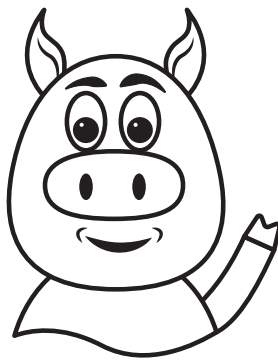


# Coping Skills



listen to music



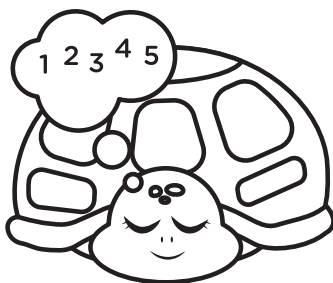
ask for help



play



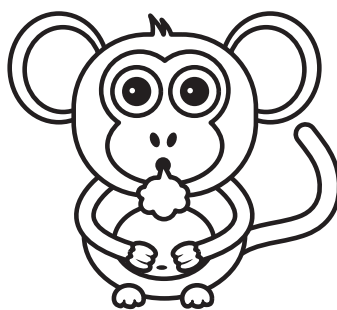
draw, color, paint, doodle



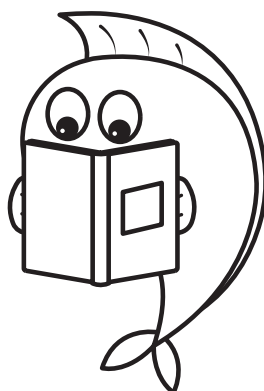
close eyes and count to 5



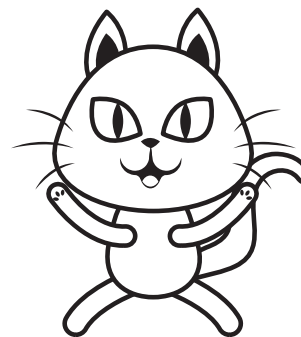
dance



take deep breaths



read a book



do jumping jacks

**STRONG<sup>4</sup>LIFE**<sup>SM</sup>



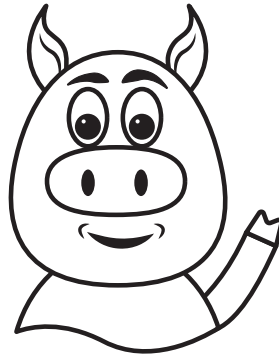
**Children's**<sup>SM</sup>  
Healthcare of Atlanta

# Coping Skills

## Habilidades de afrontamiento



listen to music  
escucha música



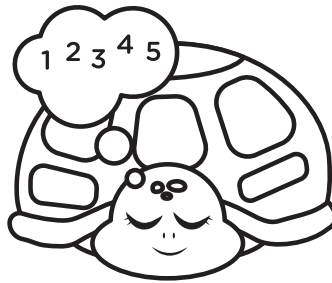
ask for help  
pide ayuda



play  
juega



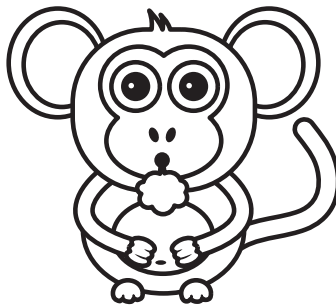
draw, color, paint, doodle  
dibuja, colorea, pinta,  
garabatea



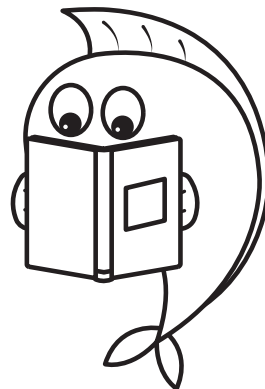
close eyes and count to 5  
cierra tus ojos y cuenta hasta 5



