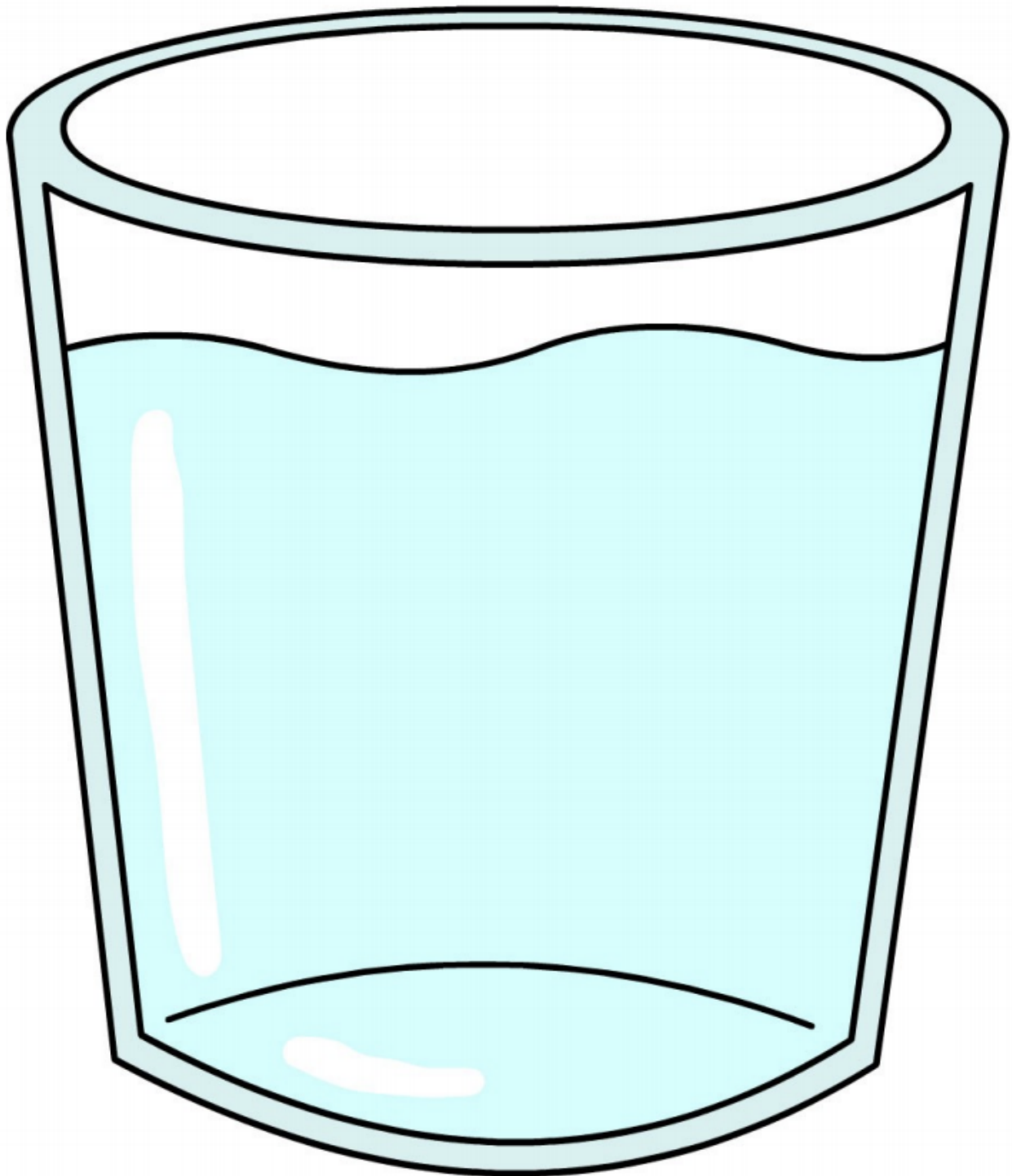


Name: _____

FILL UP YOUR WORRY CUP

Write down the things that you worry about.



Tools I can use when I have these worry thoughts:

(use your favorite tools from the tool list on the next page, or write down your own ideas)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

MY COPING SKILLS CHECKLIST

When I Feel Mad, Sad, Worried or Unfocused I Can...

Draw or Color



Get a Drink of Water



Use a Breathing Board



Push Against the Wall and Then Relax



Try Wave Breathing



Help Someone or Do a Chore



Read a Book or Look at Feel-Good Pictures



Try 5 Finger Breathing



Exercise or Play a Sport



Ask for Help



Build Something or Do a Puzzle



List 3 Positive Things I Am Grateful For



Get a Hug



Journal or Write a Letter



Think of a Happy Memory or Peaceful Place



Use Positive Self-Talk



Stretch or Do Yoga



Squeeze Then Relax My Muscles (Try "Rocks & Socks")



Use a Tool from the Calm Box



Take Slow Breaths & Just Sit with My Feelings

