

When I feel upset, sad, or unfocused at school I can:

- ☐ BREATHE. As I zoom my attention to my breathing, I will take extra long out-breaths.



- ☐ Squeeze a stress ball or use another teacher-approved fidget.



- ☐ Doodle, draw, or color.



- ☐ Invent a secret hand signal with my teacher that communicates I need help.



- ☐ Write down my thoughts or questions if my teacher can't address them right away.



- ☐ Imagine a peaceful and calming place.



- ☐ Ask permission to take a short walk down the hallway or up & down the stairs. And then return.



- ☐ Stretch.



- ☐ Think of or write a list of 3 positive things in my life.



- ☐ Read in a quiet spot.



- ☐ Visualize a person who supports me and cheers me on.



- ☐ Use a 'break card' to let my teacher know I need a break and then use a timer to remind me when to return.



- ☐ Ask my teacher to break down the assignment into smaller chunks so it's not so overwhelming.



- ☐ Drink water.



- ☐ Push against the wall as hard as I can and then relax my body.



- ☐ Listen to calming music with headphones.



- ☐ Move away from the distraction or person who is bothering me.



- ☐ Ask to deliver books to the library or another class.



- ☐ Volunteer to help clean or organize the classroom.



- ☐ Remind myself it's ok to make a mistake.



- ☐ Take a 3-5 minute break in the designated classroom peace corner.



- ☐ Ask my teacher for help if I feel upset or overwhelmed.



- ☐ Write a letter.



- ☐ Zoom in on my senses: noticing 5 things I see, 4 things I feel, 3 things I hear, 2 things I smell & 1 thing I taste.



- ☐ Tell myself a positive affirmation or mantra.



- ☐ Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.



When I feel upset, sad, or unfocused at school I can:



- ☐ Count to 10 and back in coordination with my breath.



- ☐ Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



- ☐ Roll my neck and shoulders.



- ☐ Tell my teacher I would like to help or take on a classroom responsibility.



- ☐ Rest my head on the desk for a moment or two.



- ☐ Tell my teacher I need help with the assignment or lesson.



- ☐ Push my palms together.



- ☐ Give myself or a stuffed animal a great big hug.



- ☐ Help a classmate or my teacher.



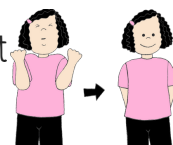
- ☐ Cross my arms in front of me and do the arm pretzel.



- ☐ Ask if I can do my work standing up.



- ☐ Pretend I am squeezing a lemon in my fist, squeezing as hard as I can to get the lemon juice out. After a few moments, I can relax my hands.



Add my own idea here: 

☐

- ☐ Think about 3 things I am grateful for.



- ☐ Use 'I-statements' to express how I am feeling, what I need, or what I hope for.



- ☐ Ask to work with a buddy.



- ☐ Give myself an arm and hand massage.



- ☐ Devise a secret code word or signal with my teacher that means time to get back on track.



- ☐ Smile or laugh, even if I have to fake it.



- ☐ Do an act of kindness.



- ☐ Eat a healthy snack or let my teacher know I am hungry.



- ☐ Rub or tap my temples.



- ☐ Talk with my school counselor.



- ☐ Ask permission to quietly jog in place for a minute or do 20 jumping jacks.



- ☐ Go outside during recess and notice the sky, trees & sounds from nature.



Add my own idea here: 

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