


AN A to Z OF COPING SKILLS

A Ask someone you trust to help you.	B Take 3 deep breaths. Breathe in for the count of 3 and out for the count of 6.	C Count forwards or backwards.	D Drink a glass of water.
E Exercise. Take a fast walk, run or jump. Just get up and move.	F Go and find a safe place where you can settle your system or talk to someone.	G Use your imagination to GO to your happy safe place and let your system calm.	H Give someone you trust a HUG.
I Ignore people who are annoying you. Walk away and find a friend or talk to an adult.	J Tell yourself a Joke or a funny story. Laughing helps to de-stress your body and mind.	K Think Kind thoughts about yourself and remember all the things you have managed.	L Listen to an audio book of some music.
M Meditate by using yoga or mindfulness.	N Name 5 things you can see, 4 things you can hear, 3 things you can smell, and 2 things you can feel.	O Observe what is around you and help your mind distract itself from how you are feeling.	P Paint how you feel using colours and shapes.
Q Question your thoughts. Are they true or are they just a thought.	R Run as fast as you can or jump up and down. When we exercise we get rid of the stress hormone.	S Separate yourself from the situation. Give yourself a break and take a walk.	T Change your THOUGHTS from negative to positive and remember all the things you have achieved.
U Use your safe place	V Voice your worries, tell an adult or a friend and let them help you manage.	W Write down your emotions and how they make you physically feel.	X Exhale and let all the worries leave your body.
Y Yell and shout as loud as you can into a pillow or a coat.	Z Zone out and let your mind think about all the things you like or make up a story in your head.	 Circles for Learning	
			

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