

# Coping Menu

**Coping** means dealing with a problem in a safe, healthy, and respectful way.

**Directions:** Choose at least 1 coping skill from appetizers, main courses, & desserts. You may add your own ideas for custom order.



## Appetizers

- Take 15 deep breaths
- Imagine your relaxing place
- Listen to music
- Draw or color
- Read



**Your "chef" will allow substitutions and custom orders.**



## Main Courses

- Talk to an adult or friend about it
- Exercise; ride your bike, take a walk
- Relaxation Exercises: "Squeeze a Lemon", "Get that Fly off Your Nose"
- Write it down, crumble it up, throw it away
- Play a game; basketball, DS, Legos, toys
- Play 54321 game
  - Name 5 things you can see right now, 4 things you can feel right now, 3 things you can hear right now, 2 things you can smell right now, and 1 good thing about yourself
- Stare at picture and make up story about it
- Rip up paper or old phone book or newspaper
- Take a warm bath or shower



## Dessert

- Make silly faces in mirror or with another person to see who laughs first
- Imagine favorite day, memory, or vacation
- Dance
- Cuddle with a pet



I would like to **Custom Order:** \_\_\_\_\_

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