

COPING SKILLS CHOICE BOARD



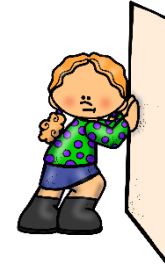
belly breaths



rest



drink water



wall push-ups



fidget



listen to music



1, 2,
3...

count to 10



jumping jacks



go for a walk



yoga poses