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

- Squeeze a stress ball or use another teacher-approved fidget.
- Think of at least 3 things I am grateful for.
- Tell my teacher I would like to help or take on classroom responsibility.
- Roll my neck and shoulders.
- Count to 10 and back in coordination with my breath.
- Use I-statements to express how I am feeling, what I need, or what I hope for.
- Push against the wall as hard as I can and then relax my body.
- Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.
- Invent a secret hand signal with my teacher that communicates I need help.
- Ask to work with a buddy.
- Devise a secret code word or signal with my teacher that means time to get back on track.
- Write down my thoughts or questions if my teacher can't address them right away.
- Tell my teacher I need help with the assignment or lesson.
- Volunteer to help clean or organize the classroom.
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- Drink water.
- Give myself an arm and hand massage.
- Ask for a short walk down the hallway or up & down the stairs. And then return.
- Rest my head on the desk for a moment or two.
- Tell myself a positive affirmation or mantra.
- Talk with my school counselor.
- Listen to calming music with headphones.
- Visualize a person who supports me and cheers me on.
- Help a classmate or my teacher.
- Remind myself it's ok to make a mistake.
- Cross my arms in front of me and in the arm pretzel.
- Read in a quiet spot.
- Ask if I can do my work standing up.
- Give myself or a stuffed animal a great big hug.
- Take a 3-5 minute break in the designated classroom peace corner.
- Ask permission to quietly jog in place for a minute or do 20 jumping jacks.
- 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.
- Do an act of kindness.
- 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.
- Ask my teacher to let my teacher know I need a break and then use a timer to remind me when to return.
- Rub or tap my temples.
- Use a break card to let my teacher know I need a break and then use a timer to remind me when to return.
- Smile or laugh, even if I have to fake it.
- Push my palms together.
- Ask my teacher to break down the assignment into smaller chunks so it's not so overwhelming.
- Eat a healthy snack or tell my teacher I am hungry.
- Journal or write a letter.
- Say thank you or show appreciation of something that was helpful.
- Tell my teacher helpful things she can do to support me.
- Go outside during recess and notice the sky, trees & sounds from nature.
- Count to 10 and back in coordination with my breath.