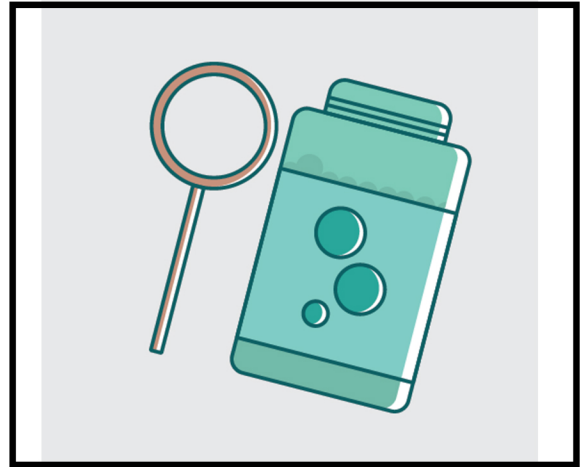


Visual Coping Skills Checklist

Deep Breathing Skills



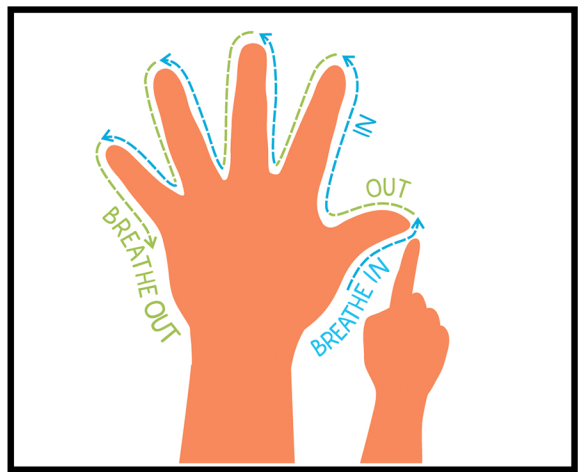
Deep breathing with a pinwheel



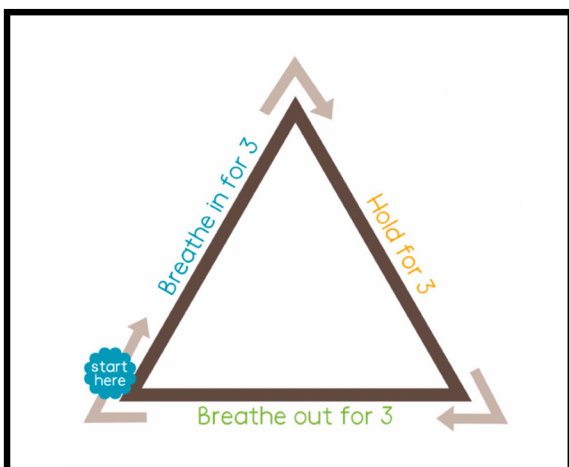
Deep breathing with bubbles



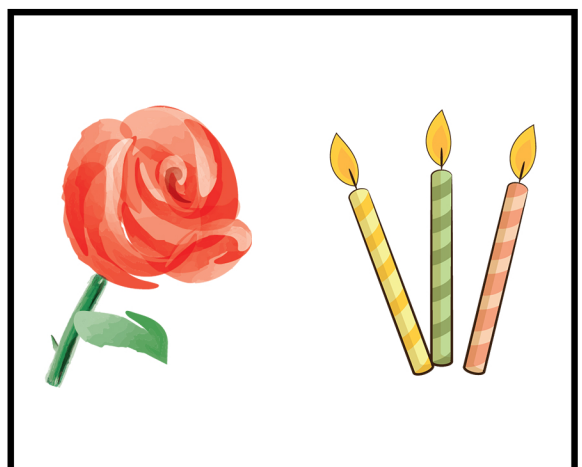
Smell the soup, cool the soup



Deep breathing with your hand



Deep breathing with a triangle



Breathe in like you're smelling a flower, breathe out and blow out birthday candles

