

# COLOR BY COPING SKILL

Play your favorite game



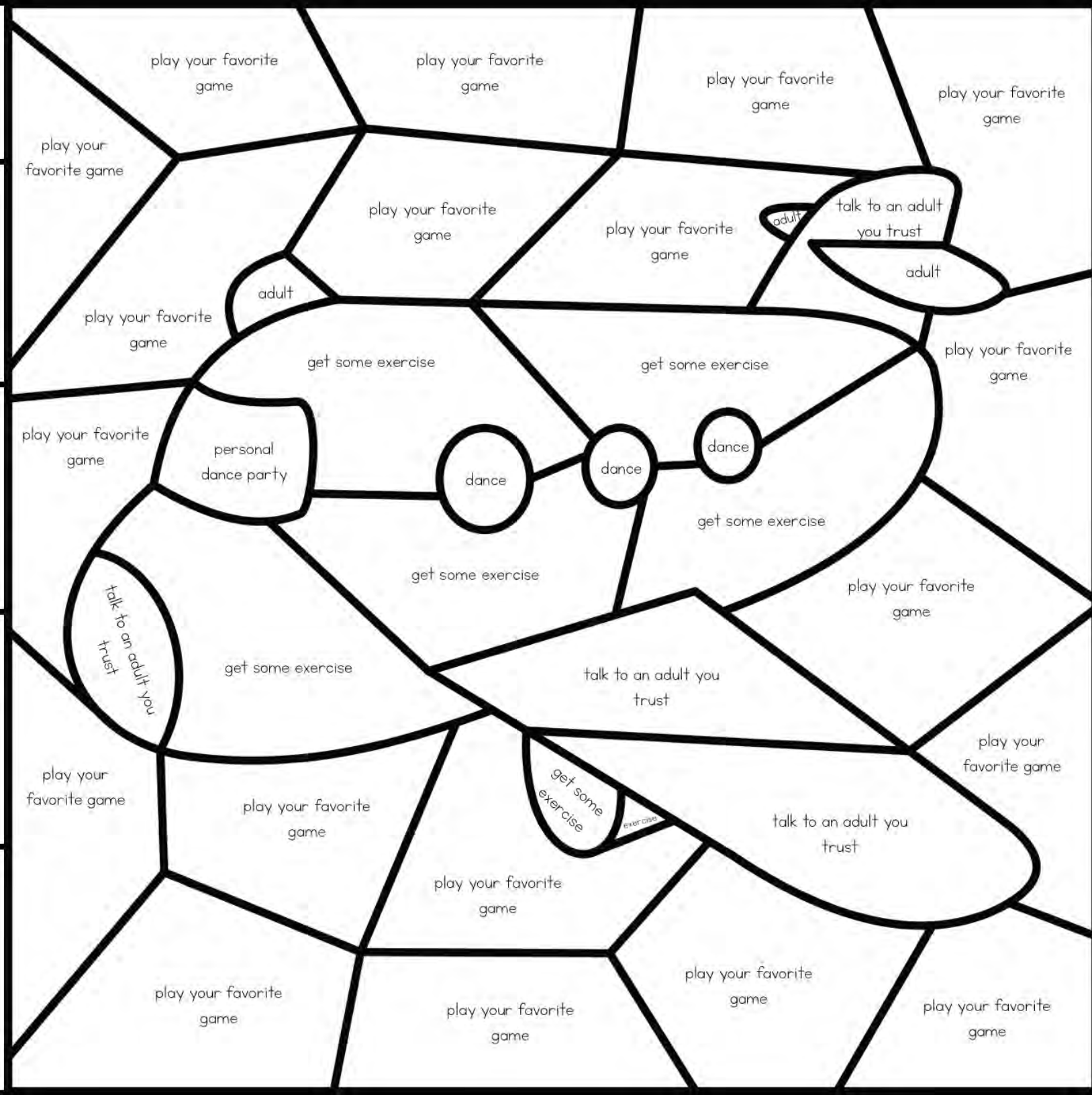
Get some exercise



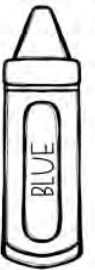
Have a personal dance party



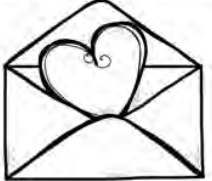
Talk to an adult you trust

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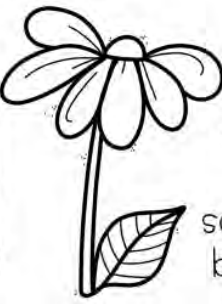
Write an encouraging note to yourself



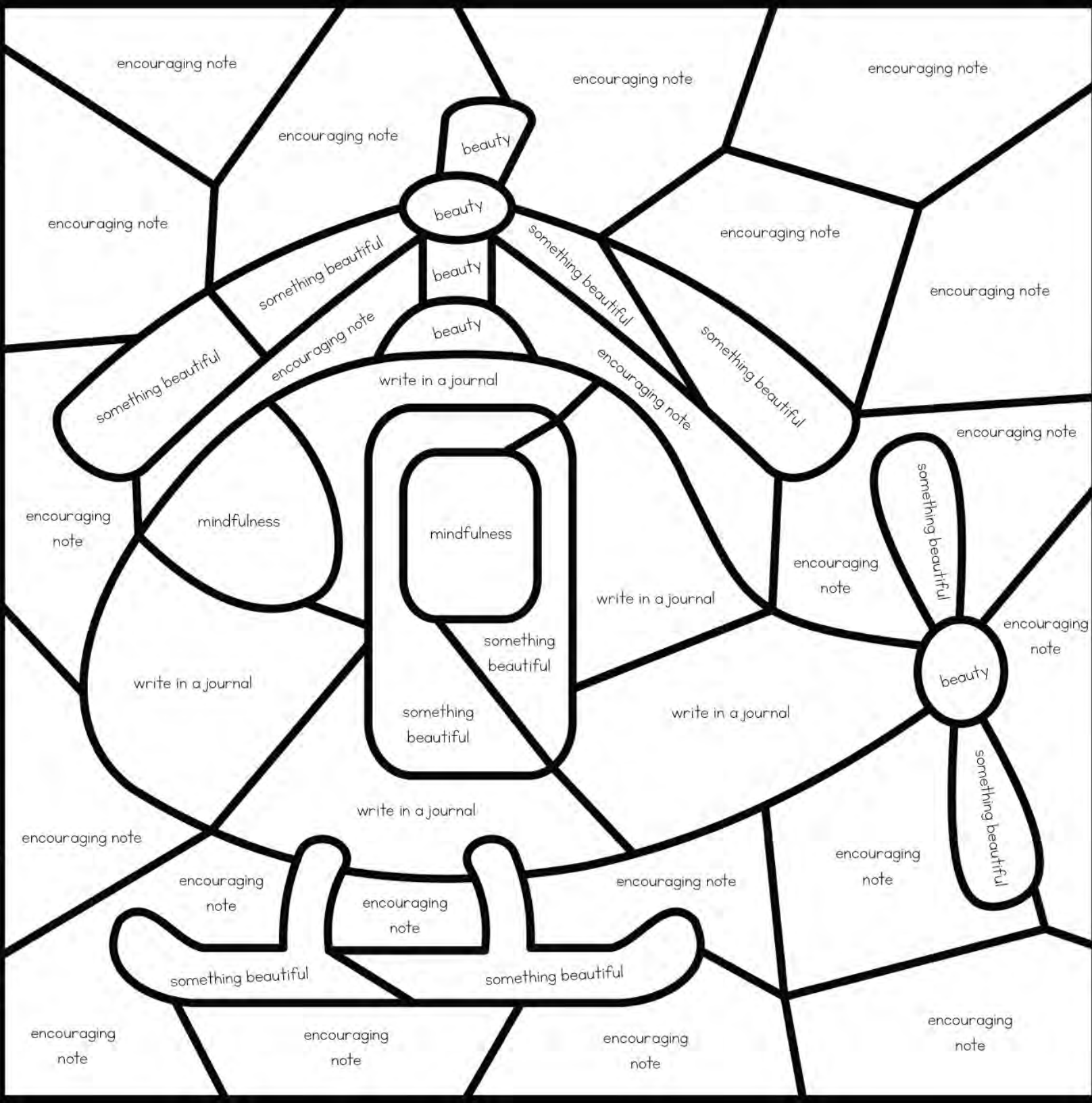
Write in a journal



Look around for something beautiful



Practice mindfulness



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Set a goal



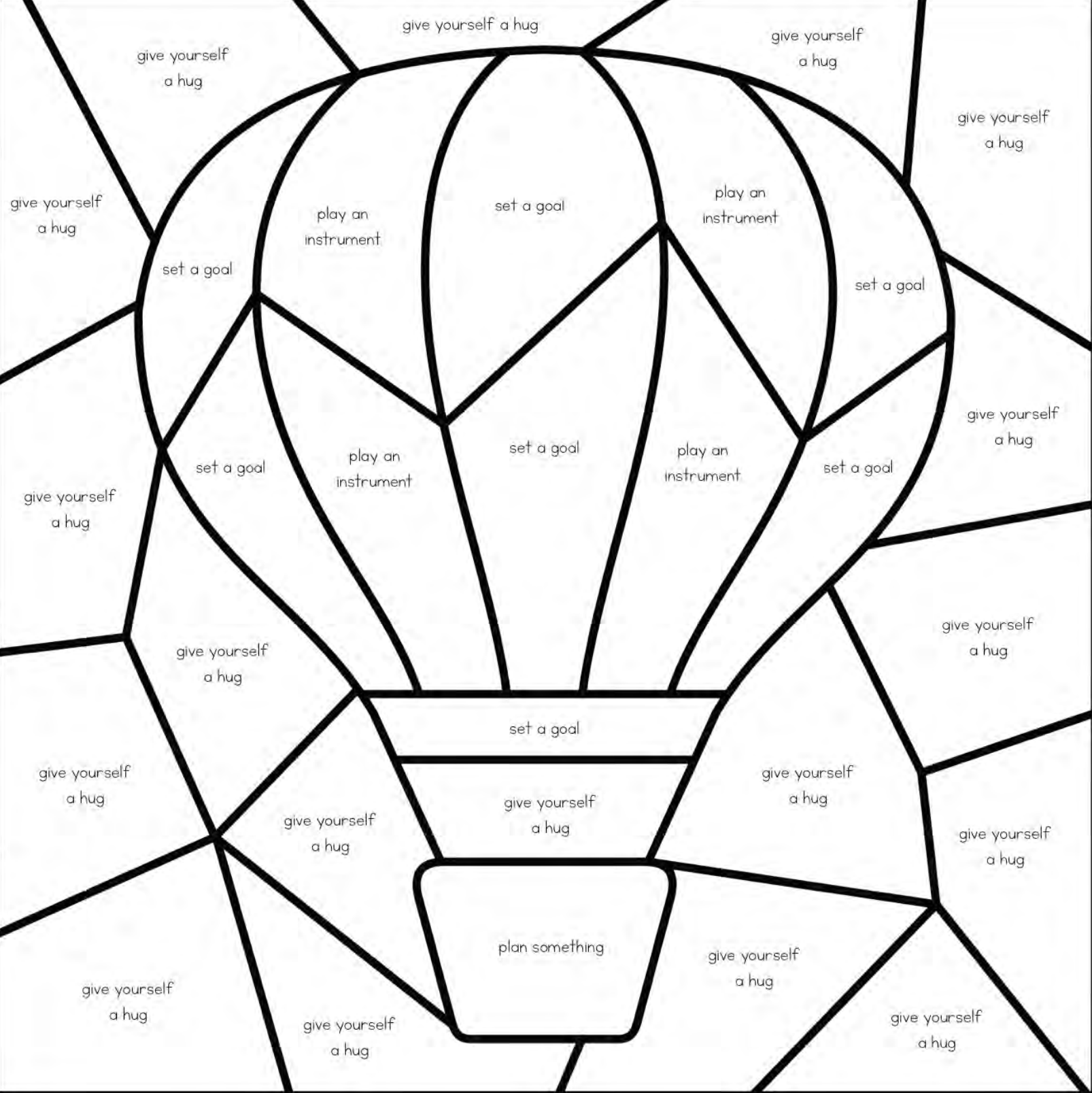
Play an instrument



Plan something to look forward to



Give yourself a hug



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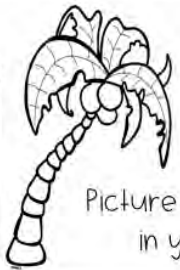


YOU ARE BRAVE AND WORTHY!