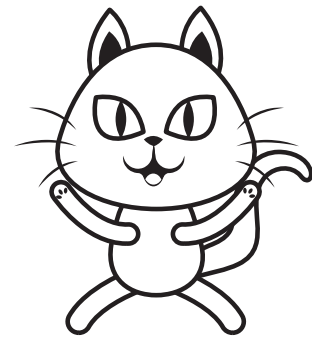
dance  
baila



take deep breaths  
respira profundo



read a book  
lee un libro



do jumping jacks  
haz saltos de tijera

**STRONG<sup>4</sup>LIFE**<sup>SM</sup>

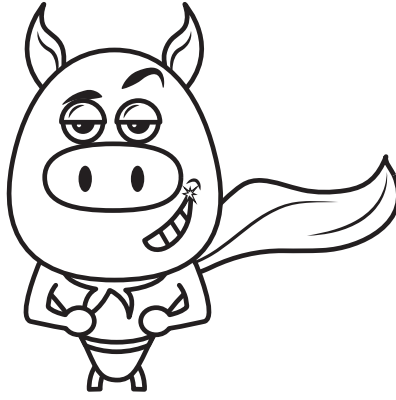


**Children's**<sup>SM</sup>  
Healthcare of Atlanta

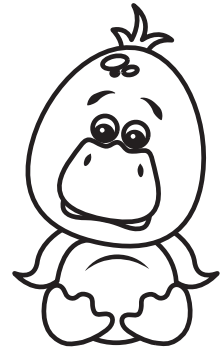
# Feelings



sad



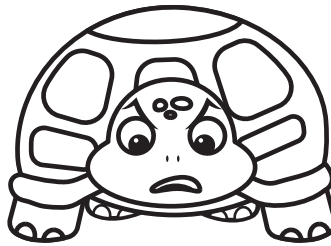
brave



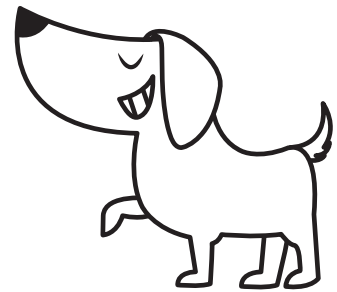
disappointed



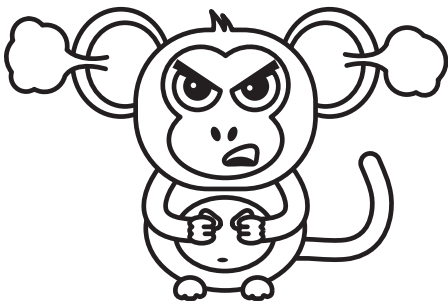
excited



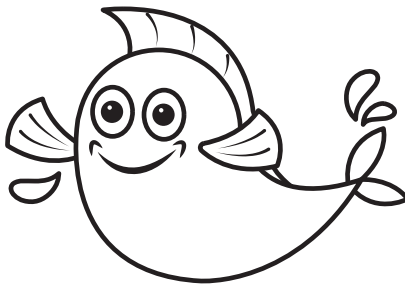
frustrated



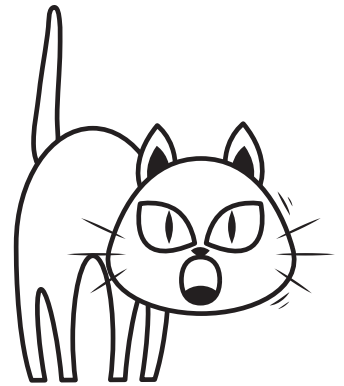
proud



mad



happy



scared

**STRONG<sup>4</sup>LIFE<sup>SM</sup>**



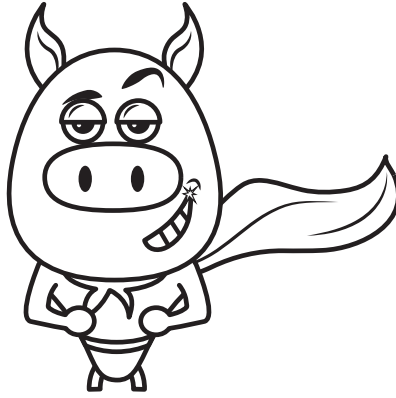
**Children's<sup>SM</sup>**  
Healthcare of Atlanta

