

COPING SKILLS CHECKLIST

WholeHearted School Counseling

- Read a Good Book or Magazine 
- Build Something 
- Focus on What I See, Hear, Feel, Smell & Taste 
- Unplug and Go Outside 
- Make a Collage or Scrapbook 
- Drink Enough Water 
- Watch Funny Animal Videos 
- Play a Card or Board Game** 
- Do a Puzzle 
- Call or Text Family and Friends 
- Make a List of Things I Can Control 
- Go on a Walk, Run or Hike 
- Remember ALL of My Feelings Are OK. 
- Drink a Cup of Hot Cocoa or Tea 
- Stretch or Do Yoga 
- Say Something Kind to Myself 
- Cuddle & Play with My Pet 
- List at least 3 Things I Am Grateful For 
- Take or Look at Photographs 
- Sew, Weave, Knit or Crochet 
- Set a Goal and List 2 Steps to Get There 
- Write a Letter 
- Remind Myself I Can Do Hard Things 
- Take a Shower or Bath 
- Smile (smiling tricks our brain into feeling happier) 

- Talk About My Feelings 
- Create Origami or Paper Airplanes 
- Massage My Neck, Arms & Shoulders 
- Bake or Cook (try a new recipe!) 
- Journal 
- Tense then Relax My Muscles 
- Listen to Music 
- Do Wall or Chair Push-Ups 
- Draw, Paint, Color, Craft, or Sculpt 
- Garden or Do Yard Work 
- Take Slow, Focused Breaths 
- Clean, Organize or Declutter 
- Cry (tears release stress hormones) 
- Try or Learn Something New 
- Observe Clouds (and just breathe) 
- Use a Stress Ball or Other Fidget 
- Get 8-11 Hours of Sleep 
- Kick, Bounce, or Throw a Ball 
- Exercise** 
- Ask for Help 
- Hug (myself, someone else, or a stuffed animal) 
- Do Something Kind 
- Visualize a Peaceful Place 
- Eat Healthy Food 

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by WholeHearted School Counseling

Counseling Lessons For 4th Graders

IM Harris



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