50 Coping Skills for Kids

- Ask for Help
- Create Art!
- Play a Board Game
- Make a Scrapbook or Collage
- Practice Yoga
- Make Slime
- Play with a Ball
- Smile & Laugh
- Eat Healthy
- Stretch
- Go on a Hike or Run
- Say Positive Affirmations
- Read a Book or Magazine
- Cry
- Drink Water
- Cook or Bake
- Aromatherapy (Smell something good)
- Use Kind & Compassionate Self-Talk
- Make a Fold or Crochet
- Make Art
- Sing or Dance
- Explore Nature's Treasures
- Do a Puzzle
- Exercise
- Play Outside
- Talk to someone you trust
- Clean, Declutter, or Organize
- Create Origami
- Get a Hug
- Do something Kind
- Build Something
- Color Paint Draw
- Learn to Music
- Rest, Take a Break, or Nap
- Garden or Do Yardwork
- Visualize a Peaceful Place
- Explore and Discover
- Try or Learn Something New
- Use a Stress Ball (or other fidget tool)
- Look at or Take Photographs
- Take a Shower or Bath
- Take Good Care of the Earth
- Get Plenty of Sleep
- Hug or Climb a Tree