

Take a Breather

1. Get fresh air (go outside if you can)
2. Take a deep breath in through your nose
3. Breathe out all of the air through your mouth
4. Repeat steps two and three
5. You can use 5 Finger Breathing!

Use this recipe when you are mad (in the red zone)



Slow down



Scream Into Your Pillow & Talk to the Wall

1. Take a pillow from your room
2. Put your pillow to your face
3. Scream into your pillow until you get all the anger out
4. Take a wall out of your bedroom
5. Put it outside
6. Talk to it until you are done being bored

Use these coping skills when you are bored and frustrated (blue and yellow)!



Listen to Music

1. Get your phone and headphones
2. Open Pandora
3. Search for a song that you want to listen to
4. Sing along to the song if you want to! Listen to music all day.

Use this coping skill when you're bored or mad (blue or red zone)!



Dance it Out

1. Choose a song to dance to
2. You can even look up Just Dance Kids on YouTube!
3. Play the song and dance until you're happy

Use this coping skill if you're angry, sad, or if you have too much energy (red zone, blue zone, yellow zone).



Work on Crafts

1. Find out what you want to do
2. Get the materials
3. Get materials out
4. Glue, cut, color, or draw whatever your craft is
5. Put it all together
6. You're done

Use this recipe when you're in the green or blue zones.



Wall Pushing

1. Find a wall
2. Put your hands on the wall
3. Push as hard as you can

Use this when you are in the red zone!



Go Plant Something

1. Take an empty pot
2. Fill it with dirt/soil
3. Make a hole for the seed using your finger
4. Put the seed in
5. Water the seed

Use this when you are feeling mad or sad (red or blue).

