

Helping Yourself Feel Better or Healthy Coping Skills

Remember— you have the power within you to help yourself feel better, practice any of these ideas when you are feeling down. I believe at least one of these will help you! – Mrs. Misenheimer

Get Active



Do anything physical— get outside, play, move your body.

If it's raining, try goNoodle and [click here](#) to set up a free account.

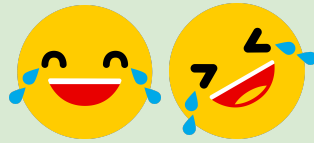
Get Creative



Draw, color, create, build...

[Click here](#) for a coloring sheet to help with both creative and calming down skills.

Get Silly



Laugh, tell jokes, use humor (all in good fun, not in mean words about others)

[Click here](#) for a silly dance video of me and my boys!

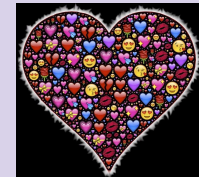
Get Calm



Do something to help you relax— listen to soothing music, take deep breaths, use mindful techniques.

[Click here](#) for a story from VOOKS called Slumberkins Presents The Feels

Get Positive



Listen to this story by [clicking here](#)

Then, Practice turning negative thoughts into positive thoughts. To get started, [click here](#).