Write positive affirmations on sticky notes



Compliment yourself



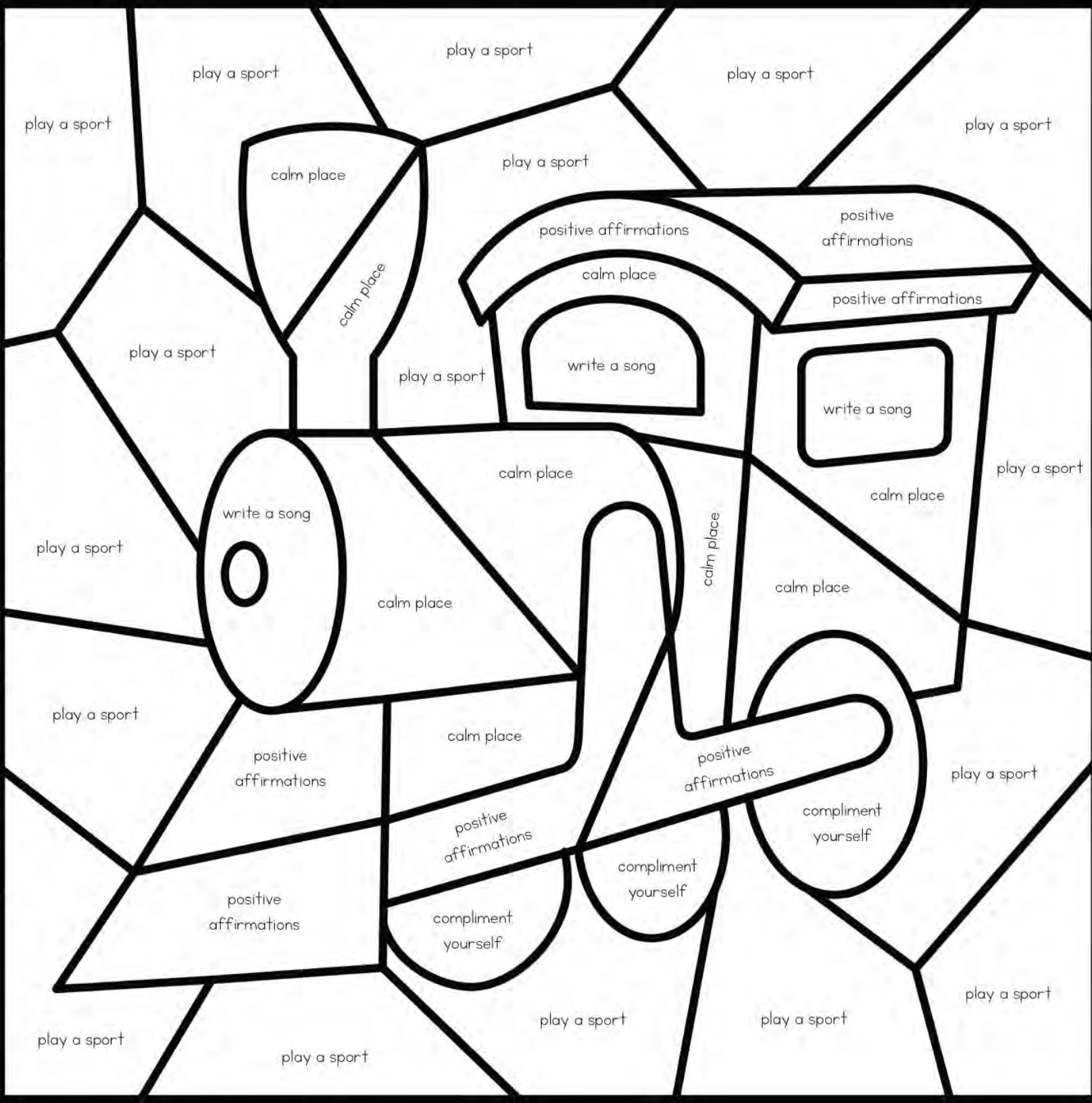
Picture a calm place in your mind



Write a song about your feelings

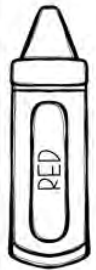


Play your favorite sport





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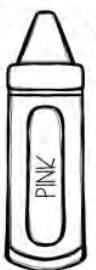
Go for a walk outside