Visual Coping Skills Checklist

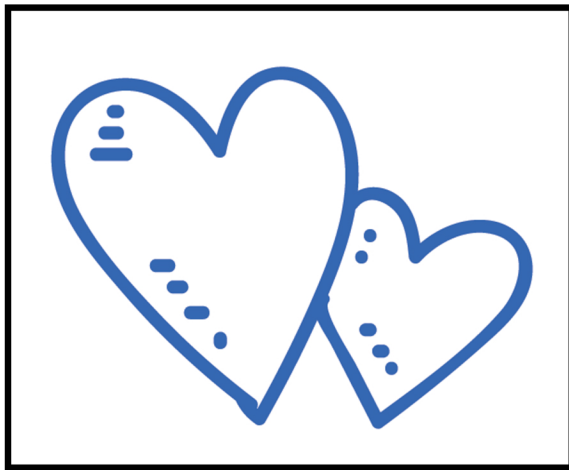
Relaxation Skills



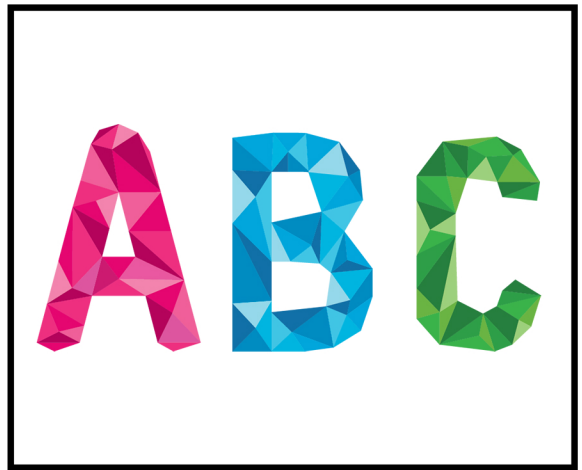
Imagine your favorite place



Remember the words to a song your love



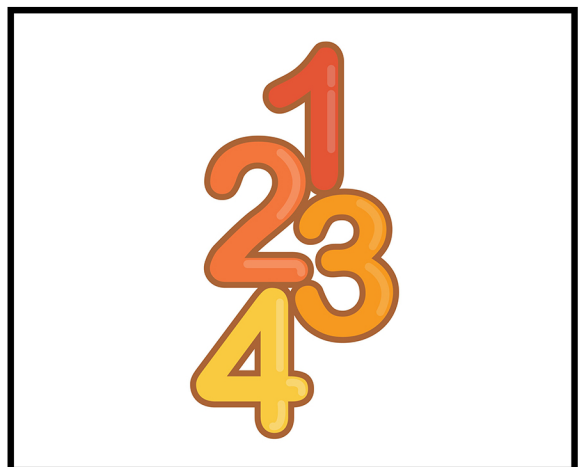
Think about the people you care about



Say the alphabet slowly



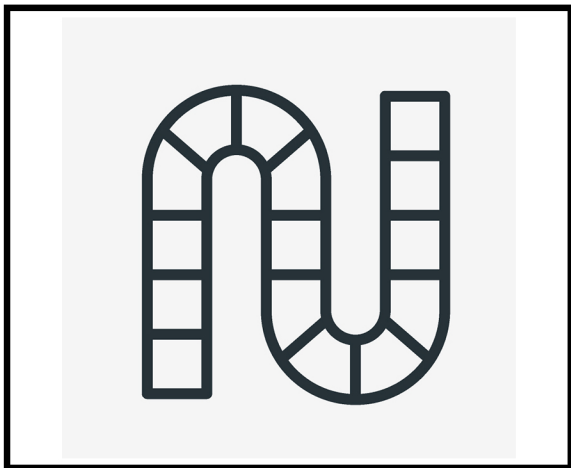
Think about your favorite things



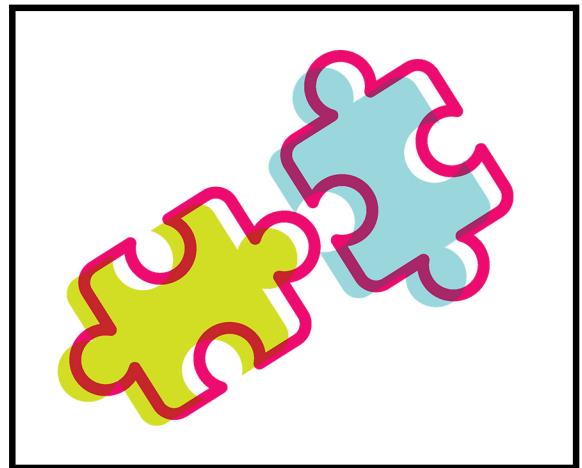
Count slowly

