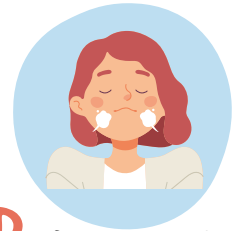


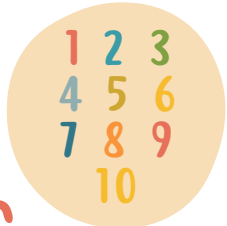
COPING SKILLS ALPHABET



A ASK FOR HELP



B BREATHING



C COUNT TO TEN



D DO ART



E EAT HEALTHY FOOD



F FIND A FRIEND



G GO RUNNING



H HOUSEWORK



I IMAGINE A HAPPY TIME



J JOURNALING



K KICK A BALL



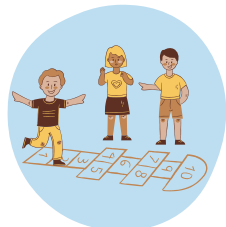
L LAUGH



M MEDITATE



N NAPPING



O OUTDOOR PLAYING



P PLAY A GAME



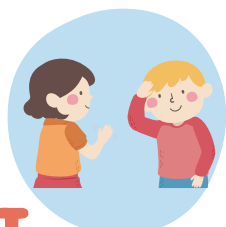
Q QUIET TIME



R READ A BOOK



S SWIM



T TALK TO A FRIEND



U UNITE WITH FAMILY



V VISUALIZE A HAPPY PLACE



W WALKING A PET



X XBOX - PLAY SOME GAMES



Y YOGA



Z ZONE OUT

YOU CAN DO IT

