

Coping Skills

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

Coping Skills

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

Coping Skills

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