61. WALK YOUR DOG
62. DRINK COLD WATER
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. CREATE A BLOG OR WRITE A STORY
70. PAINT YOUR EMOTIONS

71. LAUGH
72. PUNCH A PILLOW
73. BOUNCE BALL 100 TIMES
74. ORGANIZE YOUR CLOSET
75. CALL AN OLD FRIEND
76. FOCUS ON AN OBJECT
77. NOTICE 5 THINGS YOU CAN SEE
78. LAY IN THE GRASS AND LOOK UP AT THE SKY
79. USE A RELAXATION APP
80. PAINT YOUR NAILS OR DO A MAKEUP TUTORIAL ON YOUTUBE

81. DRINK SOME TEA
82. MAKE A MUSIC PLAYLIST
83. PLAN A FUN TRIP
84. SING AND DANCE AROUND YOUR ROOM
85. IDENTIFY YOUR EMOTIONS
86. EXPRESS YOUR FEELINGS TO SOMEONE
87. WRITE DOWN YOUR THOUGHTS
88. PLAY AN INSTRUMENT
89. MAKE YOUR DAY'S SCHEDULE
90. LIST 10 POSITIVES ABOUT YOU

91. ASK FOR A BREAK
92. LISTEN TO NATURE SOUNDS
93. DO YOUR HOMEWORK
94. MAKE A LIST OF CHOICES
95. ASK AN ADULT FOR HELP
96. ORGANIZE SOMETHING
97. PLAY A CARD GAME

98. TELL SOMEONE YOU ARE THANKFUL FOR THEM
99. SIT AND RELAX ALL YOUR MUSCLES
100. ASK YOURSELF, "WHAT DO I NEED RIGHT NOW?"
101. MAKE A LIST OF YOUR FAVORITE COPING SKILLS!

# COPING WITH EMOTIONS

Certain Coping skills are more effective in helping with different emotions. Sometimes when you are in the moment, it can be difficult to think of coping skills. Writing down which coping skills you prefer to use with specific feelings can help you to focus on what works best!

1. When I feel ANGRY I can...(List 3 coping skills that might help)
2. When I feel LONLEY I can...(List 3 coping skills that might help)
3. When I feel SAD I can...(List 3 coping skills that might help)
4. When I feel AFRAID I can...(List 3 coping skills that might help)
5. When I feel ANXIOUS I can...(List 3 coping skills that might help)
6. When I feel BORED I can...(List 3 coping skills that might help)
7. When I feel EMPTY I can...(List 3 coping skills that might help)
8. When I feel JEALOUS I can...(List 3 coping skills that might help)
9. I feel OVERWHELMED I can...(List 3 coping skills that might help)



# MY BEST LIFE

Create the life you want

What are you grateful for?

Why are you lucky to have this in my life?

Just Keep Going

Inhale & EXHALE

What can you do/say/think/feel right now that will bring you happiness?

Who are the people that support you in this life and how can you spend more time with them?

What memory brings you joy?

TODAY IS A  
good day  
TO BE  
happy.

