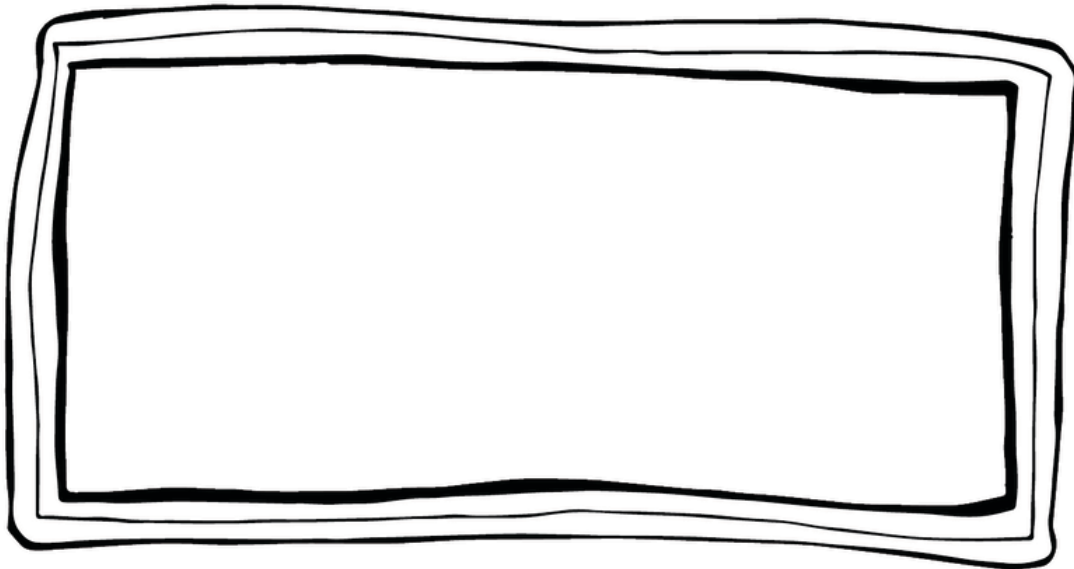
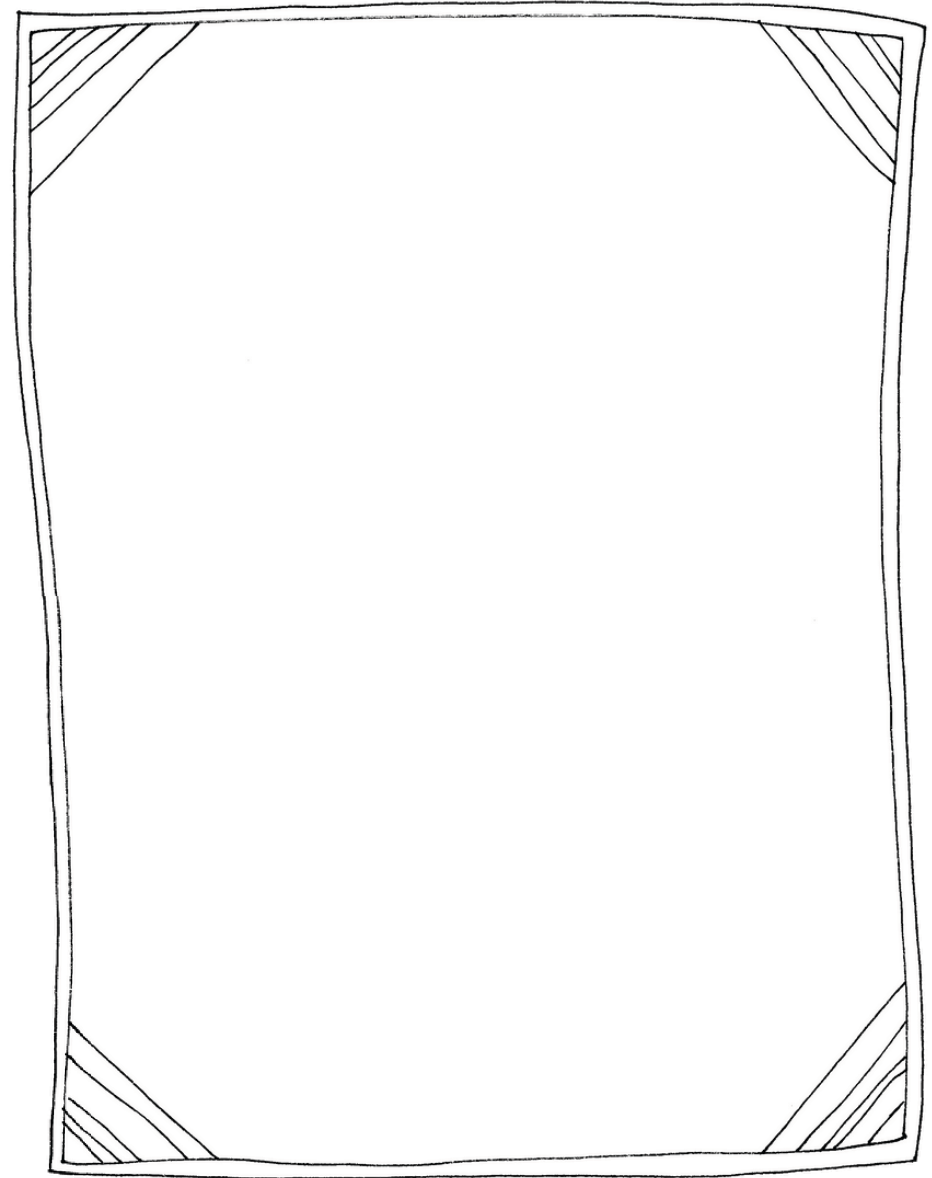
