

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 SOMETHING

POUT

COUNT TO 10

TELL YOURSELF THAT YOU CAN HANDLE IT

PUSH THE OTHER PERSON

GO BE BY YOURSELF FOR A FEW MINUTES

CALM YOUR BODY

STOMP YOUR FEET

TAKE DEEP BREATHS

SMART

NOT SMART