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|------------------------|--------------------|--------------------|------------------|
| Journaling             | Yelling            | Taking a Walk      | Screaming        |
| Meditating             | Hitting            | Throwing Something | Pushing          |
| Avoiding the situation | Stomping your feet | Walking away       | Ignoring someone |

- Which of the following are positive coping skills?

Journaling	Breathing	Taking a Walk	Screaming
Meditating	Hitting	Throwing Something	Walking away
Drinking Water	Talking with someone about how you feel		
Drawing/Coloring	Crying	Crying all the time and whining	
Asking for a break "I need a minute"	Hugging a bear/blanket/pet		