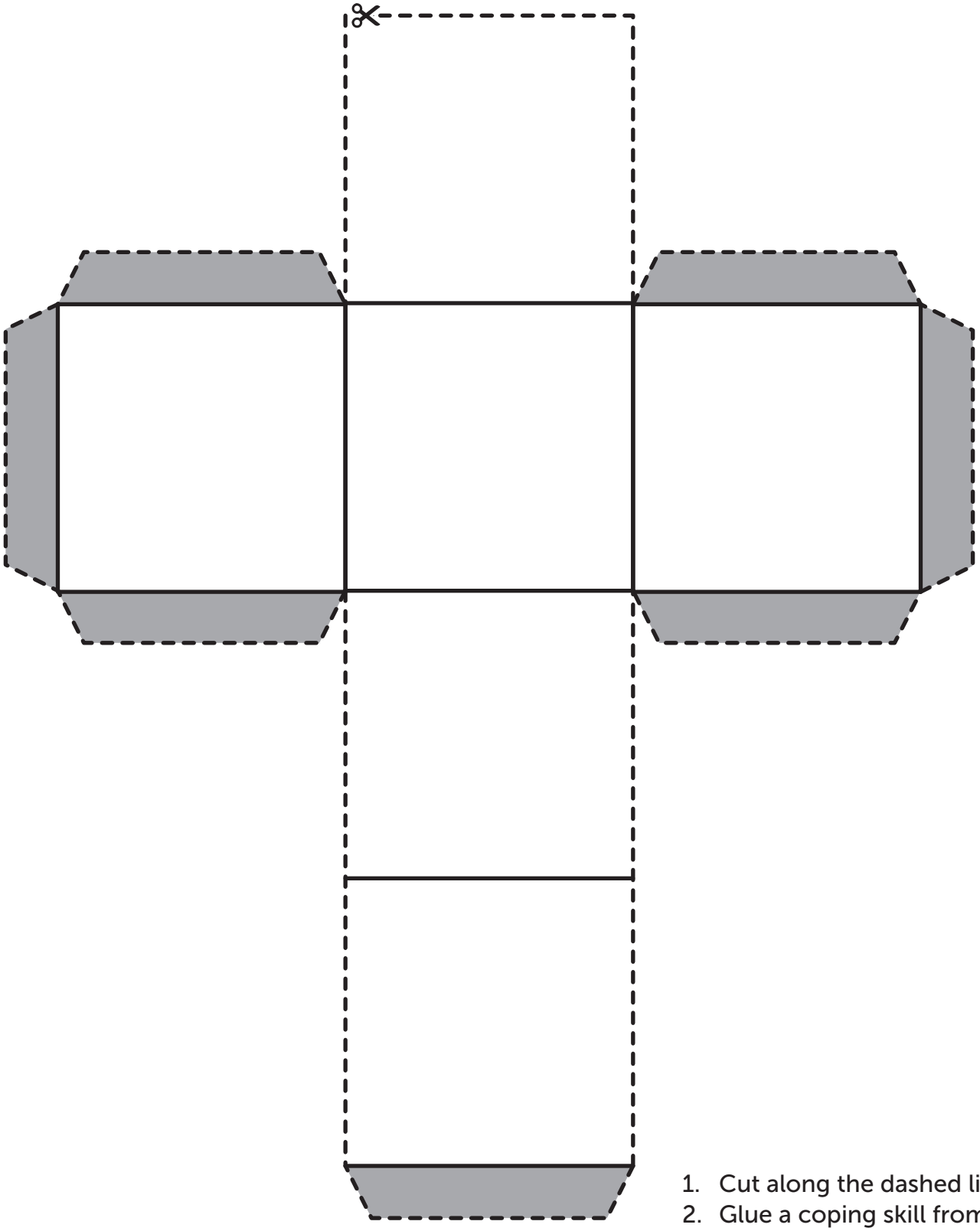
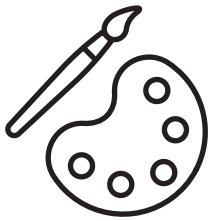
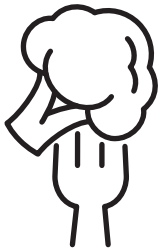
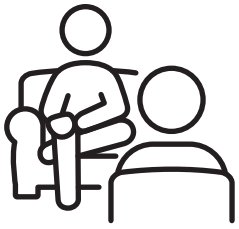
THE CURE STARTS NOW™



Coping Skills Dice

1. Cut along the dashed lines.
2. Glue a coping skill from the next page in each square.
3. Fold on the solid lines.
4. Glue gray tabs to form a cube.
5. **Roll the dice and practice the coping skill you land on!**

Be Creative 	Stretch 	Listen to Music 	Give a Hug 
Write 	Read a Book 	Move your body 	Deep Breaths 
Go Outside 	Cuddle Your Pet 	Eat a Snack 	Talk to Someone 
Take a Nap 	Take a Break 	Make your own!	