

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.



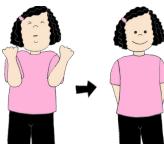
Cross my arms in front of me and do the arm pretzel.



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: 

