C	O	P	E	!
Do an act of kindness	Doodle/Draw/ Color	Make a list of things I'm grateful for in my life	Smile at 5 people	Use I-Messages to express how I feel
Counting	Journal or Write a letter	Remind myself it's ok to make a mistake	Scribble on sheets of paper	Talk to a teacher
Ask for help	Imagine a Peaceful or calming place	MSHN	Take a Break	Listen to Music
Deep-Breathing	Give myself an arm and hand massage	Roll my Neck and Shoulders	Squeeze a Stressball	Tell myself a positive affirmation
Ask to read in a quiet spot	Drink Water	Push my palms together	Squeeze my fists together as hard as I can	Talk to my school Social Worker

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C	O	P	E	!
Ask to read in a quiet spot	Journal or Write a letter	Remind myself it's ok to make a mistake	Take a Break	Use I-Messages to express how I feel
Deep-Breathing	Imagine a Peaceful or calming place	Make a list of things I'm grateful for in my life	Scribble on sheets of paper	Tell myself a positive affirmation
Ask for help	Give myself an arm and hand massage	MSHN	Squeeze a Stressball	Talk to a teacher
Counting	Doodle/Draw/ Color	Push my palms together	Smile at 5 people	Listen to Music
Do an act of kindness	Drink Water	Perform a random act of kindness	Squeeze my fists together as hard as I can	Talk to my school Social Worker

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C	O	P	E	!
Ask for help	Doodle/Draw/ Color	Roll my Neck and Shoulders	Smile at 5 people	Listen to Music
Deep-Breathing	Journal or Write a letter	Perform a random act of kindness	Squeeze my fists together as hard as I can	Tell myself a positive affirmation
Do an act of kindness	Imagine a Peaceful or calming place	MSHN	Scribble on sheets of paper	Talk to my school Social Worker
Ask to read in a quiet spot	Give myself an arm and hand massage	Make a list of things I'm grateful for in my life	Squeeze a Stressball	Use I-Messages to express how I feel
Counting	Drink Water	Remind myself it's ok to make a mistake	Take a Break	Talk to a teacher

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