

NAME:

DATE:

MY ULTIMATE COPING PLAYLIST

We go through different positive and negative emotions everyday. It is okay to have all those feelings but we must also find ways to cope.

Fill each box with the title of songs (and their artist) that you think fit the descriptions provided.

FOR AMUSEMENT

a song that gets
stuck in my head

a song I know all
the words to

a song from my favourite
movie or tv series

TO UPLIFT

a song I associate
with freedom

a song that gives
me energy

a song I'd like to
wake me up

TO DISTRACT

a song that makes
me feel safe

a song that helps me
think positively

a song that inspires me

TO CHANGE THOUGHTS

a song for when you
get anxious or worried

a song for when you
get angry or annoyed

a song for when you
feel lonely or afraid

TO CONNECT

a song that reminds
you of a good memory

a song that makes you
think of a loved one

a song that reminds you
that you are loved