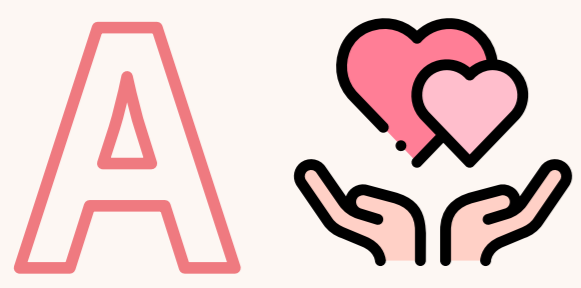
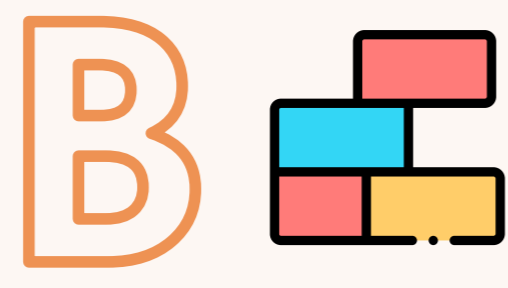


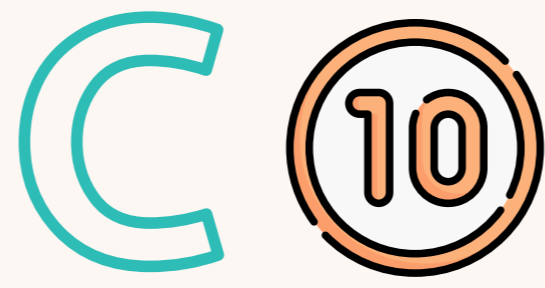
A-Z coping skills for children



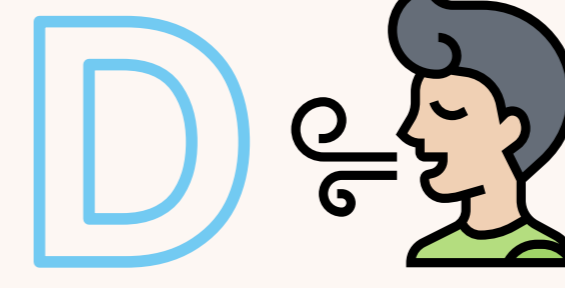
Ask for help



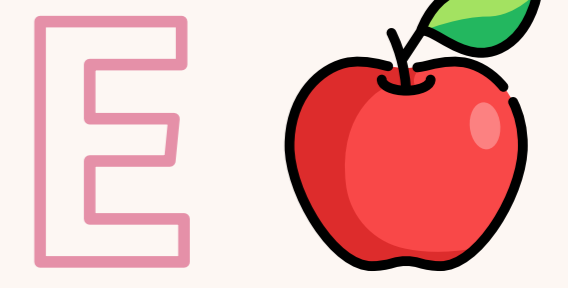
Build something



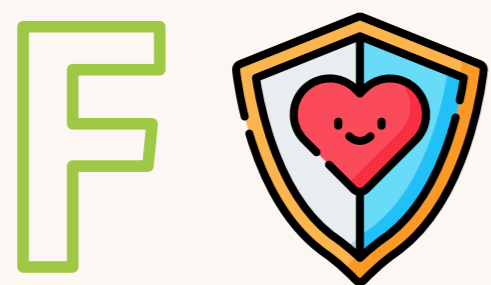
Count backwards from 10



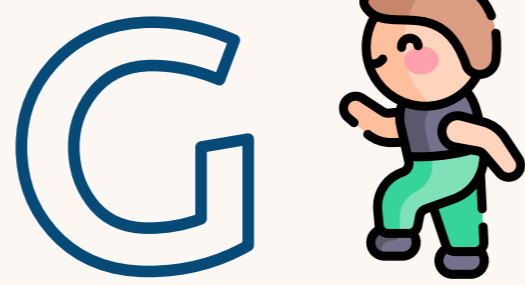
Deep breathing



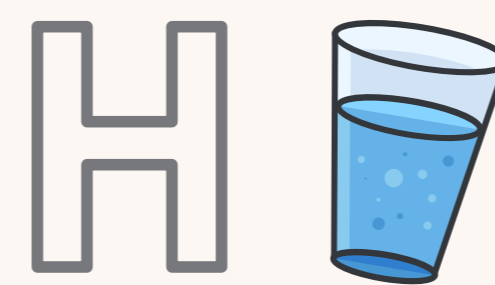
Eat a little snack



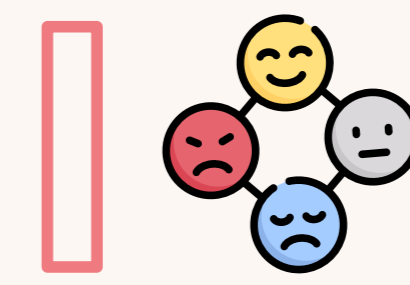
