

CAMP RUNOIA



COPING SKILLS FOR CAMPERS

DURING A QUIET TIME...

- **Write** - poetry, stories, letters, journal
- **Read** a good book
- **Meditate**
- **Breathe** - try box breathing - in for 4, hold for 4, out for 4, hold for 4
- **Get artsy** - knit, draw, make bracelets
- **Hug** a pillow or stuffed animal
- **Rip** a sheet of paper into pieces
- **Make a list** of what you're grateful for today and excited about tomorrow
- **Stretch**
- **Write yourself** a letter

WHEN YOU NEED A FRIEND...

- **Go for a walk** with a trusted friend
- **Talk** to a trusted counselor or adult
- **Write a letter** to your cabin mate, and ask them to write back
- **Share** your peach and pit with someone else
- **Dance** it out with your cabin-mates
- **Do something kind** for someone else
- **Make up a story** with your cabin-mates
- **Talk to someone new**
- **Do an activity with a friend** - make bracelets or play cards

DURING A BUSY TIME...

- **Drink water** - step away and take a few sips to yourself
- **Exercise** - play a game of gaga, tetherball, or stretch it out
- **Take pictures**
- **Ask for a break**
- **Breathe** deeply through it - in your nose, out your mouth
- **Positive self-talk** through it
- **Repeat an affirmation**
- **Play or make up a game**

WHEN YOU NEED SOME GROUNDING...

- **Name things with your senses** - what you can see, hear, smell, touch, taste
- **Name things** alphabetically
- **Give yourself a hug**
- **Play with a fidget toy**
- **Practice gratitude** - write down 3 things you are grateful for
- **Stretch** and breathe deeply
- **Look at pictures** you've taken at camp
- **Say something kind** to yourself
- **Identify** a positive thought