

|                        |                            |                |                    |                 |
|------------------------|----------------------------|----------------|--------------------|-----------------|
| <b>B</b>               | <b>I</b>                   | <b>N</b>       | <b>G</b>           | <b>O</b>        |
| Use a fidget           | Arts and crafts            | Deep breathing | Take a walk        | Laugh           |
| Count to 10            | Think about happy memories | Play a game    | Ask for a break    | Shake it out    |
| Talk to a teacher      | Watch your favorite movie  | <b>FREE</b>    | Brain break        | Exercise        |
| Figure 8 breathing     | Talk to a friend           | Go outside     | Drawing            | Listen to music |
| Do your favorite hobby | Calming Corner             | Read           | Write in a journal | Dance           |

|                                    |                       |                      |                                     |                              |
|------------------------------------|-----------------------|----------------------|-------------------------------------|------------------------------|
| <b>B</b>                           | <b>I</b>              | <b>N</b>             | <b>G</b>                            | <b>O</b>                     |
| Watch<br>your<br>favorite<br>movie | Ask for<br>a break    | Take a<br>walk       | Count to<br>10                      | Play a<br>game               |
| Deep<br>breathing                  | Write in<br>a journal | Laugh                | Calming<br>Corner                   | Shake it<br>out              |
| Figure 8<br>breathing              | Brain<br>break        | <b>FREE</b>          | Exercise                            | Arts and<br>crafts           |
| Drawing                            | Read                  | Use a<br>fidget      | Dance                               | Talk to a<br>friend          |
| Go<br>outside                      | Listen to<br>music    | Talk to a<br>teacher | Think<br>about<br>happy<br>memories | Do your<br>favorite<br>hobby |

|                                    |                       |                    |                                     |                              |
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| <b>B</b>                           | <b>I</b>              | <b>N</b>           | <b>G</b>                            | <b>O</b>                     |
| Calming<br>Corner                  | Read                  | Ask for<br>a break | Listen to<br>music                  | Brain<br>break               |
| Use a<br>fidget                    | Figure 8<br>breathing | Go<br>outside      | Think<br>about<br>happy<br>memories | Laugh                        |
| Talk to a<br>teacher               | Dance                 | <b>FREE</b>        | Talk to a<br>friend                 | Drawing                      |
| Watch<br>your<br>favorite<br>movie | Shake it<br>out       | Take a<br>walk     | Write in<br>a journal               | Deep<br>breathing            |
| Exercise                           | Arts and<br>crafts    | Play a<br>game     | Count to<br>10                      | Do your<br>favorite<br>hobby |