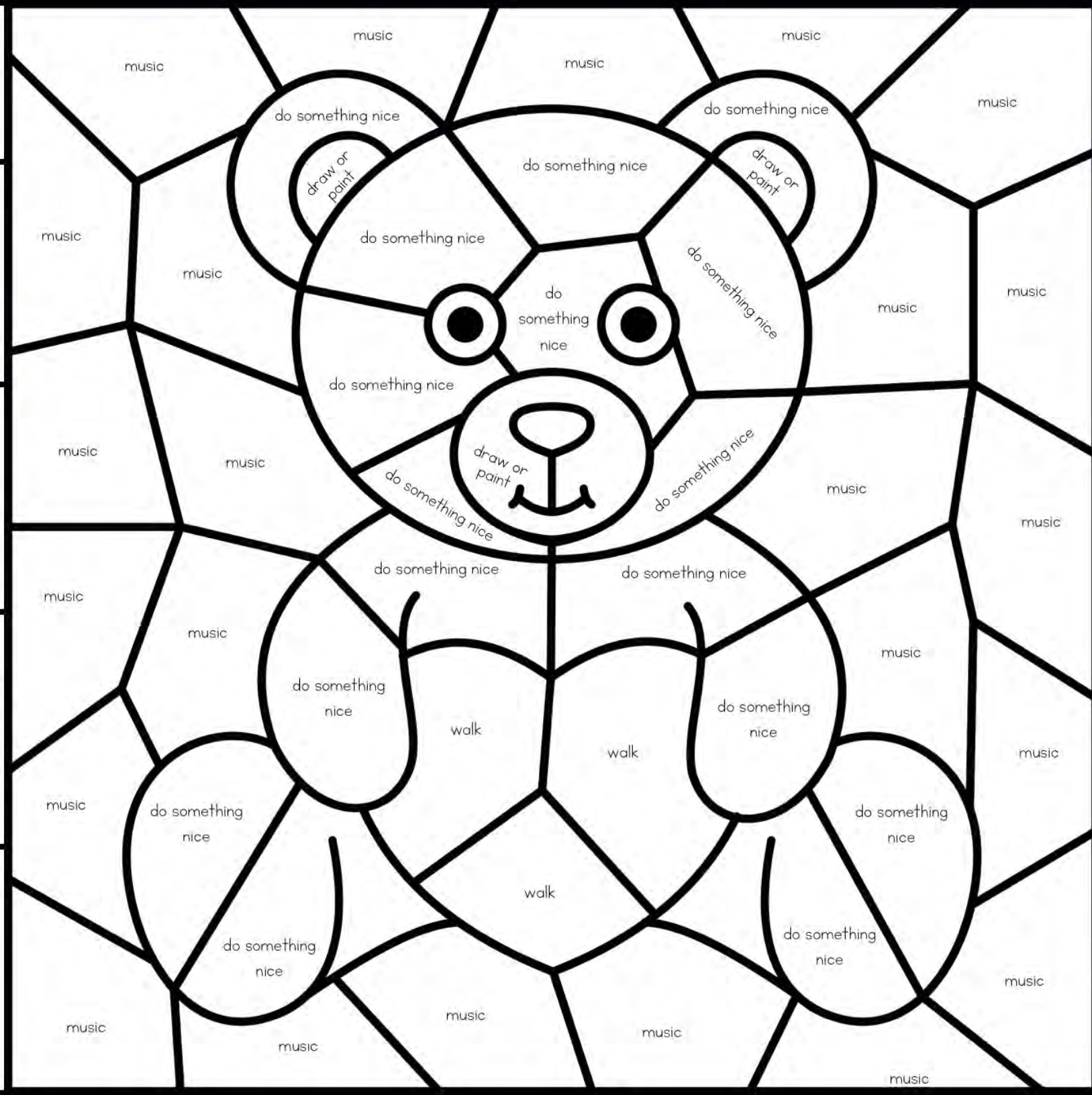
Listen to music that lifts you up



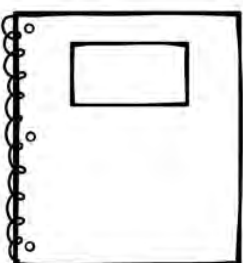
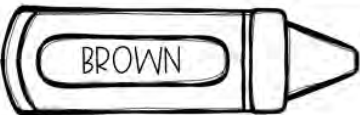
Do something nice for someone else



