

CHOOSING YOUR COPING TOOLS

Review this list of coping tools with your parent. Check which tools have worked well in the past, and which ones you would like to try!

ACTIVITIES

	Works well	Want to try it!
Reading	<input type="checkbox"/>	<input type="checkbox"/>
Listening to music	<input type="checkbox"/>	<input type="checkbox"/>
Drawing/coloring/other craft	<input type="checkbox"/>	<input type="checkbox"/>
Game	<input type="checkbox"/>	<input type="checkbox"/>
Dance	<input type="checkbox"/>	<input type="checkbox"/>
Puzzles	<input type="checkbox"/>	<input type="checkbox"/>
Physical activity (walking, running, bike ride, other: _____)	<input type="checkbox"/>	<input type="checkbox"/>
Journaling	<input type="checkbox"/>	<input type="checkbox"/>
Building toys (e.g., Legos)	<input type="checkbox"/>	<input type="checkbox"/>
Take a warm bath or shower	<input type="checkbox"/>	<input type="checkbox"/>
Blowing bubbles	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>

CERTAIN PREFERRED ITEM OR SENSORY ITEM

	Works well	Want to try it!
Weighted blanket	<input type="checkbox"/>	<input type="checkbox"/>
Pressure vest or compression clothing	<input type="checkbox"/>	<input type="checkbox"/>
Stress balls	<input type="checkbox"/>	<input type="checkbox"/>
Slime, Play-Doh, or silly putty	<input type="checkbox"/>	<input type="checkbox"/>
Other fidget toy: _____	<input type="checkbox"/>	<input type="checkbox"/>
Light up toy	<input type="checkbox"/>	<input type="checkbox"/>
Preferred toy or item: _____	<input type="checkbox"/>	<input type="checkbox"/>
Chew toy	<input type="checkbox"/>	<input type="checkbox"/>
Body sock	<input type="checkbox"/>	<input type="checkbox"/>
Noise-reducing headphones	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>

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MINDFULNESS

	Works well	Want to try it!
Yoga	<input type="checkbox"/>	<input type="checkbox"/>
Guided meditation	<input type="checkbox"/>	<input type="checkbox"/>
Deep breathing	<input type="checkbox"/>	<input type="checkbox"/>
Progressive muscle relaxation	<input type="checkbox"/>	<input type="checkbox"/>
5-4-3-2-1 grounding	<input type="checkbox"/>	<input type="checkbox"/>
Pressure holds	<input type="checkbox"/>	<input type="checkbox"/>
Quiet time	<input type="checkbox"/>	<input type="checkbox"/>
Talking to a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>

Now, choose two activities that you would like to practice this week. Make sure one of the skills is one you can use in pretty much any situation, like deep breathing or 5-4-3-2-1.

Coping skill 1:

Coping skill 2: