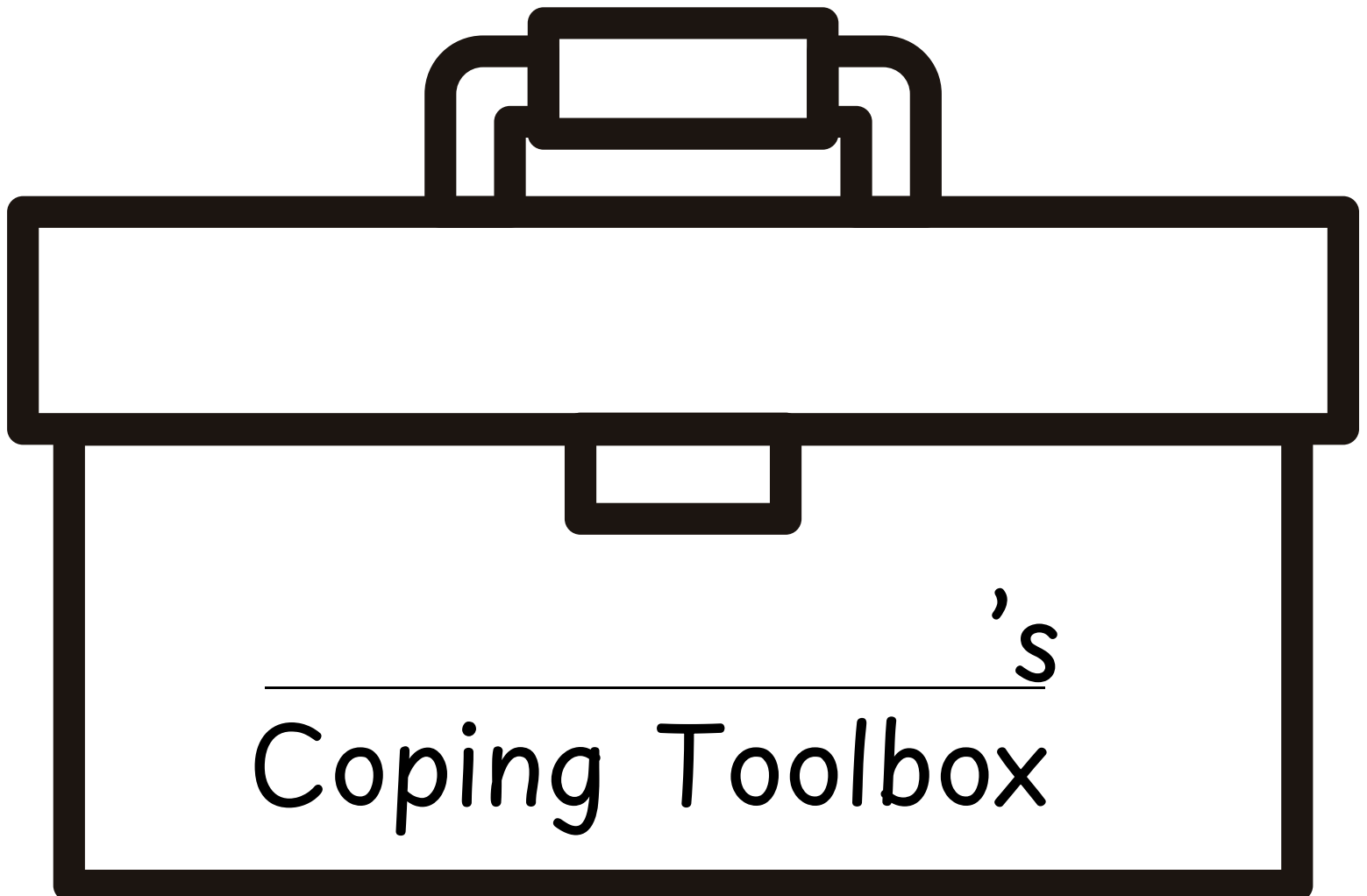
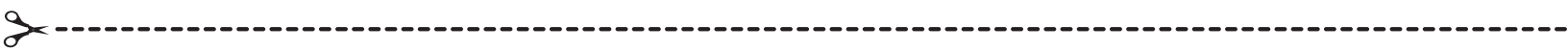