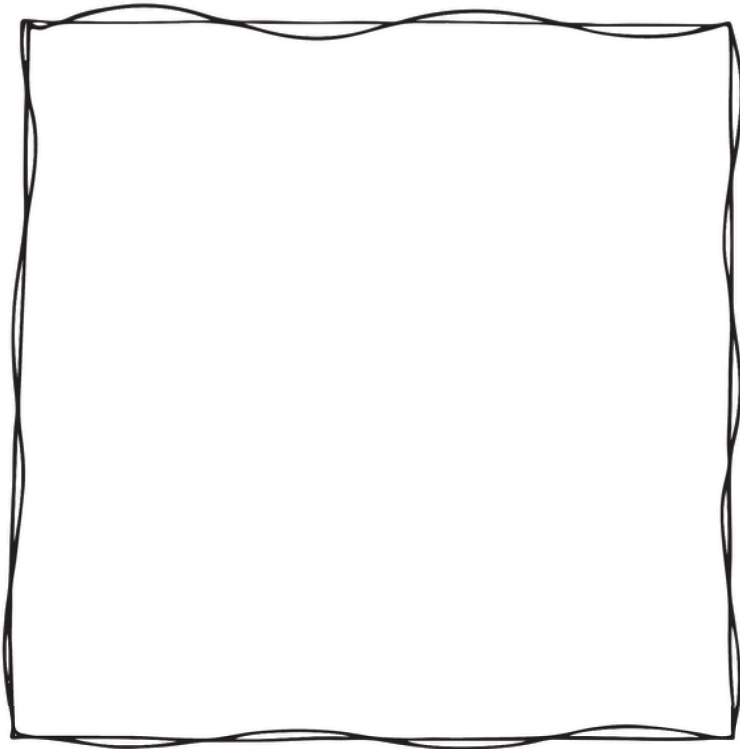


