

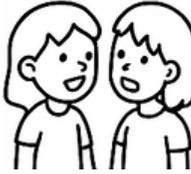
Coping Skills Sort

Draw a line to sort the coping skills into Healthy Coping Skills or Unhelpful Reactions!

Yell at someone



Talk to a friend



Blame others



Healthy Coping Skills

Take deep breaths



Go for a walk



Unhealthy Reactions

Yell at someone



Draw or write



Hit or kick

