

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.



Drink water.



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



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



Doodle, draw, or color.



Listen to calming music with headphones.



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



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



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



Ask to deliver books to the library or another class.



Imagine a peaceful and calming place.



Volunteer to help clean or organize the classroom.



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



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



Stretch.



Think of or write a list of 3 positive things my your life.



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



Read in a quiet spot.



Write a letter.



Visualize a person who supports me and cheers me on.



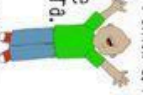
Zoom in on my senses: noticing 5 things I see, 4 things I feel, 3 things I hear, 2 things I smell & 1 thing I taste.



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



Tell myself a positive affirmation or mantra.



























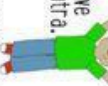
Ask my teacher to break down the assignment into smaller chunks so it's not so overwhelming.



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.



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- 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 my your 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. 