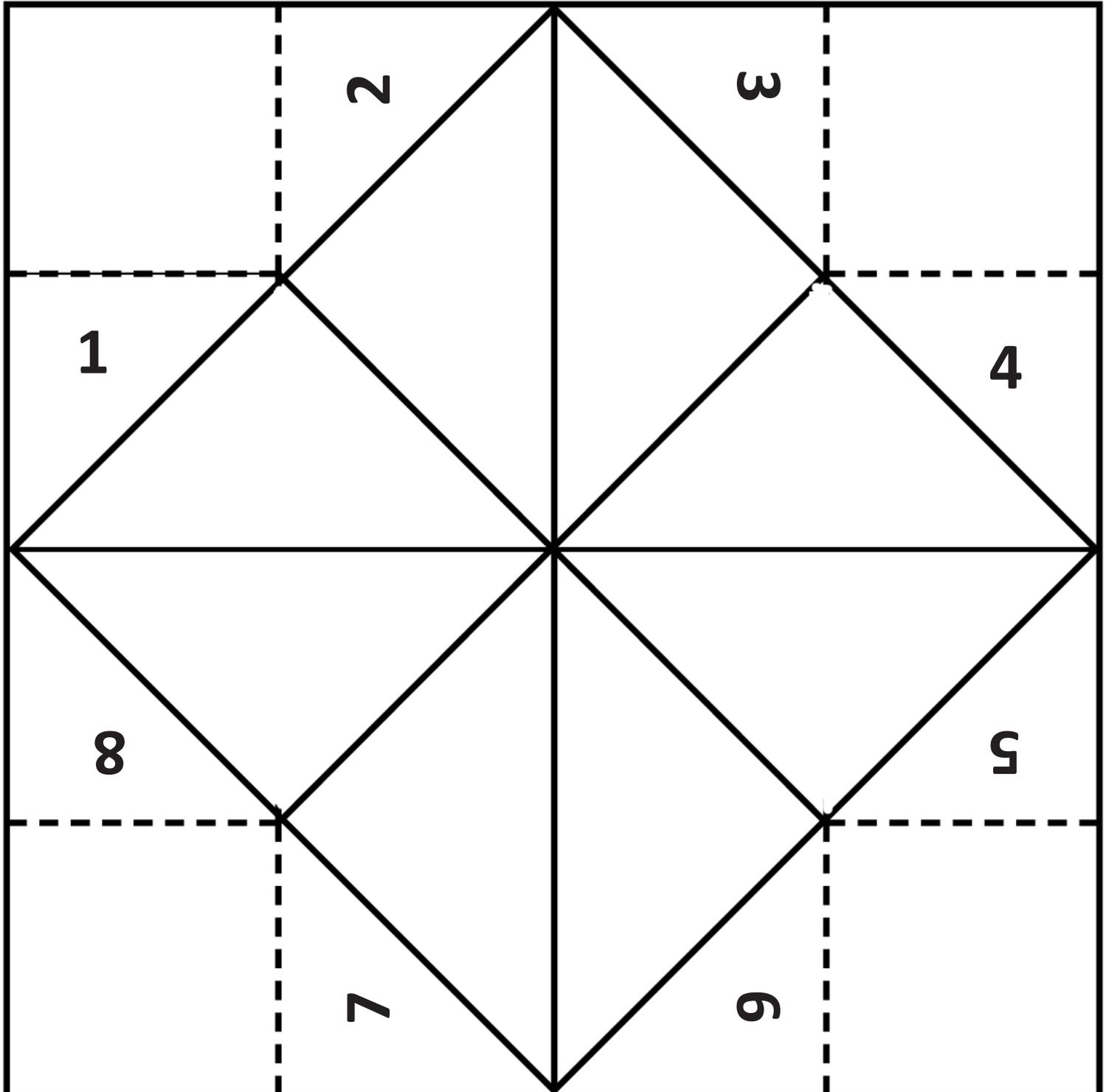


Wellness Wednesday

Coping Strategies Fortune Teller

Directions: Fill in the middle 8 sections with your favourite coping strategies, pick 4 colours to colour and name the four corners, and colour in the numbers and strategies you selected.

To Use: Select a colour and open each way based on number of letters, pick a number and open each way that many times, select a number again and lift to see which strategy you should try.



Wellness Wednesday

Coping Strategies List

1. Take 10 deep breaths
2. Go for a quick walk
3. Mediate for a few minutes
4. Listen to music
5. Garden
6. Make a gratitude list
7. Count to 100
8. Pet/cuddle an animal
9. Paint with watercolours
10. Cook or bake something
11. Read a book
12. Laugh
13. Focus on 5 senses: pick things you can see, touch, taste, hear, smell
14. Squeeze a stress ball
15. Rip paper into little pieces then recycle them
16. Think of something funny
17. Draw cartoons
18. Dance break
19. Stand up and stretch
20. Take some photos
21. Do a puzzle
22. Practice yoga
23. Play a card game
24. Give someone a hug
25. Journal or write down your feelings
26. Visualize your favourite place
27. Build something
28. Say 5 things that you like about yourself
29. Play an instrument
30. Do something kind for someone else