

# Coping Skills Charades



**Best age:** Kids, tweens, and teens



**Goal:** Spotting and using healthy coping strategies



**Time:** 10–15 minutes



**Materials:** Slips of paper and a container



## How to Play (One simple rule)

- Act it out.  
Don't say it.



## Example Coping Skills



Deep  
breathing



A walk



Journaling



Stret-  
ching



Music



Quiet  
break

## Group Focus (No points!)

- This activity is about recognition, not it's about competition. To help them focus on learning the strategies to a item!

