WHEN I FEEL UPSET, SAD OR UNFOCUSED AT SCHOOL I CAN:

1. Squeeze a stress ball or use another teacher-approved fidget
2. Think of 3 things I'm grateful for
3. Tell my teacher I would like to help or take on a classroom responsibility
4. Focus on my breathing
5. Imagine a peaceful or calming place
6. Roll my neck and shoulders
7. Squeeze my fists together as hard as I can, hold then relax my hands
8. Ask to deliver books to the library or another class
9. Ask my teacher for help if I feel upset or overwhelmed
10. Count to 10 and back in coordination with my breath
11. Use I - statements to express how I'm feeling or what I need
12. Invent a secret hand signal with my teacher that communicates I need help
13. Push against the wall as hard as I can and then relax the body
14. Move away from the distraction or person who is bothering me
15. Doodle, draw or color
16. Ask to work with a buddy
17. Stretch
18. Write my thoughts/ questions if my teacher can't address them right away
19. Volunteer to help clean or organize the classroom
20. Ask permission to take a short walk down the hallway and return to class
21. Drink water
22. Rest my head on the desk for 2 minutes
23. Tell myself positive statements
24. Talk to my counselor
25. Ask to do my work standing up
26. Focus on my 5 senses: sight, touch, taste, hear, feel
27. Remind myself its ok to make a mistake
28. Read in a quiet spot
29. Ask my teacher to break down the assignment into smaller chunks
30. Ask to eat a snack if I'm hungry
31. Think or visualize a person who supports me and cheers me on