SKETCH IT
WORKSHEETS
on

Coping Skills

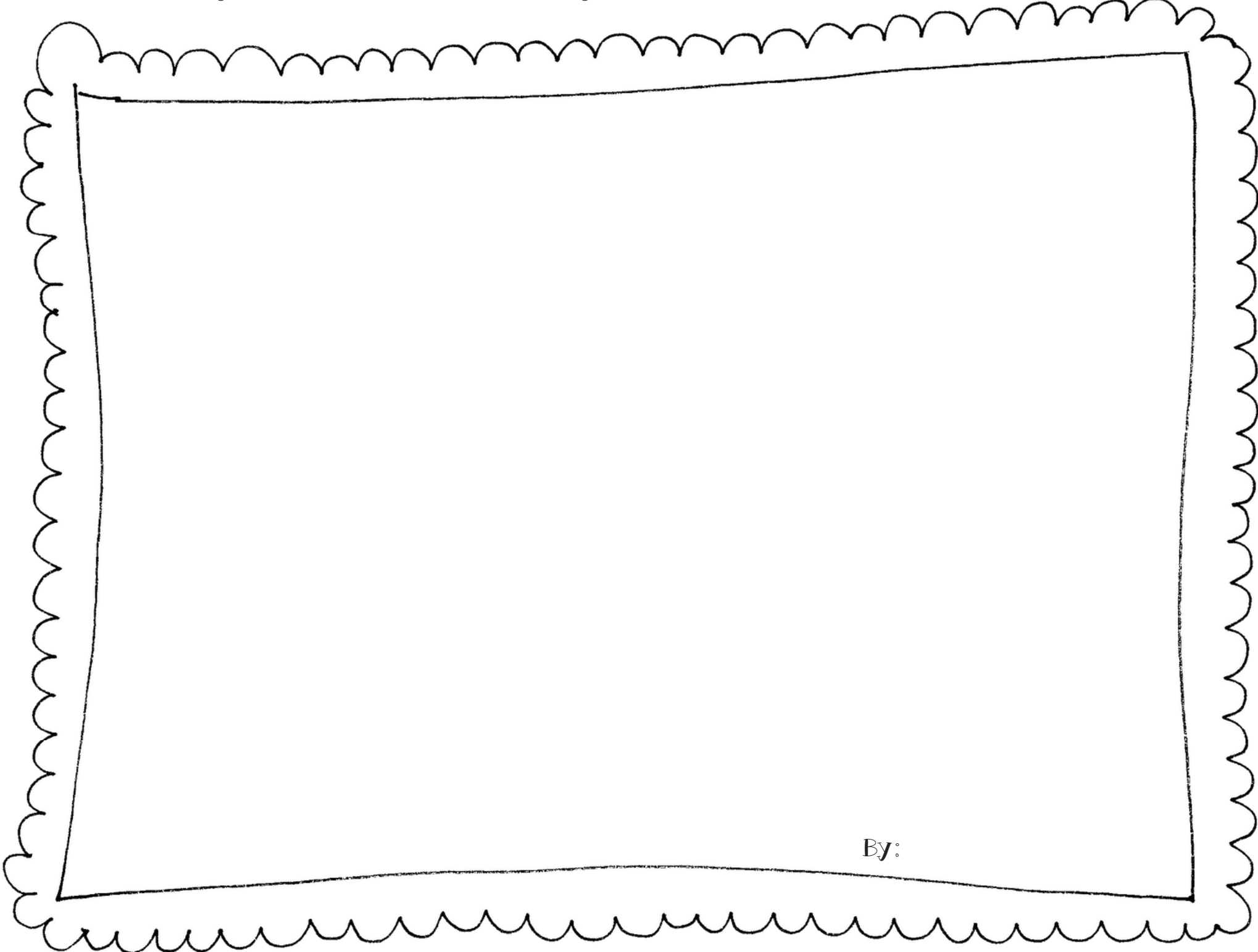
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Draw 3 things you are grateful for that you can remind yourself of when experiencing a really tough day.



