COPING SKILLS ALPHABET
FOR KIDS

A Ask for help

B Belly breaths x 5

C Create something

D Dig in the dirt or sand

E Eat something crunchy

F Find a rock or leaf to hold

G Grab a comfort item

H Hug a friend or safe person

I Ice water on face or neck

J Jump, jog or stomp

K Kick a ball

L Lie down in a calm place

M Listen to music

N Noise break

O "Om" humming

P Push against a wall

Q Quiet spot to be alone

R Rock back and forth

S Squish something

T Talk about it

U Unwind with a book or game

V View clouds for a while

W Whiff lavender or something yummy

X X-plore the outdoors

Y Yell into a pillow or cry it out

Z Zip into a body sock or get under a heavy blanket

Lydia Fox