Find a safe space



Go for a walk



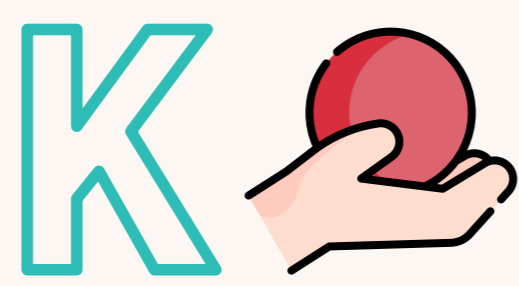
Hydrate with a drink



Identify my emotions



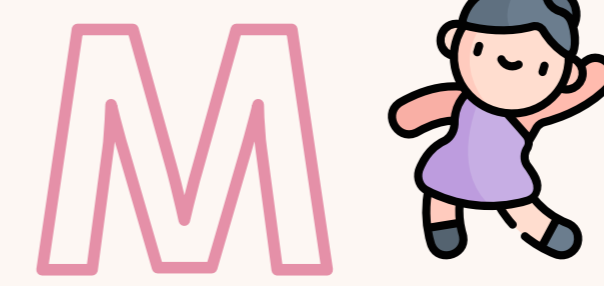
Journal



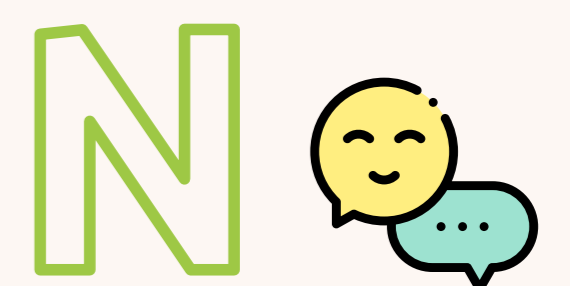
Kick, bounce or squeeze a ball



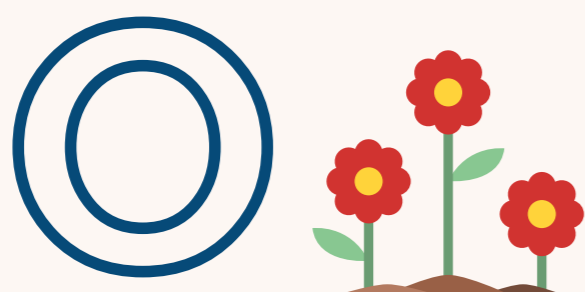
Listen to music



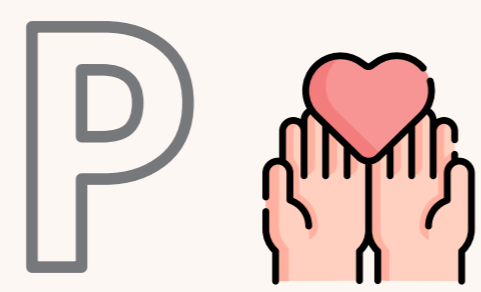
Move your body



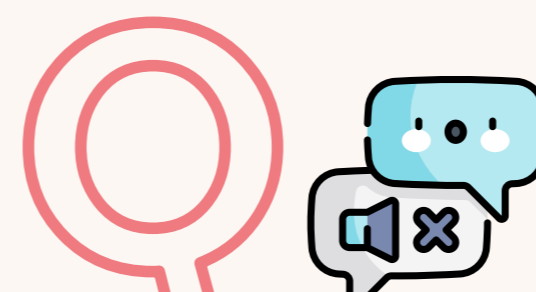
Name my feelings



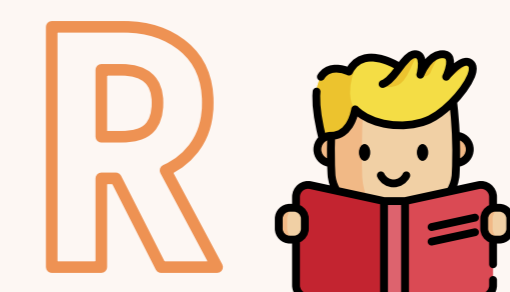
Go outside