Visual Coping Skills Checklist

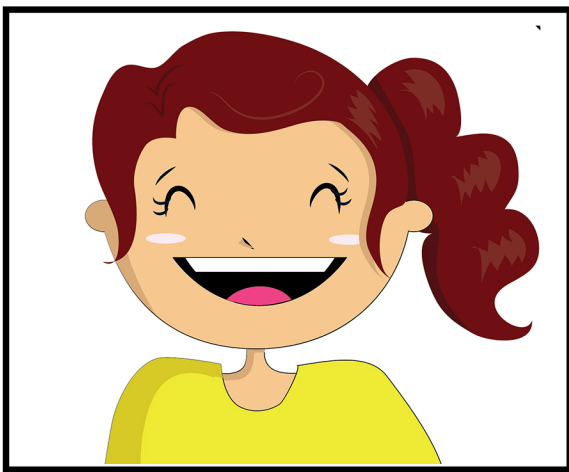
Distraction Skills



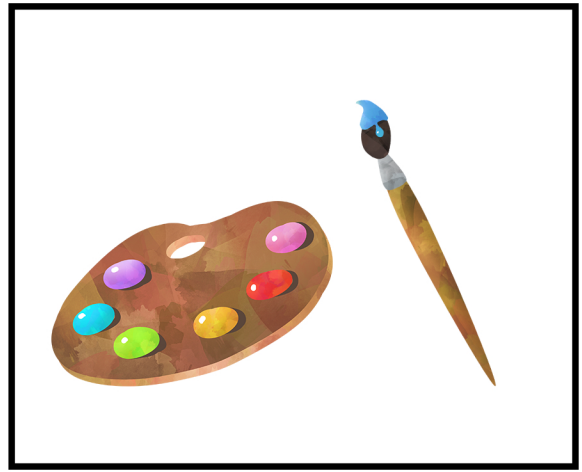
Play a board game



Do a puzzle



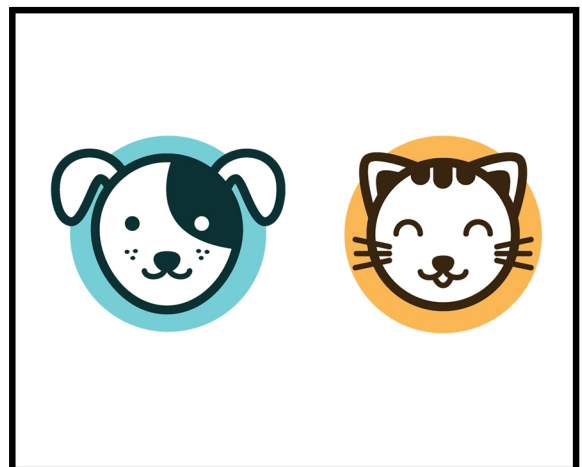
Do something that makes you laugh



Be creative and make something



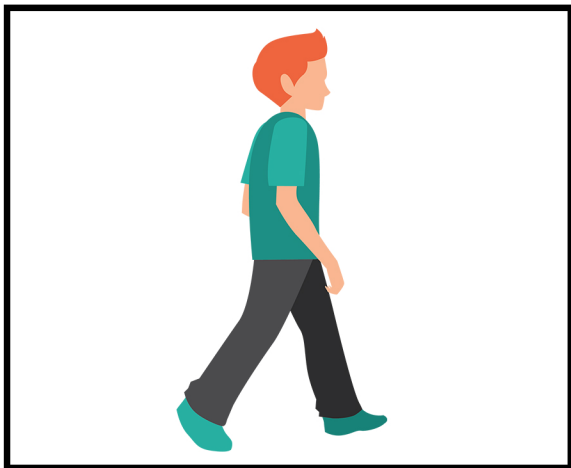
Do something nice for someone else



Play with a pet

Visual Coping Skills Checklist

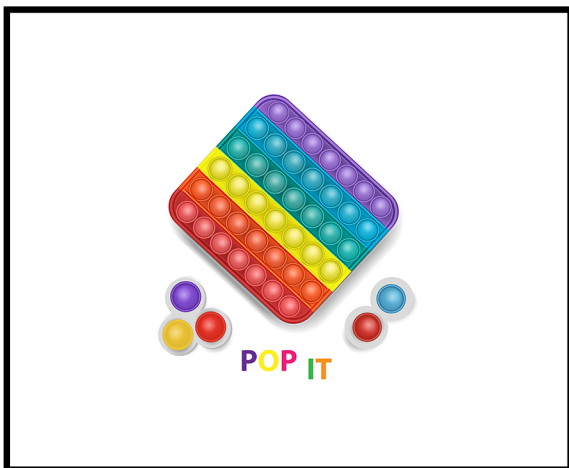
Movement Skills



