



# Weekly Coping Strategies

Use these strategies to help you manage  
overwhelming feelings & emotions.

# Physical Activity



Learn a TikTok dance on YouTube!

Try a yoga class, for younger kids or older kids!

Do a Mini Groove workout (or two--they're pretty short!)

Or try a "Get Moving" video with GoNoodle!

Staying active is a natural and healthy way to relieve stress, improve your mood, increase self-confidence, and can lower symptoms of sadness and anxiety. Dance is a great way to get some physical activity into your day!

