

Child's Coping Skill: STS

Stop

Physical

- Stop doing & saying

Emotional

- Stop thinking until later

Thinking

Calming

- Deep breathing
- Counting slowly to 10
- Look around and name objects
- Other exercises

Say

Non-verbal

- Journaling
- Artwork
- Music
- Play (outside)

Verbal

- Tell another person your feeling
(see Self Communication-AIS)
- AIS
 - Feeling(Affect)
 - Problem(Problem)
 - Solution