

Name: _____

Wheel of Coping Skills: Cut out your favorite skills to put on your wheel.

Take 5 deep breathes!

Humm softly for the count of 5!

Give yourself 5 hugs!

Press your fingertips together 5 times.

Blow out 5 imaginary candles!

Shake both feet for the count of 5!

Do 5 chair push-ups!

Squeeze a squishy toy 5 times!

Pet a furry creature!



