

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

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Make a list of things I'm grateful for in my life	Counting	FREE	Journal or write a letter	Ask for help
Imagine a Peaceful or calming place	Scribble on sheets of paper	Talk to my school Social Worker	Doodle draw or color	Squeeze my Fists together as hard as I can
Perform a random act of kindness	Remind myself it's ok to make a mistake	Take a Break	Talk to a teacher	Give myself an arm and hand massage

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