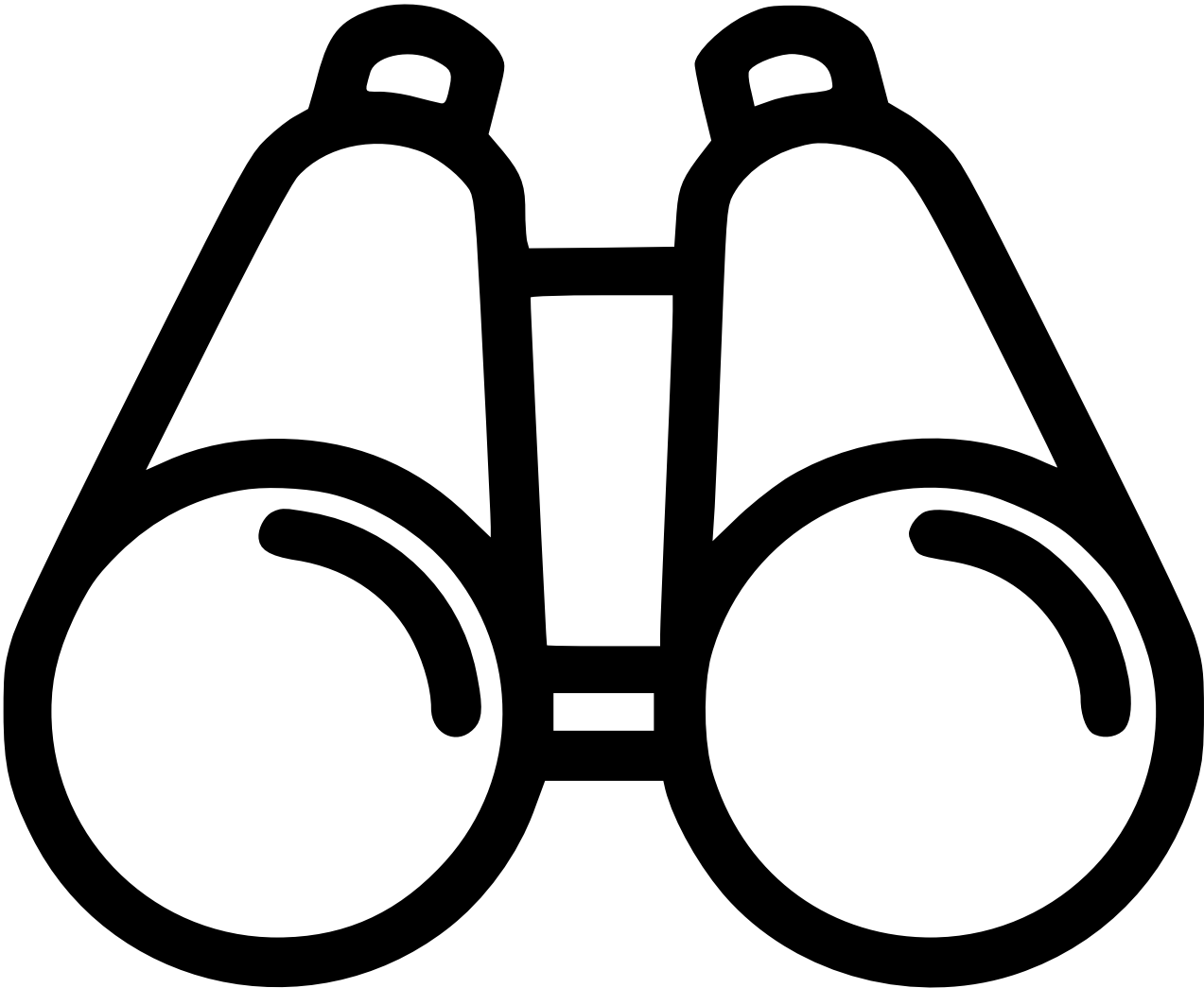




Finding Ways to Cope

In the binoculars below, draw/write a few tools or strategies that you find help you cope during challenging times.



I would love to see your work! Send me a photo of your completed page at sscottcyc@gmail.com for a chance to be spotlighted on social media!

Finding Ways to Cope

Ask people you know what tools or strategies help them cope during challenging times. Add them to your Coping Toolbox below!



I would love to see your work! Send me a photo of your completed page at sscottcyc@gmail.com for a chance to be spotlighted on social media!

www.authorstephaniescottcyc.com

