

Coping Skills for Kids Ages 6-12

1. Belly breathing
2. 5-4-3-2-1 grounding
3. Hold a stuffed animal or comfort item
4. Picture a safe place



5. Name the feeling
6. Use a calm-down card
7. Ask a trusted grown-up for help
8. Take a quiet break
9. Draw the feeling
10. Move your body
11. Try a butterfly hug



14. Use a coping kit
15. Follow a routine
16. Look at my favorite book



17. Count slowly
18. Say, "That was then. This is now."
19. Drink water
20. Tell your brain what is true
21. Use a feelings scale
22. Do something with your hands



12. Put worries in a worry box
13. Listen to calming sounds



23. Use bedtime calming steps
24. Say kind words to yourself
25. Make a help plan