| C | O | P | E | ! |
|---|---|---|---|---|
| Talk to my school Social Worker | Ask for help | Drink Water | Squeeze a Stressball | 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/ Color |



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