

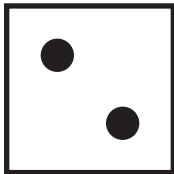
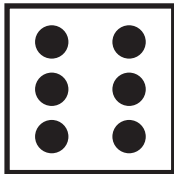
ROLL A COPING SKILL



Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

- A coping skill I use
- A coping skill I'll try
- This probably won't help me

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Breathe	Stretch	Knit or sew	Read	Play with a pet	Play sports
Count to 10	Cook or bake	Paint	Dance	Pray	Take a nap
Cry	Listen to music	Draw	Sing	Hug someone	Text a friend
Talk about it	Do a puzzle	Write	Color	Meditate	Accept your emotions
Ask for help	Exercise	Play a game	Watch a movie	Think about your favorite things	Think positively
					

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Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

- This coping skill gets me into trouble often
- Sometimes this coping is a problem for me
- I don't use this skill to cope

Sleep all day	Do drugs or alcohol	Hurt others	Blaming yourself	All or nothing thinking	Slamming doors
Not eat	Make bad choices	Destroy things	Not trying at all or quitting	Gossiping	Procrastination
Overeat	Throw things	Say mean things	Hurtful self talk	Lying	Shut down completely
Cursing	Refusing to talk to anyone	Threaten others	Bullying others	Catastrophizing	Bottle up emotions
Avoiding the problem	Hurt yourself	Yell and scream	Denying	Throwing a tantrum	Blaming others
