A TO Z COPING SKILLS FOR KIDS

A ASK FOR HELP
B BREATHE DEEPLY AND SLOWLY
C COUNT FORWARDS OR BACKWARDS
D DRINK SOME COLD WATER
E EXERCISE
F FIND A SAFE PLACE
G GO TO YOUR HAPPY PLACE
H HUGS
I IMAGINATION
J JOKES
K KIND HANDS
L LISTEN
M MINDFULNESS
N NAME YOUR EMOTION
O OFFER TO HELP SOMEONE
P PAINT
Q QUIET TIME
R REQUEST SPACE
S STOP
T TALK
U USE WORDS
V VOICE
W WALK
X EXHALE
Y YOGA
Z ZONE OUT

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