

Mott Children's Health Center
Coping Skills Toolbox

- Take Deep Breaths
- Count to 10
- Take a Break/Walk Away
- Listen to Music/Dance/Sing
- Color/Draw a Picture
- Read a Book/Write a Story/Journal
- Exercise/Play Favorite Sport
- Play with Favorite Toy/Pet/Game
- Talk with an Adult/Ask for Help
- Positive Self Talk
- _____

