

**When you are feeling Fussy or Frustrated
And want something to do
Try a new coping skill
One of these will surely help you**

A is for ART

B is for BREATHE

C is for COUNT to 10

D is for DANCE

E is for EAT a healthy snack

F is for FUN with a friend

G is for create a GLITTER jar

H is for HUG a trusted person

I is for IMAGINE a favorite place

J is for tell JOKES

K is for KICK a ball and play other sports

L is for LISTEN to music

M is for MUSCLE relaxation

N is for NATURE walk

O is for ORGANIZE and clean up toys

P is for PRAY

Q is for QUIET time

R is for READ

S is for positive SELF-talk

T is for TALK about feelings

U is for UNPLUG

V is for VISION board

W is for WRITE about feelings

X is for play the XYLOPHONE and other musical instruments

Y is for YOGA

Z is for ZZZ (rest)



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