Draw or paint something meaningful to you



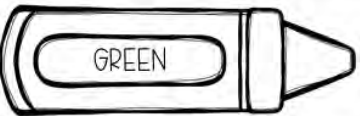
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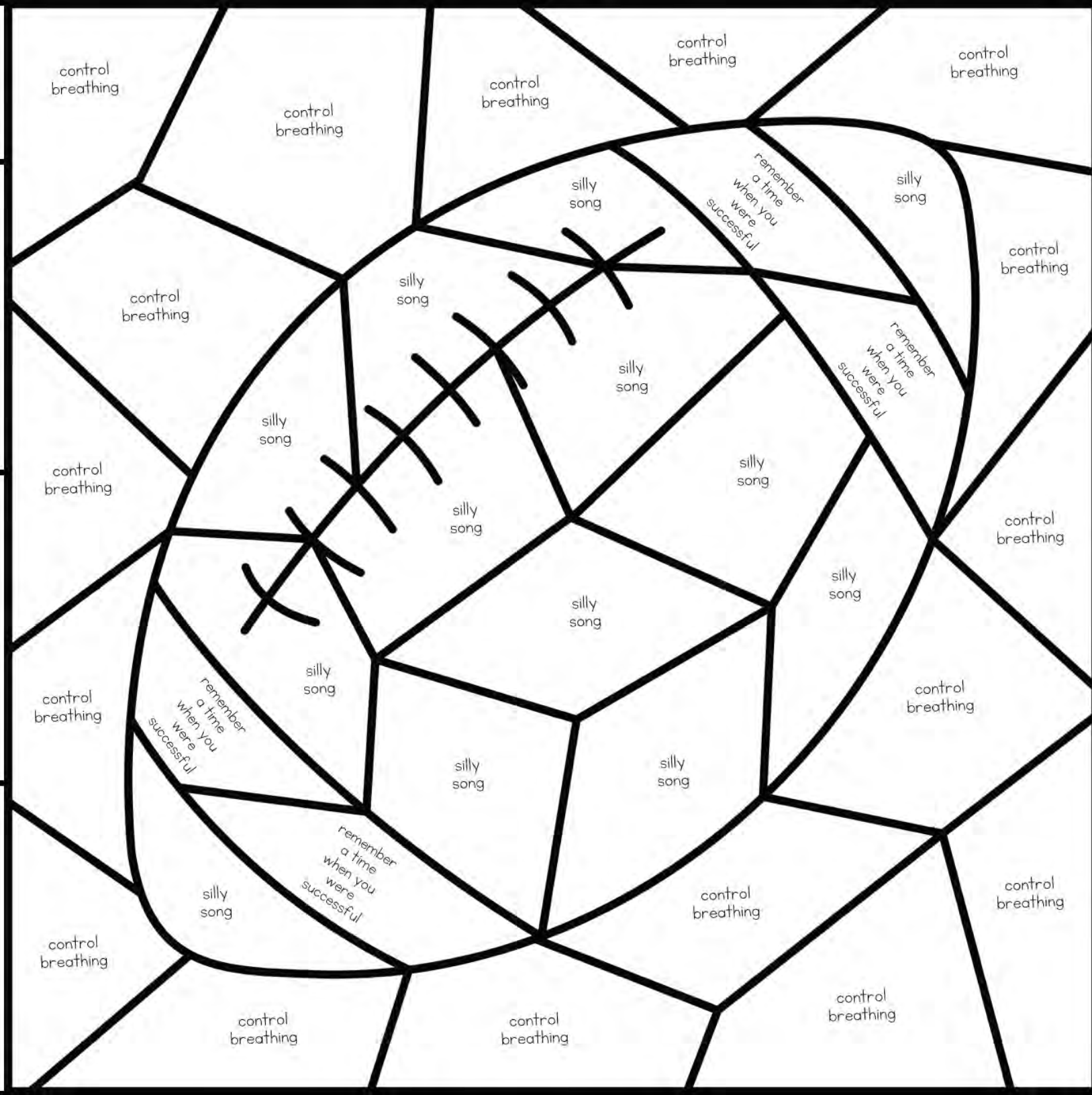
Write a silly song



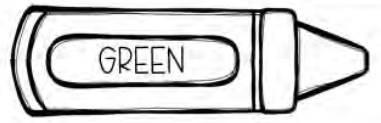
Remember a time when you were successful



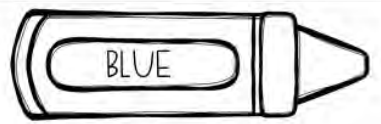
Control your breathing



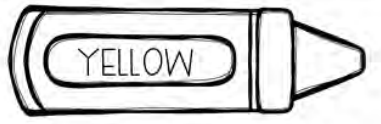
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Write a story about yourself overcoming something hard



Spend time in nature

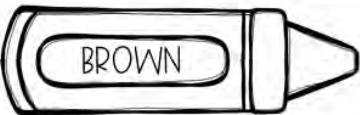


Get enough rest

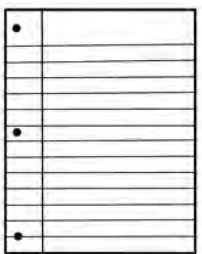




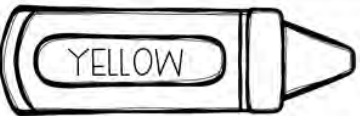
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Read your favorite book



Make a list of 5 good things in your life



Look at pictures of happy memories

This large coloring page is divided into several sections. At the top, there are four sections labeled "5 good things". Below these are several sections labeled "read". In the center, there is a large illustration of a baseball with two sections labeled "pictures". At the bottom, there are four more sections labeled "5 good things". The entire page is designed for coloring and includes prompts for coping skills.