

How to Handle Strong Emotions:

50 Coping Skills that can help with anger, anxiety, stress, and feeling sad

1. Take slow belly breaths
2. Ask an adult for help
3. Share your feelings with someone you trust
4. Kick a ball
5. Shoot a basketball
6. Stretch
7. Count to 10 or 100
8. Watch *funny* Youtube videos
9. Take a shower or bath
10. Blow bubbles
11. Blow up a balloon
12. Lie down and relax
13. Tighten all your muscles and then go limp like spaghetti
14. Cuddle a stuffed animal
15. Play with a pet
16. Paint with a brush or your fingers
17. Draw or color
18. Scream into a pillow
19. Listen to a happy song
20. Go for a walk
21. Ride a bike
22. Do jumping jacks
23. Lie down and watch the clouds
24. Write a song or poem
25. Write in a journal
26. Draw with sidewalk chalk
27. Pull weeds in a garden
28. Plant a flower
29. Have a cold glass of water
30. Make a scrapbook
31. Take some pictures
32. Make a video or slideshow
33. Rip up old newspapers
34. Look at the stars
35. Read a book
36. Think happy thoughts
37. Think of a happy memory
38. Help someone else
39. Clean your room
40. Squeeze a stress ball
41. Make a stress ball
42. Play with play dough
43. Look at a magazine
44. Make a collage
45. Dance
46. Look at pictures of things you love
47. Skip
48. Bake a dessert (with an adult)
49. Splash your face with cold water
50. Watch a movie