# Feelings

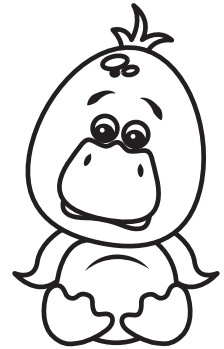
Sentimientos



sad  
triste



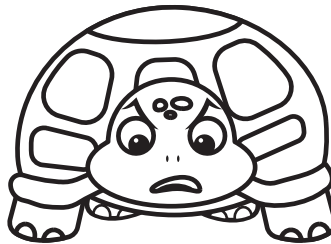
brave  
valiente



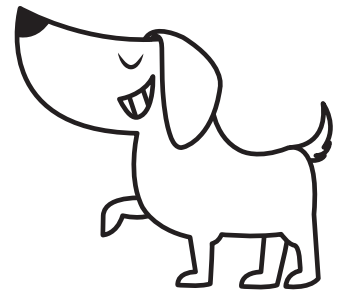
disappointed  
decepcionado



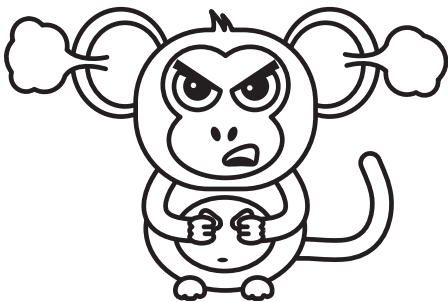
excited  
emocionado



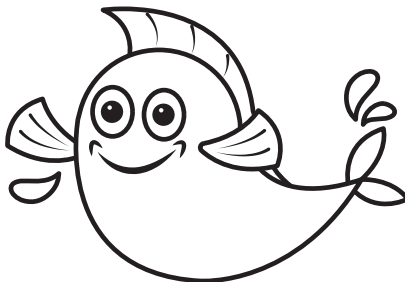
frustrated  
frustrado



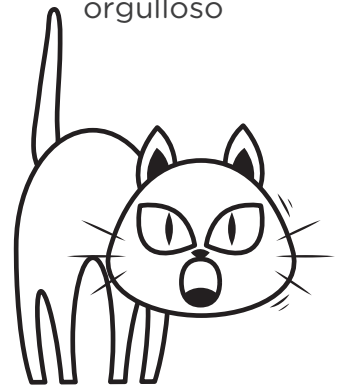
proud  
orgullosa



mad  
enojado



happy  
feliz

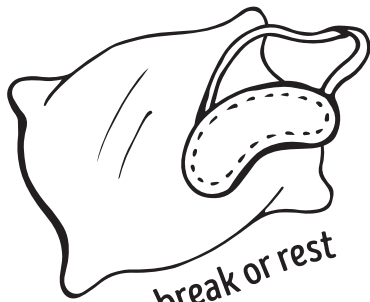


scared  
asustado

**STRONG<sup>4</sup>LIFE™**



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take a break or rest



talk to someone you trust



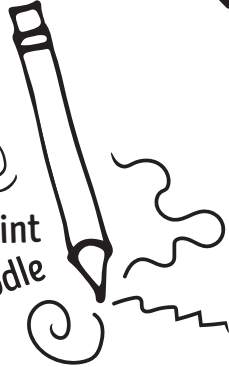
Tense then relax muscles



imagine a peaceful, safe place



draw, paint or doodle



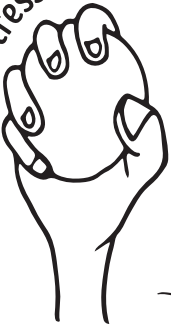
drink water

# COPING SKILLS



close eyes & slowly count backwards from 10

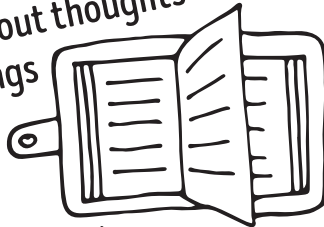
use a stress ball



Use your senses to notice what's around you



write about thoughts or feelings



listen to music



take slow, deep breaths

ask for help



be active



**STRONG<sup>4</sup>LIFE**



Children's Healthcare of Atlanta



take a break or rest  
toma un descanso



talk to someone you trust

habla con alguien en quien confías



tense then relax muscles  
Aprieta y relaja tus músculos



imagine a peaceful, safe place  
imagina un lugar tranquilo y seguro



