

NAME:

DATE:

MY ULTIMATE COPING PLAYLIST

We go through different positive and negative emotions everyday. It is okay to have all those feelings but we must also find ways to cope.

Fill each box with the title of songs (and their artist) that you think fit the descriptions provided.

FOR AMUSEMENT

a song that gets stuck in my head

a song I know all the words to

a song from my favorite movie or tv series

TO UPLIFT

a song I associate to freedom

a song that gives me energy

a song I'd like to wake me up

FOR DIVERSION

a song that makes me feel safe

a song that helps me think positively

a song that inspires me

TO DISCHARGE

a song for when you get anxious worried

a song for when you get angry or annoyed

a song for when you feel lonely or afraid

FOR STRONG EMOTIONS

a song that reminds you of a good memory

a song that makes you think of a loved one

a song to remind you that you are loved