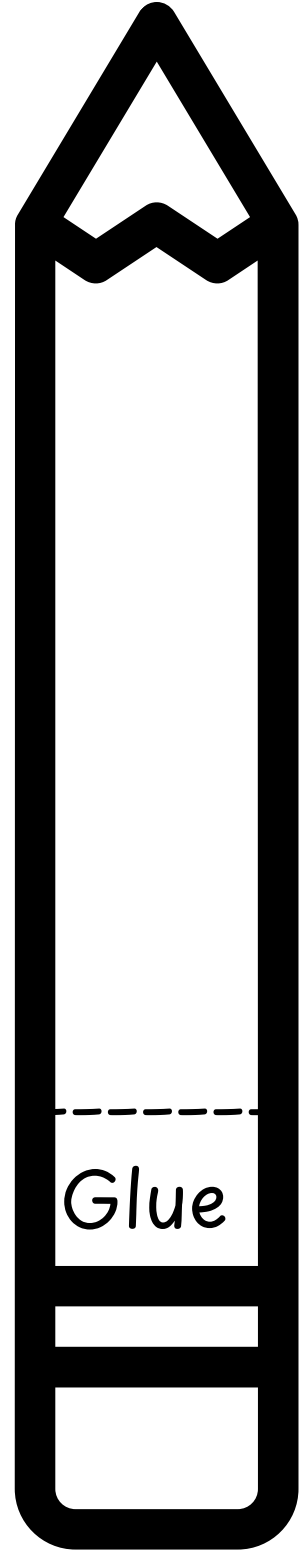
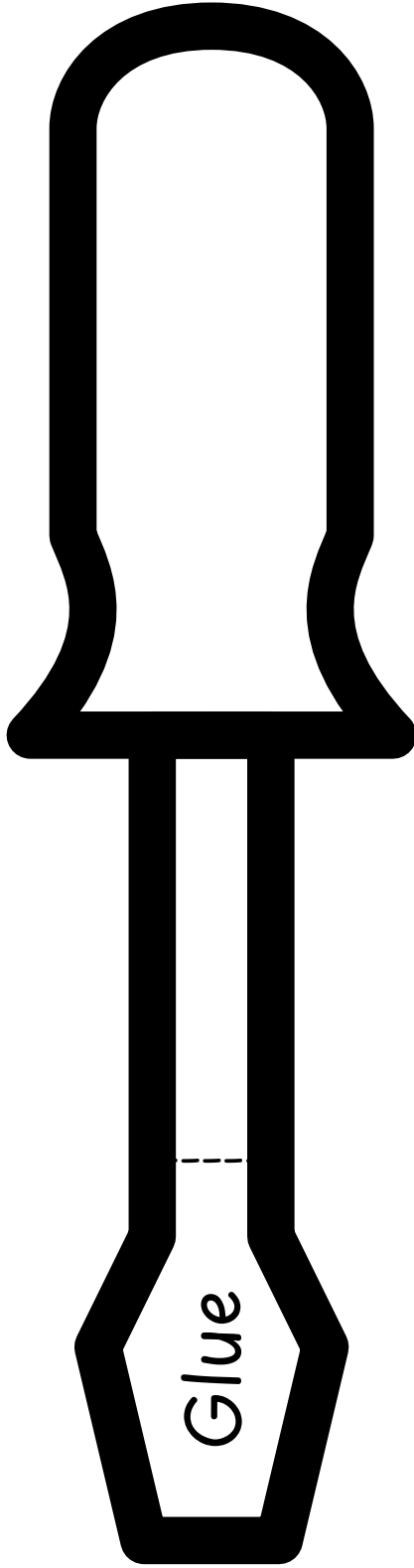
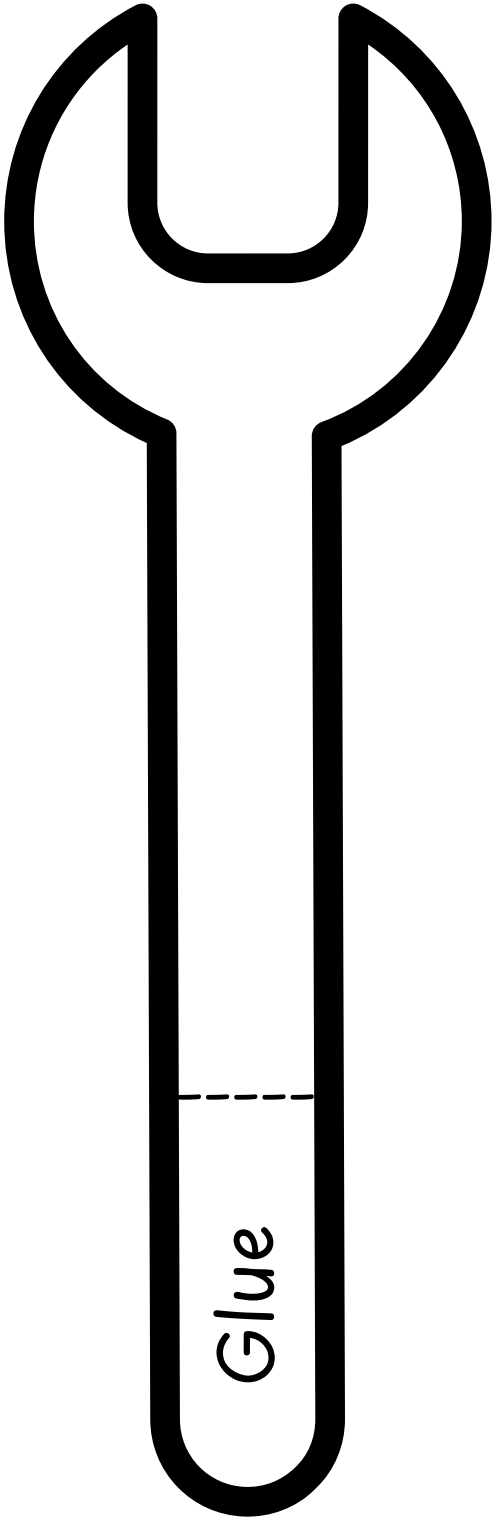
Name _____

Date _____

Directions:

1. **Read** the ABC's of Coping.
2. **Choose** 3 coping skills that you will use.
3. **Write** one coping skill on each of the tools.
4. **Write** your name on the tool box.
5. **Color** the tools and the tool box.
6. **Cut** out the tools and the tool box.
7. **Glue** the tools to the back of the tool box.





ABC's of Coping

A	Art
B	Breathe
C	Count to 10
D	Dance
E	Eat a healthy snack
F	Fun with a friend
G	Get help from an adult
H	Hug a trusted person
I	Imagine a favorite place
J	Telling Jokes
K	Kick a ball
L	Listen to music
M	Muscle relaxation

N	Nature walk
O	Organize and clean up
P	Phone a friend
Q	Quiet time
R	Read
S	Positive self talk
T	Talk about feelings
U	Unplug electronics
V	Create a vision board
W	Write about feelings
X	X-Ray your feelings
Y	Yoga
Z	Zzzz's.. Sleep!