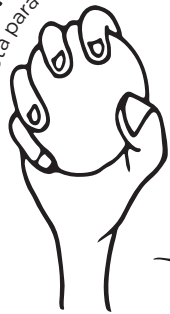
drink water  
bebe agua

draw, paint or doodle

dibuja, colorea, pinta, garabatea



use a stress ball  
usa una pelota para el estrés



# COPING SKILLS



close eyes & slowly count backwards from 10

cierra los ojos y cuenta lentamente hasta diez

## HABILIDADES DE AFRONTAMIENTO



listen to music  
escucha música

use your senses to notice what's around you  
usa tus sentidos para estar consciente de lo que te rodea



write about thoughts or feelings  
escribe acerca de tus pensamientos o emociones



take slow, deep breaths  
respira profundo y lentamente

be active  
mantente activo



ask for help  
busca ayuda

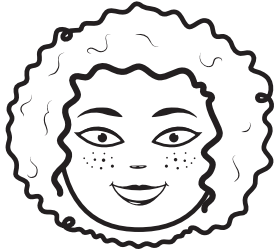


**STRONG4LIFE**



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# WHAT AM I FEELING?



happy



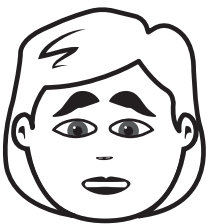
sad



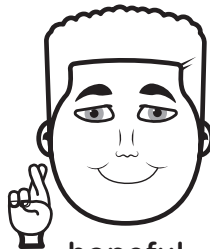
lonely



mad



overwhelmed



hopeful



scared



ashamed



grateful



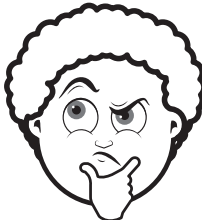
proud



worried



excited



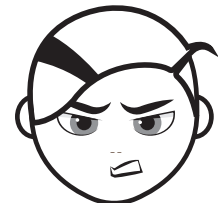
confused



disappointed



embarrassed



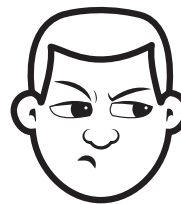
frustrated



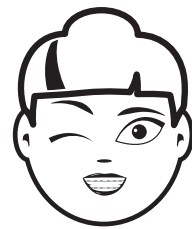
brave



anxious



jealous



confident

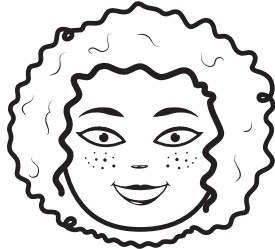
**STRONG<sup>4</sup>LIFE™**



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# WHAT AM I FEELING?