PERFECTLY  
Imperfect

# Coping Skills Calendar

DAY 1  
Put affirmations  
or quotes around  
your room

DAY 2  
Make a pros &  
cons list about a  
current problem

DAY 3  
Organize a  
drawer or closet

DAY 4  
Surprise  
someone with an  
act of kindness

DAY 5  
Spend time in  
nature just  
daydreaming

DAY 6  
Design an art  
project around a  
favorite quote

DAY 7  
Watch some  
funny laugh out  
loud videos

DAY 8  
Learn to do  
something new

DAY 9  
Start a gratitude  
art journal

DAY 10  
Start a 10 min.  
daily meditation  
challenge

DAY 11  
Self-soothe with  
a long shower or  
relaxing bath

DAY 12  
Reach out to  
a friend or  
loved one

DAY 13  
Create a vision  
board of your  
future goals

DAY 14  
Put together  
some things to  
give away

DAY 15  
Read or  
re-read a  
favorite book

DAY 16  
Try an online  
yoga class

DAY 17  
Create a  
terrarium with  
natural objects

DAY 18  
Go for a walk  
and take photos

DAY 19  
Dare to dream  
and then write  
it down

DAY 20  
Rearrange  
or redecorate  
your room

DAY 21  
Design a  
chill spot in  
your room

DAY 22  
Make something  
nice for  
someone else

DAY 23  
Bake something  
yummy to share

DAY 24  
Put together a  
puzzle to glue &  
put on display

DAY 25  
Keep a diary  
as a record of  
your life

DAY 26  
Write a 3, 6,  
and 12 month  
life plan

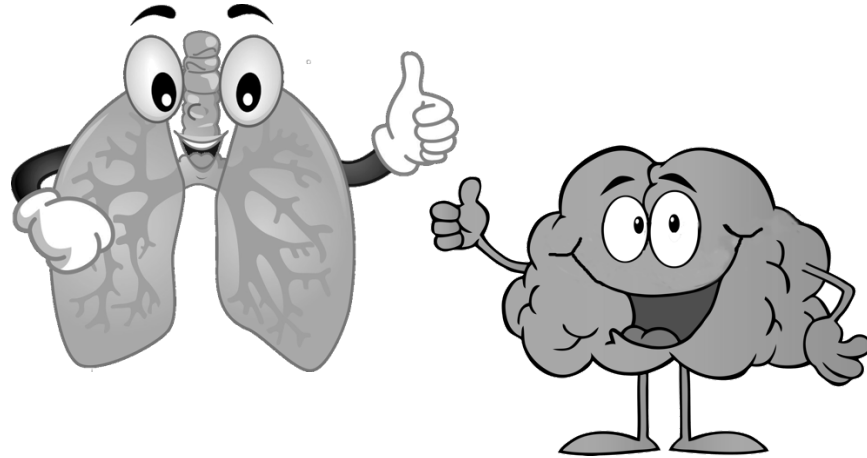
DAY 27  
Give yourself  
permission to  
take a day off

DAY 28  
Create a playlist  
that matches  
your mood

DAY 29  
Pick one healthy  
habit to do for  
30 days

DAY 30  
Give yourself  
permission today  
to do nothing

# WHAT'S THE BIG DEAL WITH DEEP BREATHING?



One way to quickly reduce stress or anxiety is to deep breathe. When we breathe deeply and rhythmically it stimulates the lungs to send a message to the brain that “all is well.” In turn, the brain tells the body to relax and you feel better!

Here's one way to deep breathe:

1. Inhale for 4 counts
2. Hold your breath for 4 counts
3. Exhale for 4 counts
4. Hold your breath for 4 counts

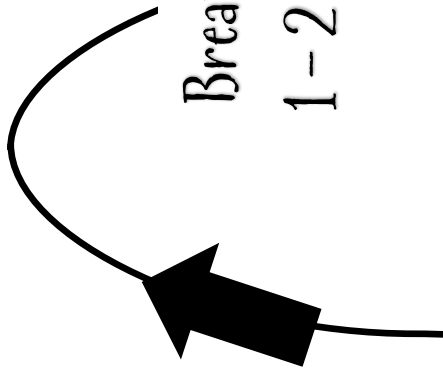
Try using the diagram on the back of this page as a guide. Then notice how calm you feel. Now, that is a big deal!



# UP & DOWN BREATHING

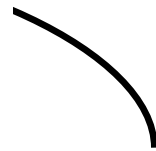


Hold Breath  
1-2-3-4



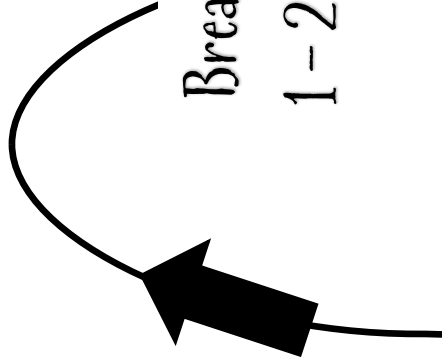
Breathe Out  
1-2-3-4

Breathe In  
1-2-3-4



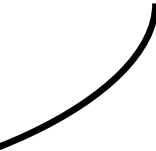
Hold Breath  
1-2-3-4

Hold Breath  
1-2-3-4



Breathe Out  
1-2-3-4

Breathe In  
1-2-3-4



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