

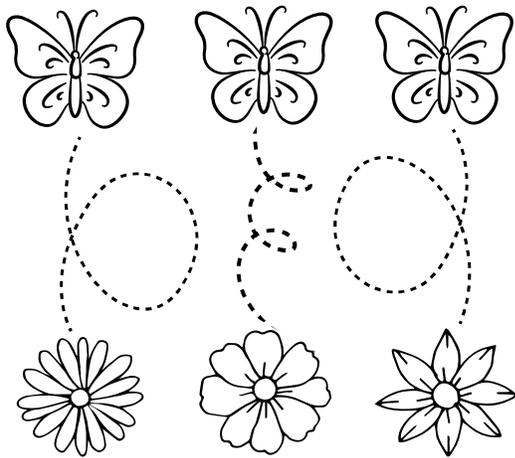
UNWRITTEN ENDINGS

YOUTH & FAMILY THERAPY

COPING SKILLS LIST

Deep Breathing

Trace the path from the butterfly to the flower, taking a breath in and out as the butterfly goes back and forth.



Positive Thoughts

Think of positive reminders and write them below!

- I am _____
- It's okay if _____
- I can control _____
- I feel _____
- I can _____

Contact Us!

If you are looking for more specialized or intensive options to help kiddos (or adults!) handle their emotions, please give us a call or visit our website below!



5 Senses

Practice using your five senses below when feeling anxious or overwhelmed.

- 5 things you can see
- 4 things you can touch/feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste
- Take a deep breath
- Repeat if needed

 HOWELL | HARTLAND

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