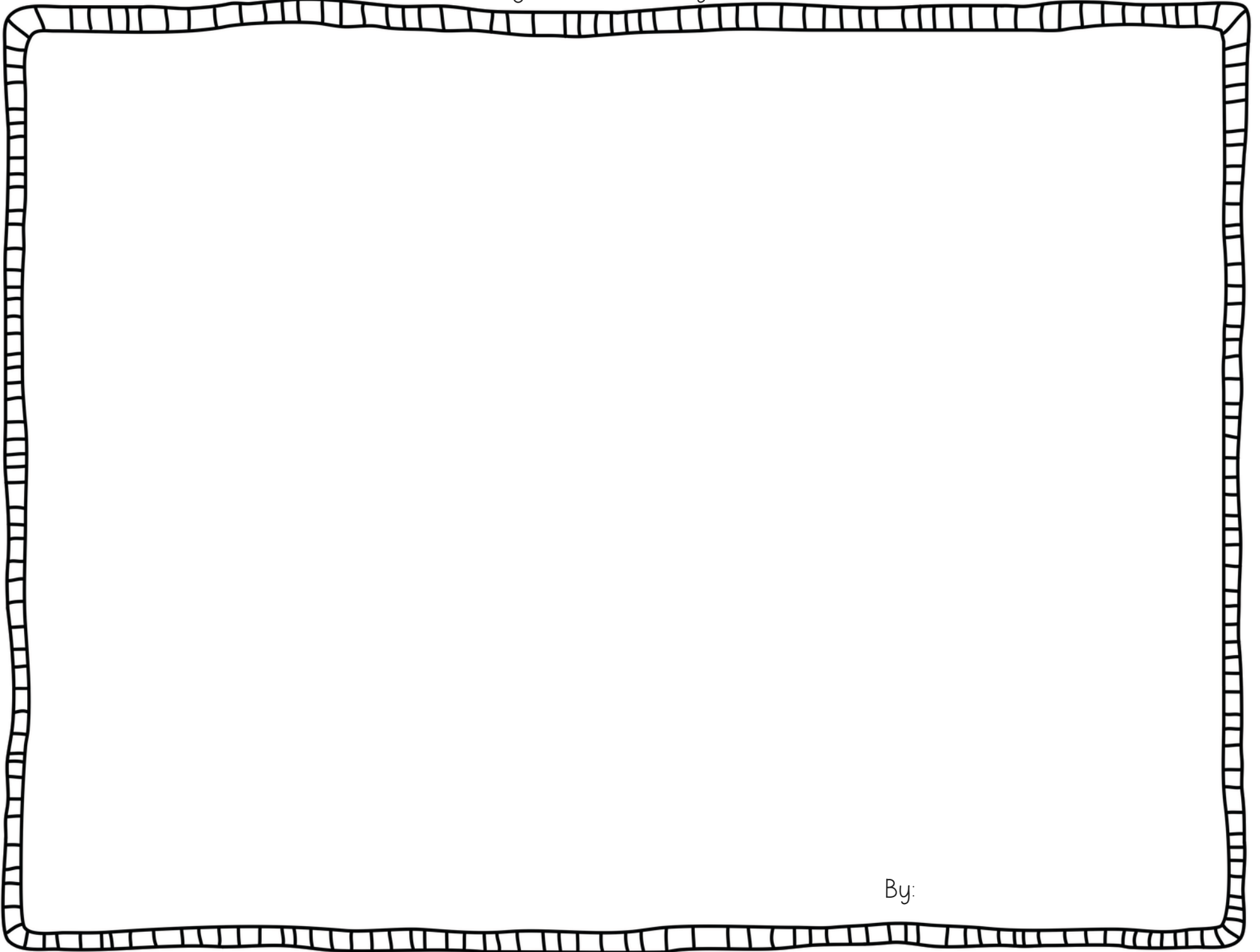
Name _____

Draw something that you can do to take good, kind care of yourself when you feel sad.



