

A-Z Coping Skills Alphabet

D Open a book - Stories can help take your mind to a new place.

F Play with a toy - Focus on something fun to feel better.

G Gently rock or sway - Gentle movements can be soothing.

R Rest your body - Take a short rest or nap if you're tired or upset.

S Squeeze a stress ball - Or a cushion or toy—something soft.

T Talk to someone - Share your feelings with a grown-up or friend.

U Use kind words - Even when you're upset, being kind helps.

V Visit your calm corner - A special place with comfy things and calming tools.

W Watch the clouds - Lie down and look at the sky to feel peaceful.

X Express with art - Paint, colour, or craft how you feel.

Y Yawn and stretch - Relax your body with big stretches and yawns.

Z Zip up a pretend coat - Imagine zipping up your "calm coat" to feel safe.



A-Z Coping Skills Alphabet

A Ask for help - Let a grown-up know when you need support.

B Breathe deeply - Smell the flower (inhale)... blow out the candle (exhale).

C Count to ten - Counting slowly helps calm your body.

D Draw a picture - Use crayons or pencils to show how you feel.

E Exercise - Run, jump, stretch, or dance it out!

F Find a quiet spot - Take a break in a peaceful place.

G Give a hug - Hug a teddy, a friend, or a family member.

H Hum a tune - Soft humming can help you feel calm.

I Imagine a happy place - Think of the beach, forest, or anywhere safe and happy.

Coping W B

M Mosston



Coping W B:

Unveiling the Magic of Words: A Report on "**Coping W B**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Coping W B**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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