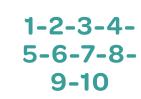
A to Z Coping Skills Menu for Kids



Breathe (try taking big deep breaths or using a breathing tool)



Count to Ten









Go someplace that brings you joy (or imagine it)



Have hope, discuss positive thinking!



gnore those that are hurting you





Know when to stop if you need to



Laugh (find a funny movie or YouTube video to watch)



ood boosters (This is whatever your kids like!)





open your fist and then squeeze it tight





Ask Questions

















