

# A-Z OF COPING SKILLS

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**A** - Ask for help



**B** - Breathe slowly



**C** - Count to 10



**D** - Drink some water



**E** - Eyes closed



**F** - Find a quiet spot



**G** - Get a hug



**H** - Have a rest



**I** - Imagine a happy place



**J** - Jump up and down



**K** - Kick your legs out



**L** - Look at a book



**M** - March on the spot



**N** - Notice 5 things around you



**O** - Open and close your fists



**P** - Play with a toy



**Q** - Quietly sit and rest



**R** - Roll your shoulders



**S** - Squeeze something soft



**T** - Tap your knees



**U** - Use a calm voice



**V** - Visit a happy thought



**W** - Wiggle your fingers and toes



**X** - eXpress how you feel



**Y** - Yawn and stretch



**Z** - Zip up and feel cosy



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