

Coping Skills

Touch my desk pencils or books	Ask the teacher to go for a walk	Exercise	Talk to a friend	Read
Deep breathing	Think about loved ones	Stop Think and Go	Color a Picture	Take a walk
Think about happy memories	Work Quietly at My Desk	FREE	Count to 10	Ignore
Listen to music	Talk to an adult	Meditate	Help a friend	Stay calm and ask what you can do better
Go to Quiet Room	Dance break	Take a time out	Yell into a pillow	Drawing

Coping Skills

Work Quietly at My Desk	Color a Picture	Talk to a friend	Deep breathing	Stop Think and Go
Exercise	Yell into a pillow	Read	Dance break	Take a walk
Listen to music	Count to 10	FREE	Ignore	Ask the teacher to go for a walk
Help a friend	Take a time out	Touch my desk pencils or books	Drawing	Talk to an adult
Meditate	Stay calm and ask what you can do better	Think about happy memories	Think about loved ones	Go to Quiet Room

Coping Skills

Dance break	Take a time out	Color a Picture	Stay calm and ask what you can do better	Count to 10
Touch my desk pencils or books	Listen to music	Meditate	Think about loved ones	Read
Think about happy memories	Drawing	FREE	Talk to an adult	Help a friend
Work Quietly at My Desk	Take a walk	Talk to a friend	Yell into a pillow	Exercise
Ignore	Ask the teacher to go for a walk	Stop Think and Go	Deep breathing	Go to Quiet Room