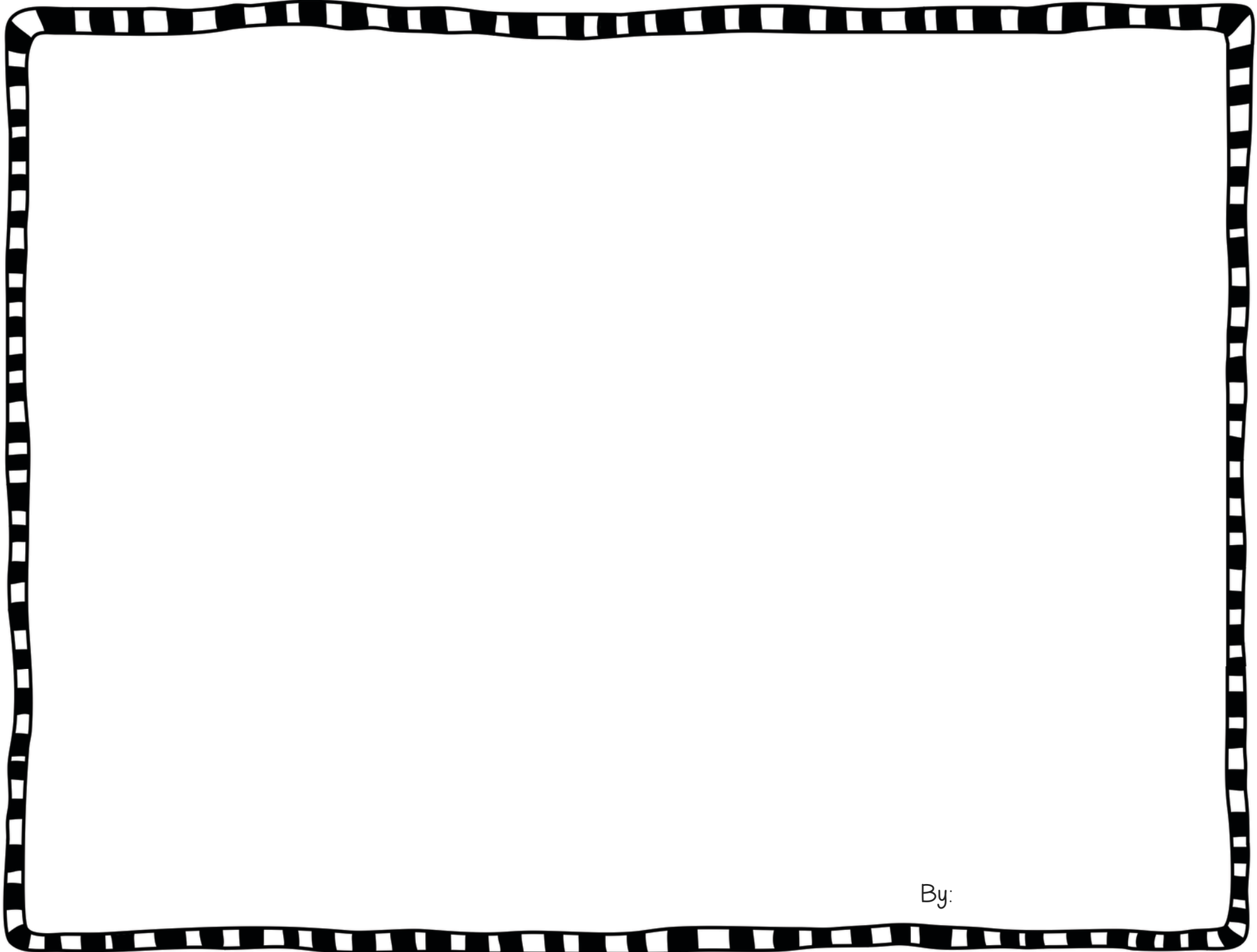
By:

Draw something that can stress you out sometimes!



