EMOTIONAL REGULATION ACTIVITY: COPING TOOLS

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.

YELL AT SOMEONE	THROW SO	METHING	POUT		
COUNT TO 10	DUNT TO 10 TELL YOURSELF THAT YOU CAN HANDLE IT				
PUSH THE OTHER PE	GO B	E BY YOURSELI	BY YOURSELF FOR A FEW MINUTES		
CALM YOUR BODY	STOM	STOMP YOUR FEET			
TAKE DEEP BREATH	s				
SMA	ART	N	NOT SMART		