

Coping in the Cottage Skills Menu

Drawing

Coloring

Painting

Guided Relaxation (If you have a recording you want to try, please bring it with you)

Mindfulness / Meditation

Stemming / Fidgeting

Stretching

Burn letter written or image drawn

Throw ice into bucket

Experience nature by tending indoor plants

Experience nature by walking the property (weather permitting)

Experience nature by sitting and watching from inside or on patio

Other ideas - please list below - we will accommodate if can