

Below are some coping skills. Read each skill. If you think it is a good coping skill for calming down, drag it in the **“Smart”** box. If you don’t think it is a good skill for calming down, drag it in the **“Not Smart”** Box.

POUT

TELL YOURSELF THAT YOU CAN HANDLE IT

GO BE BY YOURSELF FOR A FEW MINUTES

STOMP YOUR FEET

[illegible]