## ¿CÓMO ME SIENTO?



happy  
feliz



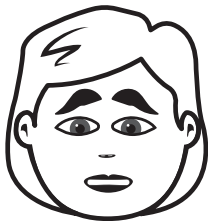
sad  
triste



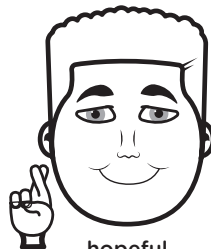
lonely  
solo



mad  
enojado



overwhelmed  
agotado



hopeful  
ilusionado



scared  
asustado



ashamed  
avergonzado



grateful  
agradecido



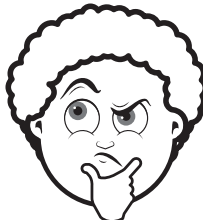
proud  
orgullosa



worried  
preocupado



excited  
emocionado



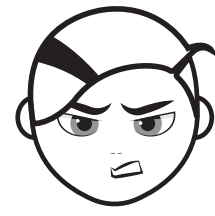
confused  
confundido



disappointed  
decepcionado



embarrassed  
avergonzado



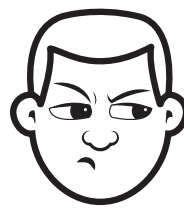
frustrated  
frustrado



brave  
valiente



anxious  
ansioso



jealous  
celoso



confident  
confiado

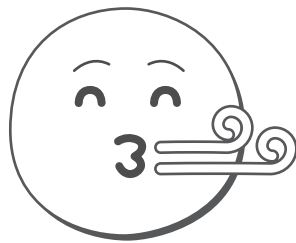
**STRONG<sup>4</sup>LIFE™**



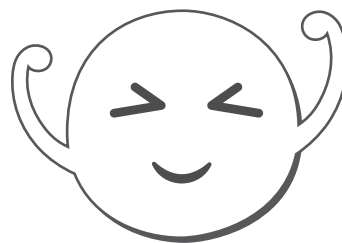
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# Coping Skills



TAKE DEEP  
BELLY BREATHS



SQUEEZE THEN  
RELAX MUSCLES



THINK HAPPY  
THOUGHTS



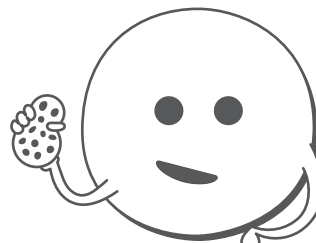
TAKE A BREAK  
OR REST



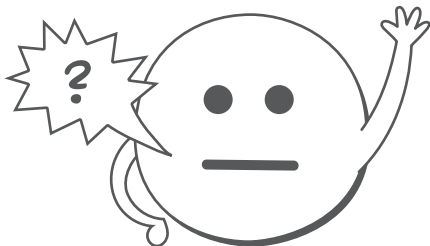
CLOSE EYES AND  
SLOWLY COUNT TO TEN



DRINK WATER



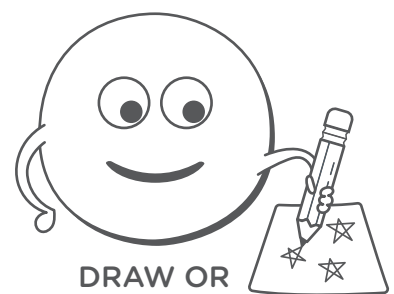
USE A  
STRESS BALL



ASK FOR HELP



LISTEN TO  
MUSIC



DRAW OR  
COLOR

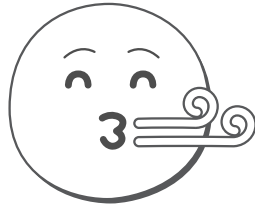
**STRONG<sup>4</sup>LIFE™**



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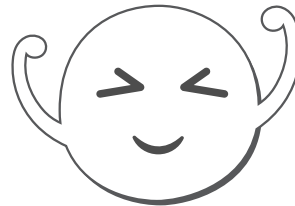
# Coping Skills

