Coping skills cards.

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| **Listen to music** | **Read** |
| **Play with friends** | **Look after a pet** |
| **Study for school** | **Spend time with family** |
| **Take part in sports** | **Talk about your feelings** |
| **Watch television** | **Spend time alone** |
| **Make a list in your head of your favourite animals** | **Feel strong by standing in a ‘power position’ e.g hands on hips** |
| **Take deep breaths** | **Play computer games** |
| **Play an instrument** | **Sleep** |
| **Spend time outdoors** | **Draw** |
| **Think calm thoughts** | **Play games** |