

How to Handle Strong Emotions:

50 Coping Skills that can help with anger, anxiety, stress, and feeling sad

1. Take slow belly breaths
- 2. Ask an adult for help**
3. SHARE YOUR FEELINGS WITH SOME ONE YOU TRUST
- 4. Kick a ball**
- 5. Shoot a basketball**
6. Stretch
- 7. Count to 10 or 100**
8. WATCH FUNNY YOUTUBE VIDEOS
- 9. Take a shower or bath**
- 10. Blow bubbles**
11. Blow up a balloon
- 12. Lie down and relax**
13. TIGHTEN ALL YOUR MUSCLES AND THEN GO LIMP LIKE SPAGHETTI
- 14. Cuddle a stuffed animal**
- 15. Play with a pet**
16. Paint with a brush or your fingers
- 17. Draw or colour**
18. SCREAM INTO A PILLOW
- 19. Listen to a happy song**
- 20. Go for a walk**
21. Ride a bike
- 22. Do jumping jacks**
23. LIE DOWN AND WATCH THE CLOUDS
- 24. Write a song or poem**
- 25. Write in a journal**
26. Draw with sidewalk chalk
- 27. Pull weeds in a garden**
28. PLANT A FLOWER
- 29. Have a cold glass of water**
- 30. Make a scrapbook**
31. Take some pictures
- 32. Make a video or slideshow**
33. RIP UP OLD NEWSPAPERS
- 34. Look at the stars**
- 35. Read a book**
36. Think happy thoughts
- 37. Think of a happy memory**
38. HELP SOMEONE ELSE
- 39. Clean your room**
- 40. Squeeze a stress ball**
41. Make a stress ball
- 42. Play with play dough**
43. LOOK AT A MAGAZINE
- 44. Make a collage**
- 45. Dance**
46. Look at pictures of things you love
- 47. Skip**
48. BAKE A DESSERT (WITH AN ADULT)
- 49. Splash your face with cold water**
- 50. Watch a movie**