## Habilidades de Afrontamiento



TAKE DEEP  
BELLY BREATHS

HAZ RESPIRACIONES DE  
VIENTRE PROFUNDAS



SQUEEZE THEN  
RELAX MUSCLES

APRETAR Y RELAJAR  
LOS MUSCULOS



THINK HAPPY  
THOUGHTS

PIENSA  
POSITIVO



TAKE A BREAK  
OR REST

TOMA UN  
DESCANSO

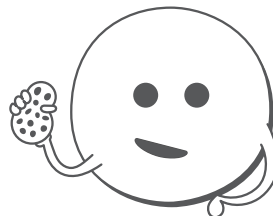


CLOSE EYES AND  
SLOWLY COUNT TO TEN

CIERRA TUS OJOS Y CUENTA  
LENTAMENTE HASTA DIEZ

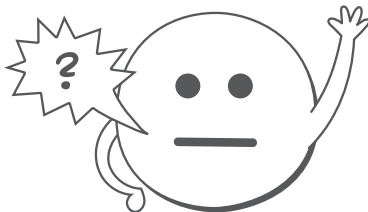


DRINK WATER  
TOMA AGUA



USE A STRESS BALL

USA UNA PEOLOTA  
PARA EL ESTRÉS



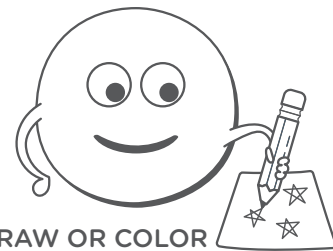
ASK FOR HELP

PIDE AYUDA



LISTEN TO MUSIC

ESCUCHA MÚSICA



DRAW OR COLOR

DIBUJA O COLOREA

**STRONG<sup>4</sup>LIFE™**

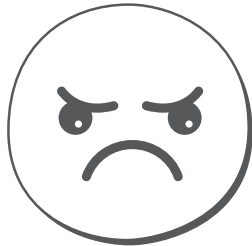


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# What Am I FEELING?



Happy



Mad



Sad



Scared



Embarrassed



Proud



Frustrated



Disappointed



Excited



Jealous



Thankful



Worried



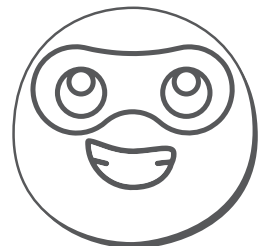
Overwhelmed



Confident



Lonely



Brave

**STRONG<sup>4</sup>LIFE™**



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Healthcare of Atlanta

# What Am I FEELING?

¿Cómo me siento?



Happy  
Feliz



Mad  
Enojado



Sad  
Triste



Scared  
Asustado



Embarrassed  
Avergonzado



Proud  
Orgullosa



Frustrated  
Frustrado



Disappointed  
Decepcionado



Excited  
Emocionado



Jealous  
Celoso



Thankful  
Agradecido



Worried  
Preocupado



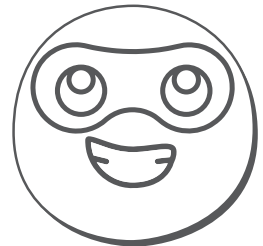
Overwhelmed  
Agotado



Confident  
Confiado



Lonely  
Solo



Brave  
Valiente

**STRONG<sup>4</sup>LIFE™**



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# LET'S STRETCH!

## ¡VAMOS A ESTIRARNOS!



Mountain  
Montaña



Tree  
Árbol



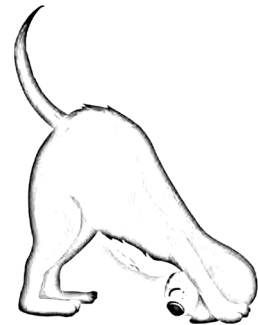
Airplane  
Avión



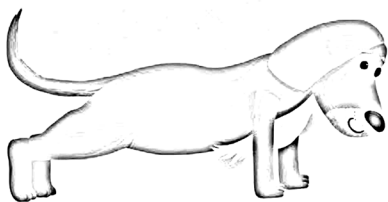
Chair  
Silla



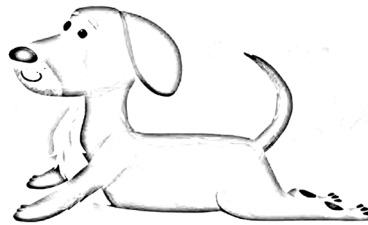
Forward Fold  
Pinza de pie



Downward Dog  
Perro hacia abajo



Plank  
Tabla



Cobra  
Cobra



Butterfly  
Mariposa

**STRONG<sup>4</sup>LIFE**