Take a walk



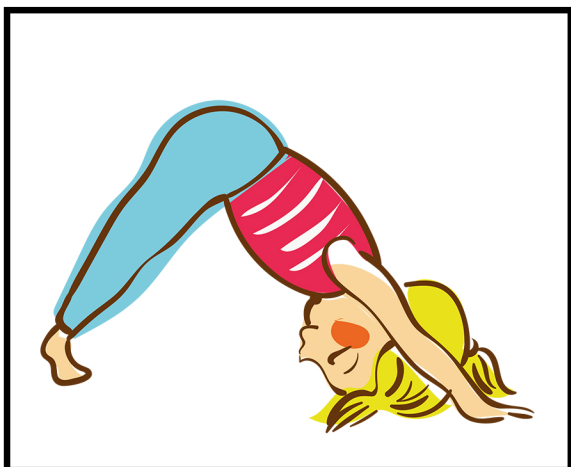
Squeeze something



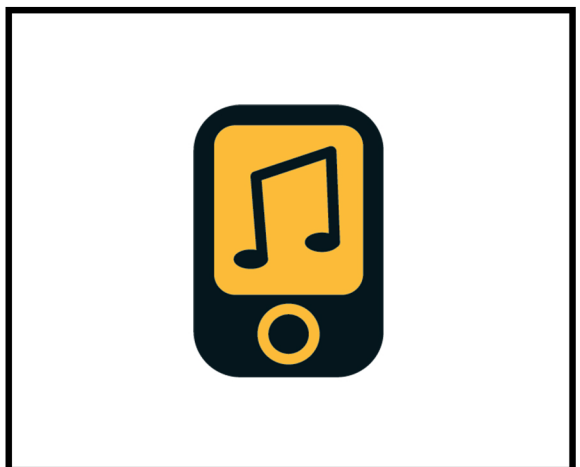
Use a fidget



Use a jump rope



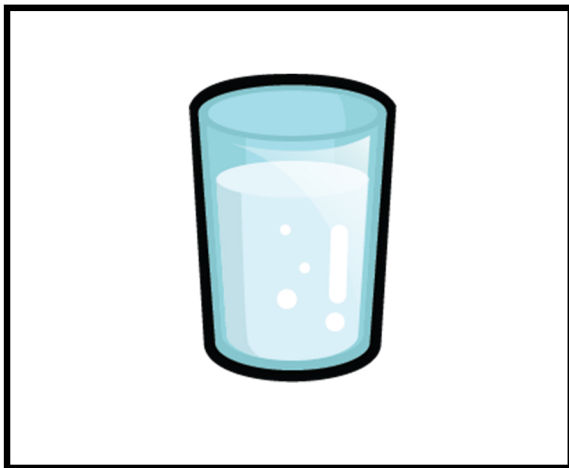
Do stretches



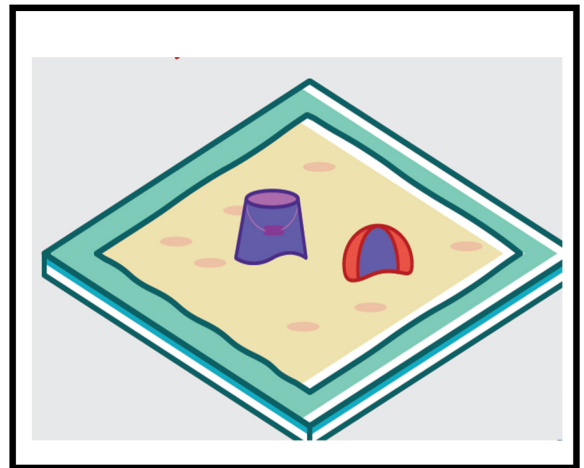
Listen to music and dance

Visual Coping Skills Checklist

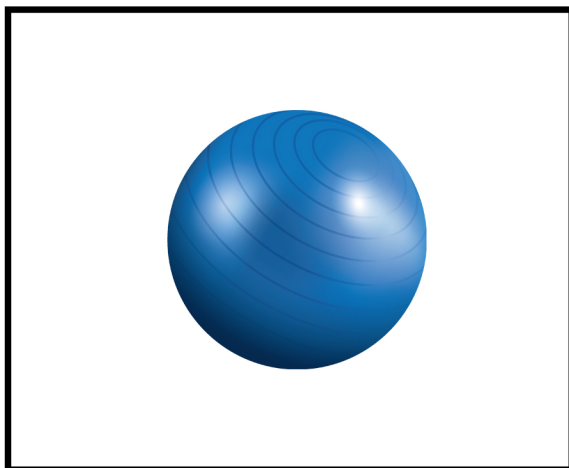
Sensory Skills



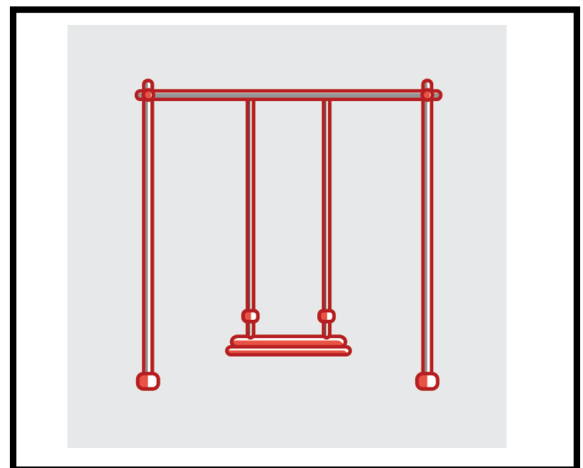
Take a cold drink of water



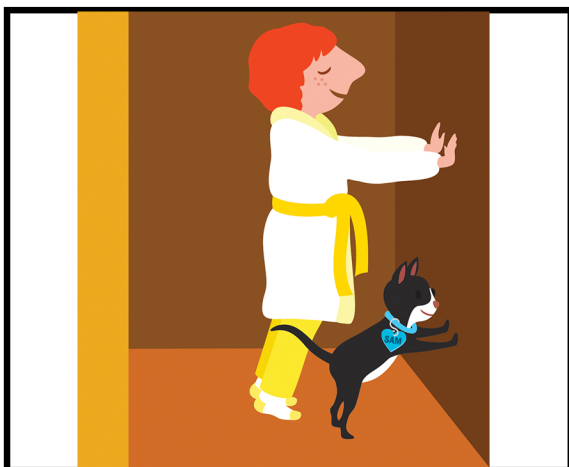
