

50 Coping Skills

Children who use coping skills to calm themselves down can then problem-solve without their emotions getting in the way.



1. Exercise (running, walking, etc.).
2. Write (poetry, stories, journal).
3. Scribble/doodle on paper.
4. Be with other people.
5. Go see a movie.
6. Do a word search or crossword.
7. Do schoolwork.
8. Play a musical instrument.
9. Sing.
10. Let yourself cry.
11. Play with a pet.
12. Clean something.
13. Read a good book.
14. Listen to music.
15. Meditate.
16. Write a letter or send an email.
17. Plan your dream room (colors/furniture).
18. Dance.
19. Take up a new hobby.
20. Look up recipes, cook a meal.
21. Create or build something.
22. Make a list of blessings in your life.
23. Go to a friend's house.
24. Contact a hotline/therapist.
25. Talk to someone close to you.
26. Stretch.
27. Sort through your photographs.
28. Start collecting something.
29. Play video/computer games.
30. Perform a random act of kindness for someone.
31. Text or call an old friend.
32. Write yourself an "I love you because..." letter.
33. Look up new words and use them.
34. Yoga.
35. Clean your room/closet.
36. Learn a new language.
37. Hug a friend or family member.
38. Search online for new songs/artists.
39. Make a list of goals for the week/month/year/5 years.
40. Face paint.
41. Give yourself a facial.
42. Try some aromatherapy (candle, lotion, room spray).
43. Go somewhere very public.
44. Bake cookies.
45. Hug a pillow or stuffed animal.
46. Make hot chocolate, milkshake or a smoothie.
47. Build a pillow fort.
48. Play with modeling clay or Play-Dough.
49. Pray
50. Smile at least five people.