

A TO Z COPING SKILLS FOR KIDS

- A ASK FOR HELP
- B BREATHE DEEPLY AND SLOWLY
- C COUNT FORWARDS OR BACKWARDS
- D DRINK SOME COLD WATER
- E EXERCISE
- F FIND A SAFE PLACE
- G GO TO YOUR HAPPY PLACE
- H HUGS
- I IMAGINATION
- J JOKES
- K KIND HANDS
- L LISTEN
- M MINDFULNESS
- N NAME YOUR EMOTION
- O OFFER TO HELP SOMEONE
- P PAINT
- Q QUIET TIME
- R REQUEST SPACE
- S STOP
- T TALK
- U USE WORDS
- V VOICE
- W WALK
- X EXHALE
- Y YOGA
- Z ZONE OUT



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