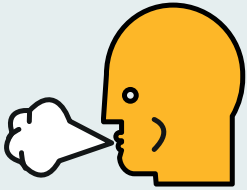


Coping menu

Coping means dealing with a problem in a safe, healthy, and respectful way.

DIRECTIONS: Choose at least one coping skill from the appetisers, main course and dessert. You may add your own ideas for custom orders.

1 x Appetiser



Take 15 deep breaths



Imagine your relaxing place



Listen to music

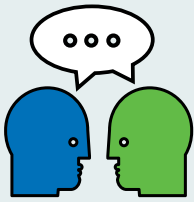


Draw or colour



Read

1 x Main course



Talk to an adult or friend about it



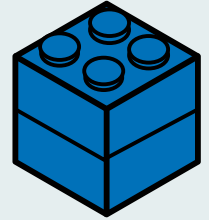
Exercise, ride your bike, take a walk



Relaxation exercises, squeeze a lemon etc.



Write it down, crumple it up, throw it away



Play a game, Xbox, LEGO, toys



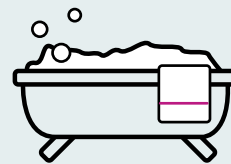
Use grounding techniques



Stare at a picture, make a story up about it



Rip up old paper/newspaper



Take a warm bath



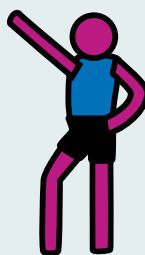
1 x Dessert



Make silly faces in the mirror



Imagine your favourite day, memory or holiday



Dance, sing



Cuddle with a pet

Your 'chef' will allow substituted and custom orders

Added extras

I would like to custom order.....

With all of us in mind.