

Coping Skills Dice Game

1

Take five
slow
breaths



2

Name three things
you can see



3

Stretch your arms
and shoulders



4

Say one kind thing
to yourself



5

Name someone you
can ask for help



6

Choose your own
healthy coping skill



Materials: One six-sided die

Players: 1-6

Time: 5-15 mins

Example: If you roll a 2, name three things you see!