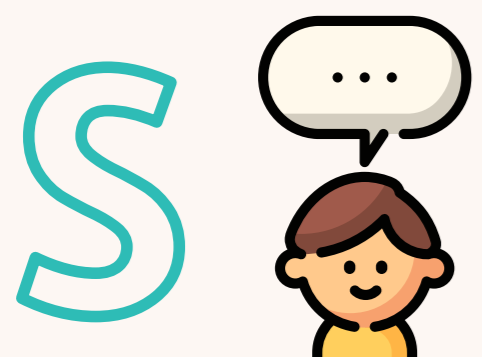
Practice gratitude



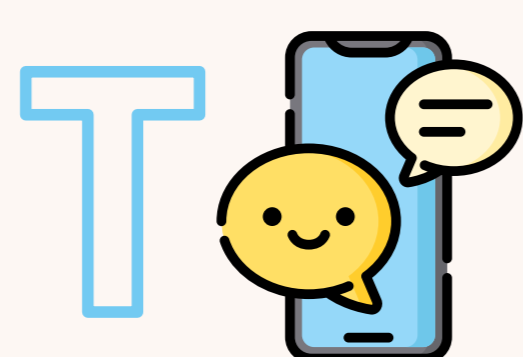
Quiet time



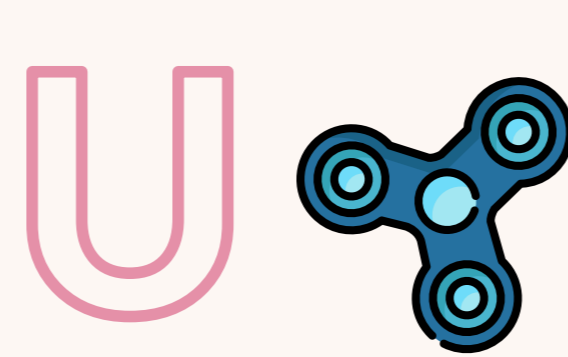
Read a book or magazine



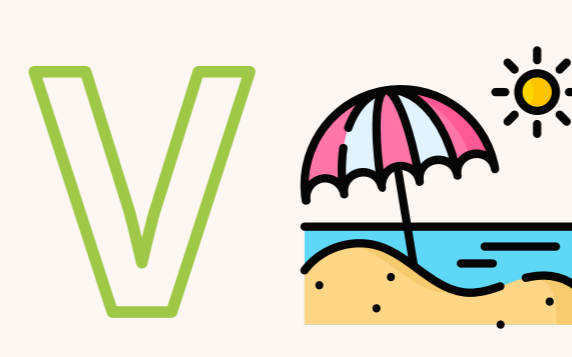
Self-talk



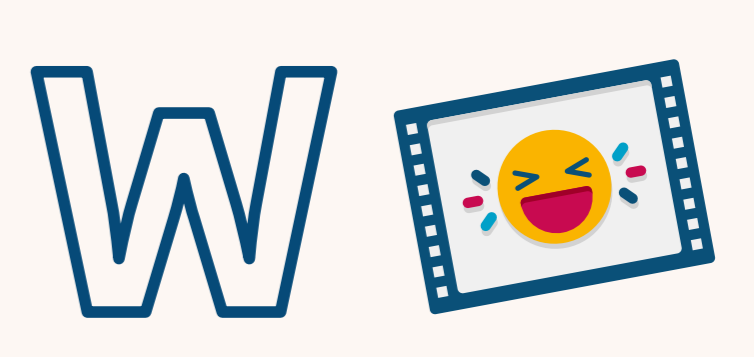
Talk to someone



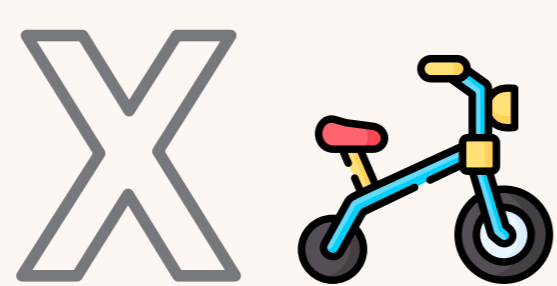
Use a fidget toy



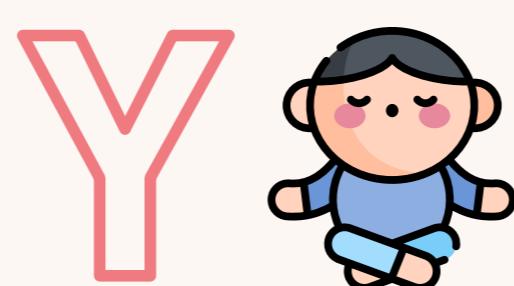
Visualise a happy place



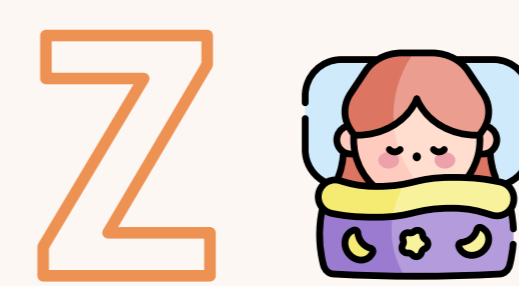
Watch a happy video



Exercise



Yoga



Sleep