

A TO Z ON COPING SKILLS

A Ask
for help

B Breathe
deeply and
slowly

C Count
forwards and
backwards

D Drink
some water

E Exercise
Run, jump,
skip, walk

F Find
a safe
place

G Go
to your
happy
place

H Hug
a friend

I Ignore
people
who annoy
you

J Jokes
to help
you
laugh

K Kind
hands
and
words

L Listen
to
calming
music

M Meditate
use yoga or
mindfulness

N Name
the emotion
you are
feeling

O Observe
use
mindfulness
techniques

P Paint
your
feeling

Q Question
your
thoughts

R Run as
fast as
you can

S Separate
yourself
from the
situation

T Thoughts
negative
to positive

U Use
your
safe
place

V Voice
your
concerns

W Write
down
your
feelings

X Exhale
breathe
out your
feelings



Y Yell
as loud as
you can
into a pillow

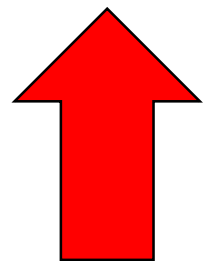
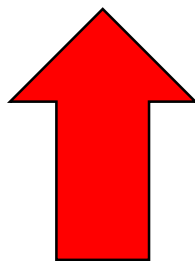
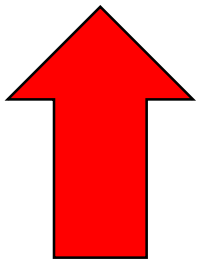
Z Zone
out and
relax

You don't need to print this page!

Thank you for recent download on TpT. We have just launched our own direct website where you can receive 10% off on your first purchase made directly from us. Simply enter code 'T2018' at checkout.

Here are the places you can find us online, Don't forget to tap the **green Follow button** to be one of the first to receive new resources, freebies and updates. Oh and if you are able to leave feedback on your download, whether its free or paid we would really appreciate. Plus TpT gives you credit (providing you paid for the resource).

www.teachers-bestie.com



10% off first purchase with promo code T2018