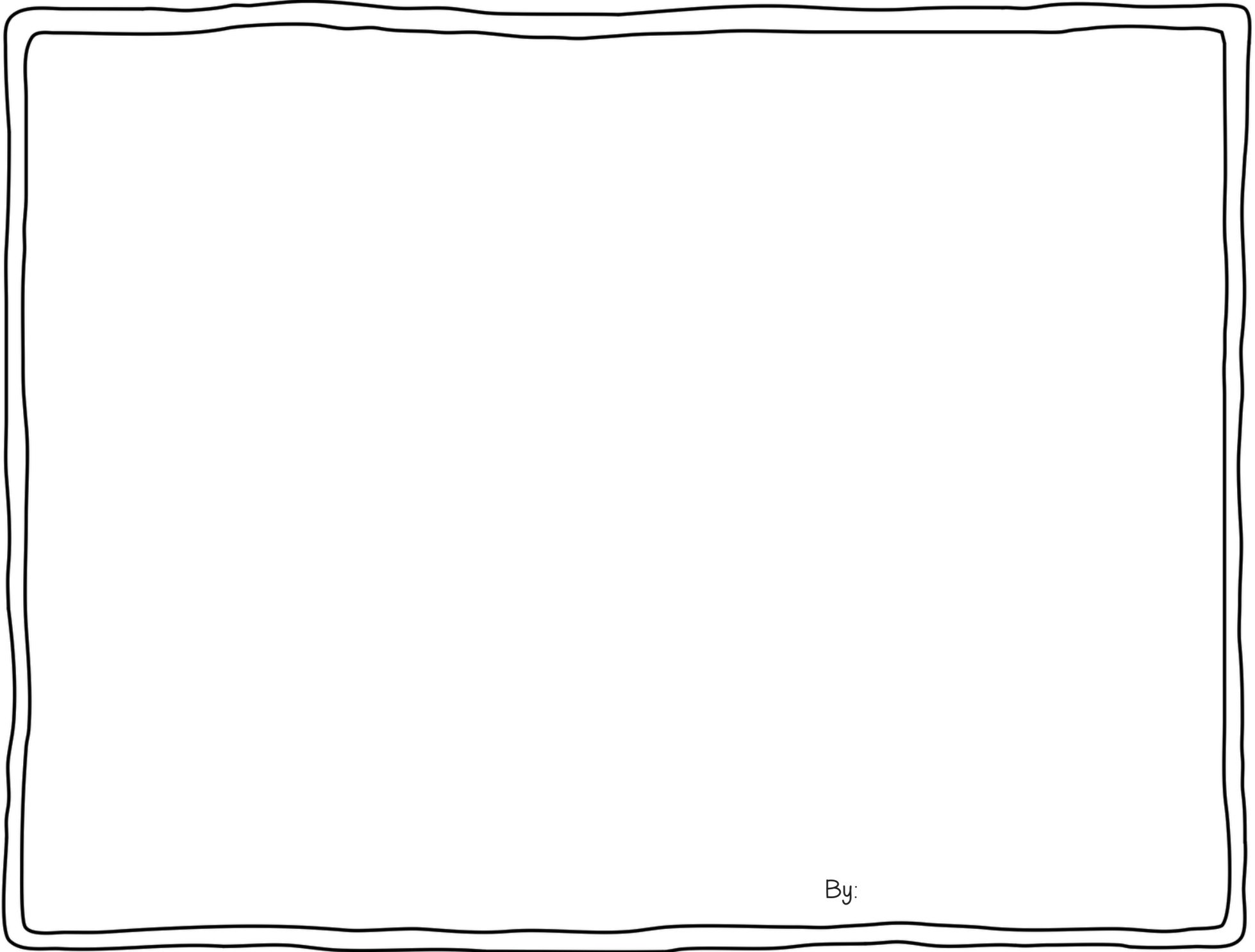
By:

Draw something that helps you relate, with kindness and curiosity, to the feeling of anger



By:

Draw a peaceful place that you can visualize and think about the next time you could use a calming coping tool.

A large, empty rectangular box with a double-line border, intended for drawing a peaceful place. The box is centered on the page and occupies most of the drawing area.

By: