



**A coping wheel** is a good way to deal with difficult challenges, situations or feelings. Fill in each section with a different activity that you enjoy. You can add ideas such as ride my bike, listen to music, draw, try a meditation app, dance it out, write in your journal or blow bubbles. Try to use different senses that challenge you to do something different.

After you fill in the sections, find a coin. When feeling stressed place the coin in the center and spin it. Wherever it lands you can use that activity to discover a new way to support your feelings.