Play in sand



Stretch on an exercise ball



Move back and forth on a swing



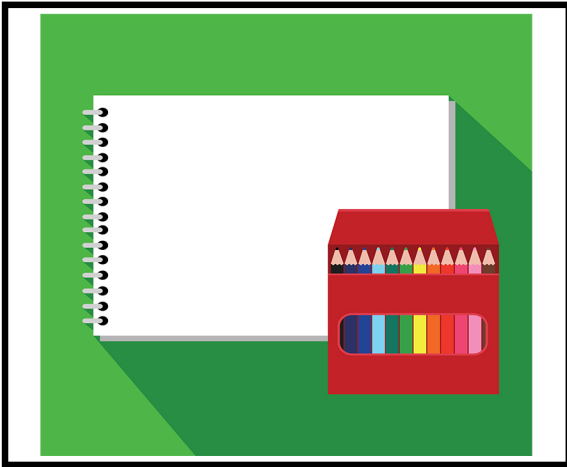
Do wall push ups



Wrap up in a soft blanket

Visual Coping Skills Checklist

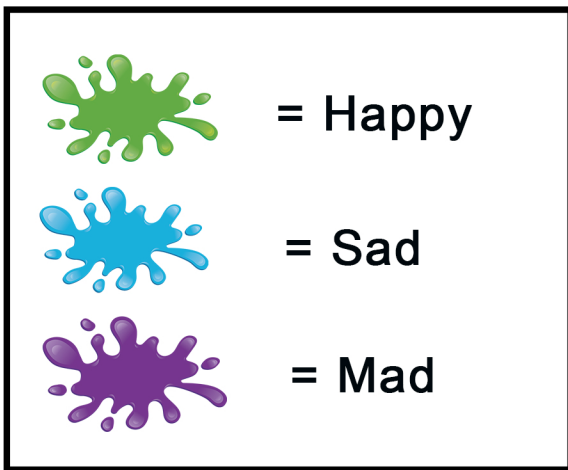
Processing Skills



Draw what's bothering you



Think about the things you are thankful for



Use colors to talk about feelings



Make a worry box



Talk to someone you trust



Say how you feel