

Fun Coping Skills Activity

My Personal Coping Menu

DRAW something that helps you feel **CALM**



WRITE an activity that makes time **PASS** in a good way



NAME someone you **ENJOY** talking to





WRITE a place where you feel **COMFORTABLE**



PICK a song that changes your **MOOD**





WRITE something for **ONLY 5 minutes**



CREATE your own coping skill



My TOP THREE Choices:

1. _____
2. _____
3. _____

