Coping Skills

Work Quietly at My Desk	Accept the Consequence	Drawing	Talk to a friend	Meditate
Count to 10	Think about loved ones	Stay calm and ask what you can do better	Agree to Disagree	Take a walk
Think about happy memories	Work on stuff for tomorrow	**FREE**	Ask the teacher to go for a walk	Help a friend
Ignore	Talk to staff	Listen to music	Go to Quiet Room	Read
Exercise	Color a Picture	Take a time out	Write in a journal	Deep breathing

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Coping Skills

Work on stuff for tomorrow	Agree to Disagree	Talk to a friend	Count to 10	Stay calm and ask what you can do better
Drawing	Write in a journal	Meditate	Color a Picture	Take a walk
Ignore	Ask the teacher to go for a walk	**FREE**	Help a friend	Accept the Consequence
Go to Quiet Room	Take a time out	Work Quietly at My Desk	Deep breathing	Talk to staff
Listen to music	Read	Think about happy memories	Think about loved ones	Exercise

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Coping Skills

Color a Picture	Take a time out	Agree to Disagree	Read	Ask the teacher to go for a walk
Work Quietly at My Desk	Ignore	Listen to music	Think about loved ones	Meditate
Think about happy memories	Deep breathing	**FREE**	Talk to staff	Go to Quiet Room
Work on stuff for tomorrow	Take a walk	Talk to a friend	Write in a journal	Drawing
Help a friend	Accept the Consequence	Stay calm and ask what you can do better	Count to 10	Exercise

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