

take a time out	Deep breathing	Count to 10	Talk to a friend	quiet room
go noodle	Read a book	stretching	make funny faces	square breathing
take a walk	Go outside	jumping jacks	count backward	count to 10
sing loudly	finger breathing	punch a pillow	square breathing	Write in a journal
imagine your safe place	Talk to staff	Listen to music	Drawing	read a book

count backward	Go outside	count to 10	stretching	Drawing
take a walk	square breathing	Deep breathing	jumping jacks	quiet room
imagine your safe place	exercise	go noodle	Read a book	Talk to a friend
muscle relaxation	talk to staff	read a book	make funny faces	sing loudly
Play a game	punch a pillow	Count to 10	finger breathing	take a time out

Listen to music	talk with an adult	talk to staff	Take a time out	Drawing
quiet room	Read a book	make funny faces	Take a walk	Deep breathing
take a walk	go noodle	Play a game	finger breathing	count to 10
Talk to a friend	jumping jacks	Go outside	count backward	Write in a journal
punch a pillow	muscle relaxation	take a time out	sing loudly	exercise