🌟 My School Coping Guide 🌟

\*\*For When Things Feel Hard or Scary\*\*

Hi! This is your special guide to help you feel safe, calm, and strong when big feelings show up. You can use it any time during school—before a test, in class, at lunch, or even if you feel upset for no reason at all.

# 🧊 TIPP Skills: Fast Tools to Calm My Body

TIPP stands for Temperature, Intense exercise, Paced breathing, and Paired muscle relaxation. These are fast ways to tell your brain and body that you’re okay.

1. Temperature (Cool My Body)  
👉 Try: Hold a cold water bottle or run cold water on your hands in the bathroom.  
This helps slow your heart and cool your body down when you feel panicky.

2. Intense Movement (Get Energy Out)  
👉 Try: 20 jumping jacks, running in place, wall push-ups, or quick toe taps.  
This helps burn off anxious energy so your body doesn’t feel frozen or shaky.

3. Paced Breathing  
👉 Try: Breathe in for 4 seconds, out for 6 seconds. Do this 10 times.  
It slows your heart and helps your brain focus.

4. Paired Muscle Relaxing  
👉 Try: Squeeze your fists tight… 1-2-3… then let go.  
Try it with your shoulders, feet, or jaw too.  
This helps release tension from your muscles when you're nervous or frozen.

# 🌬️ Breathwork: Calm Breathing Exercises

You can do these quietly at your desk or in the bathroom.

🐢 Turtle Breath  
1. Sit like a turtle in its shell—shoulders down, head relaxed.  
2. Breathe in through your nose for 4 counts.  
3. Hold it for 2 counts.  
4. Breathe out slowly through your mouth for 6 counts.  
Do this 3–5 times until you feel a little better.

🪁 Box Breathing  
Breathe like you're tracing a box:  
- In for 4…  
- Hold for 4…  
- Out for 4…  
- Hold for 4…  
Repeat 3 times and feel your brain slow down.

# 🌍 Grounding Exercises: Feel Safe and Here

Grounding helps you remember: I am safe. I am in this moment. I can handle this.

🔢 5-4-3-2-1  
1. 5 things you can SEE  
2. 4 things you can TOUCH  
3. 3 things you can HEAR  
4. 2 things you can SMELL  
5. 1 thing you can TASTE or something kind you can tell yourself  
👉 Whisper it to yourself or write it down if you have paper.

🐾 Animal Paws  
Push your feet into the floor like you’re a strong animal with paws.  
Press your hands onto your desk or thighs.  
Say to yourself: “I am grounded. I am safe.”

# ❤️ Calming Reminders to Tell Myself

* “This feeling will pass.”
* “I have tools that help.”
* “I am not alone.”
* “I can take a break and come back when I’m ready.”
* “It’s okay to ask for help.”

# 🧠 When to Use My Coping Guide

* When I feel scared, shaky, or dizzy
* When I feel angry or overwhelmed
* When I can’t concentrate or feel 'foggy'
* When my body feels stuck or heavy
* When I feel like something bad is going to happen

# 📒 My Calming Plan (Fill in with a helper)

My calm space at school is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A safe adult I can go to is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My favorite grounding tool is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I can take a break by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_