

FUN COPING STRATEGIES

Fold warm towels.

Pop bubble wrap (with adult supervision)

Sort and build Lego.

Twirl/spin around.

Solve math problems (by hand)

Change your voice to repeat back your worries in the voice of a silly character OR sing your worries/thoughts aloud to the tune of "Happy Birthday"

Watch YouTube videos of cute animals and/or giggling babies(with adult supervision)

Blow bubbles

Draw/paint on your skin⁹With adult supervision)

Do (secret) random acts of kindness for friends of family.

Shuffle cards

Count things

People-watch with a good friend and make up stories about everyone you see (Take it to the next level with voiceovers!) look at the window who can you see?

Wash your face mindfully

Create a glitter jar and enjoy

Sing in the shower.